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.

Everyone has a unique gut microbiome - even twins.

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

The gut microbiome composition can affect risk for liver and colorectal cancer.

The gut microbiome can weigh as much as 1-2 kg.

1,000 species

2: 10 research-backed ways to improve gut health. Medicalnewstoday.com available at: https://www.medicalnewstoday.com/articles/325293