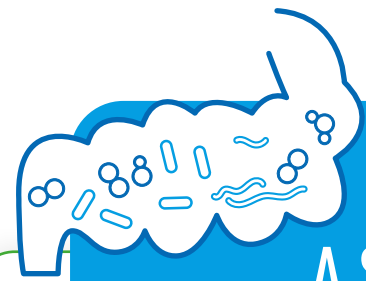


# Facts, Figures & Tips on Fibers & Gut Microbiota

## FIBERS & GUT MICROBIOTA: DYNAMICS IN ADULTHOOD

### FOCUS



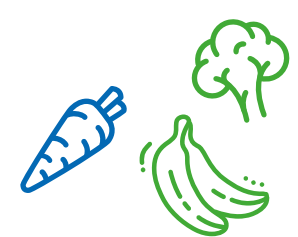
#### DIVERSITY: A SIGN AND A DRIVER FOR HEALTH



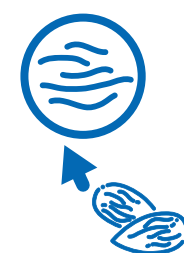
**AS ADULTS, OUR GUT MICROBIOTA IS VERY DIVERSE**

Adults host about **150 DIFFERENT SPECIES** of bacteria.

Humans' intestinal microbiomes altogether count **MORE THAN 5,000 SPECIES**



**A diet rich and diverse in fibers can directly impact this diversity!**



#### DYSBIOSIS: WHEN MICROBIOTA'S APPARENT STABILITY GETS DISBALANCED

When reaching adulthood, our gut microbiota stabilises but is still susceptible to perturbations in its composition.

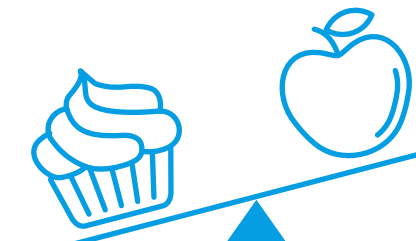
**THIS STATE IS CALLED 'DYSBIOSIS'.** Contributing factors are:



**ANTIBIOTICS**



**PSYCHOLOGICAL & PHYSICAL STRESS**



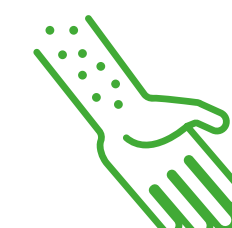
**UNSUITABLE FIBER-DEPRIVED DIETS**



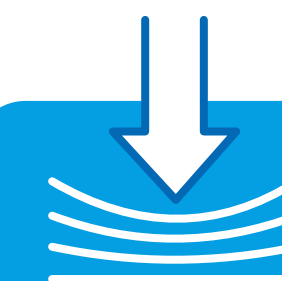
**DIABETES**



**OBESITY & OTHER METABOLIC DISORDERS...**



**ALLERGIES**



#### RESILIENCE: BACK TO STABILITY

But no worries! In healthy subjects, dysbiosis is transient, and the microbiota usually goes back to its original state.

**IT'S THE RESILIENCE OF THE MICROBIOTA.**

⋮



This return to normal can take more or less time (days for some, weeks for others) after the end of the event associated to the modification.



#### ALL ACTORS OF OUR OWN HEALTH

We need to protect our gut microbiota to **KEEP IT DIVERSE AND RICH.**

A well balanced and diversified fiber-rich diet may be a start!

