UNITED EUROPEAN GASTROENTEROLOGY

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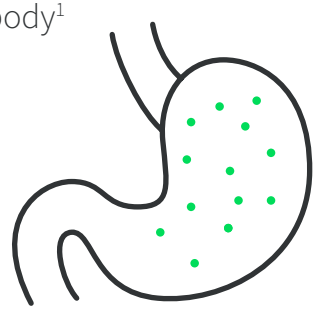
Gut Microbiome

A healthy gut microbiome contributes to our gut health by communicating with our intestinal cells, digesting certain foods and helping to prevent disease.

There's up to 1,000 species of bacteria in the human gut microbiome and each play a different role in the body[1]

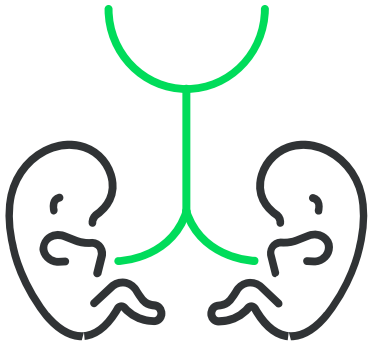
1,000 species



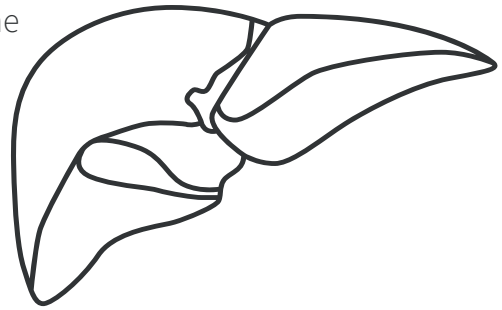
The gut microbiome can weigh as much as

1-2 kg[1]

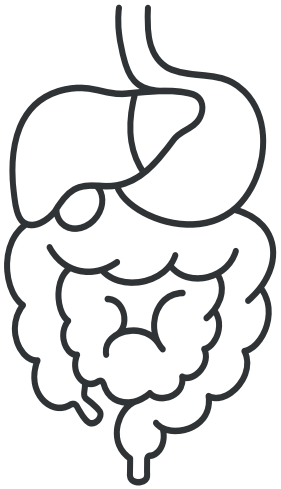
Everyone has a unique gut microbiome - even twins[4]



The gut microbiome composition can affect risk for liver and colorectal cancer[3]



An imbalance of microbes can affect gut health and play a role in intestinal diseases, such as inflammatory bowel disease and irritable bowel syndrome[1]



1: Why the Gut Microbiome Is Crucial for Your Health. Healthline. Available at: https://www.healthline.com/nutrition/gut-microbiome-and-health 2: 10 research-backed ways to improve gut health. Medicalnewstoday.com available at: https://www.medicalnewstoday.com/articles/325293#exercise 3: Nigel T. Plummer Matthew J. Bull. Part 1: The Human Gut Microbiome in Health and Disease. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4566439/ 4: Gut Microbiomes Differ Between Obese and Lean People. National Institutes of Health (NIH). Available at: https://www.nih.gov/news-events/nih-research-matters/gut-microbiomes-differ-between-obese-lean-people