HEALTHY GUT MICROBIOTA: A QUESTION OF BALANCE

WHAT IS GUT MICROBIOTA?
A community of microorganisms mainly composed by bacteria, but also by viruses, fungi, and protozoa.\(^{(1)}\)

INFLUENTIAL FACTORS

- Delivery mode\(^{(5)}\)
- Antibiotic treatment\(^{(1)}\)
- Environmental exposure\(^{(3)}\)
- Unhealthy Diet\(^{(1,2)}\)
- Host genetics\(^{(3)}\)
- Food additives\(^{(1)}\)
- Physical & psychological stress\(^{(3)}\)

DYSBIOSIS

Imbalance of the normal gut microbiota composition.\(^{(2,6)}\)

LEAKY GUT

Situation of high intestinal permeability that allows the entry of exterior antigens from the gut lumen into the host.\(^{(4)}\)

EUBIOSIS

Balance of the normal gut microbiota composition.\(^{(3)}\)

Sources:

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