

WHAT IS THE MICROBIOME?

THE MICROBIOME

A community of microorganisms - all of the bacteria, viruses and fungi that are found in the human body

GUT MICROBIOTA

Stimulate the immune system, break down potentially toxic food compounds, and synthesize certain vitamins and amino acids

The development begins
FROM BIRTH

PROBIOTICS

Beneficial bacteria like those found in the gut and contribute to a healthy gut microbiota

A wide diversity of gut microbiota is thought to be the **HEALTHIER COMPOSITION** than having only a select few bugs

This composition is affected by **DIET** and **LIFESTYLE**

AGING is associated with decreasing microbial diversity

THERE ARE 10x
the number of microbial cells in the **gut** than in the whole rest of the body

THE GUT IS MADE UP OF
100 TRILLION MICROBES
As many as 5,000 different species

HUMAN MICROBIOME PROJECT

Established in **2008**, the mission is to generate resources that will comprehensively characterize the human microbiome

More than **2,200 REFERENCE STRAINS** isolated from the human body have been sequenced to date

21 STUDIES have been conducted

32,181 SAMPLES have been collected