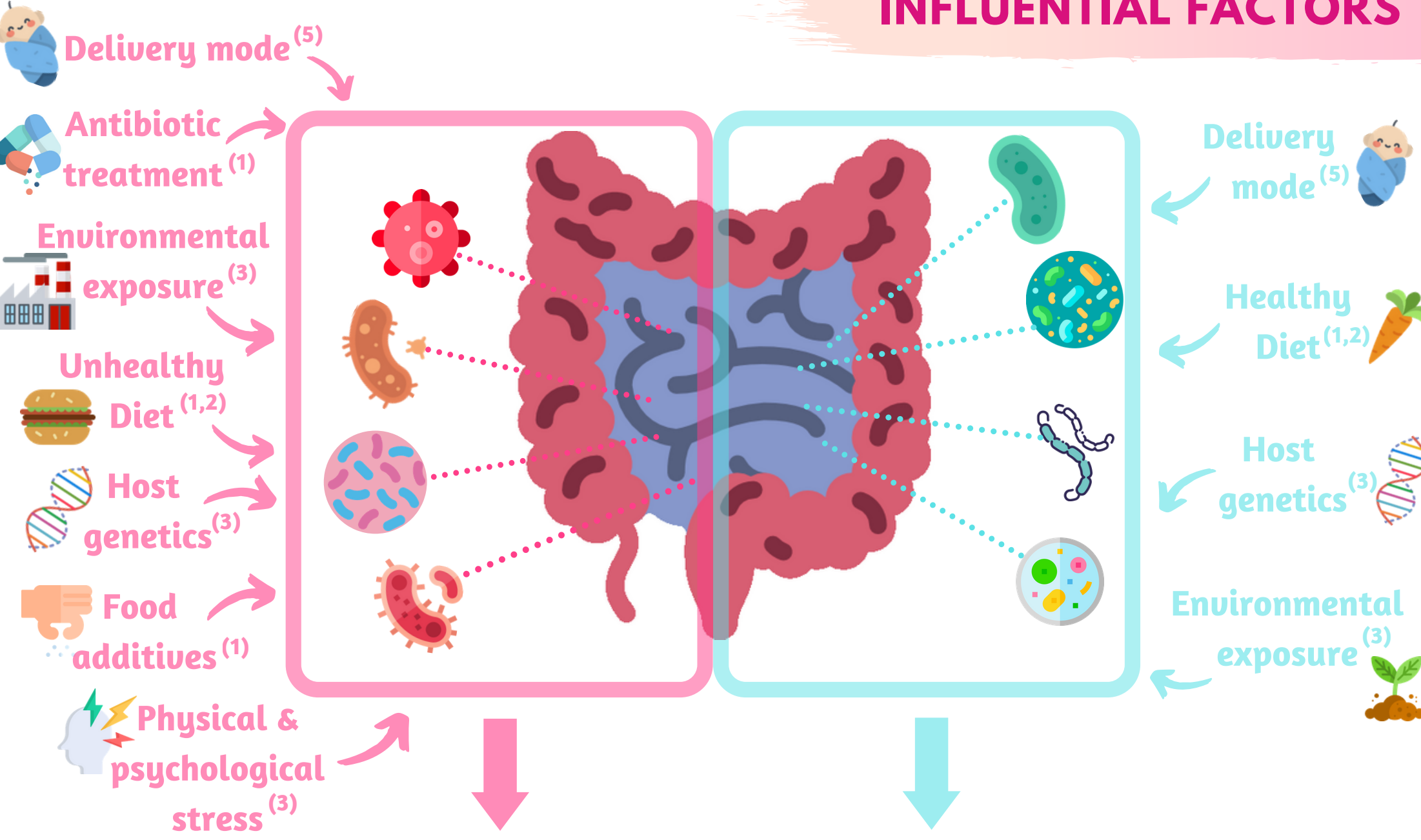


HEALTHY GUT MICROBIOTA: A QUESTION OF BALANCE

WHAT IS GUT MICROBIOTA?

A community of microorganisms mainly composed by bacteria, but also by viruses, fungi, and protozoa.⁽¹⁾

INFLUENTIAL FACTORS



DYSBIOSIS

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



EUBIOSIS

Balance of the normal gut microbiota composition.⁽³⁾



LEAKY GUT



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

Sources:
 1. Valdes AM, Walter J, Segal E, Spector TD. Role of the gut microbiota in nutrition and health. *BMJ*. 2018;361:36-44.
 2. Messer JS, Chang EB. Microbial Physiology of the Digestive Tract and Its Role in Inflammatory Bowel Diseases. *Physiol Gastrointest Tract*. 2018;795-810.
 3. Iebba V, Totino V, Gagliardi A. Eubiosis and dysbiosis: the two sides of the microbiota. *New Microbiol*. 2016;
 4. Mu Q, Kirby J, Reilly CM, Luo XM. Leaky gut as a danger signal for autoimmune diseases. *Front Immunol*. 2017;8(MAY):1-10.
 5. Tamburini S, Shen N. The microbiome in early life: implications for health outcomes. *Nat Med*. 2016
 6. Walker WA. Dysbiosis. *Microbiota Gastrointest Pathophysiol*. 2017