

Facts, Figures & Tips on Fibers & Gut Microbiota

FIBERS & GUT MICROBIOTA: HOW TOGETHER THEY BENEFIT OUR HEALTH

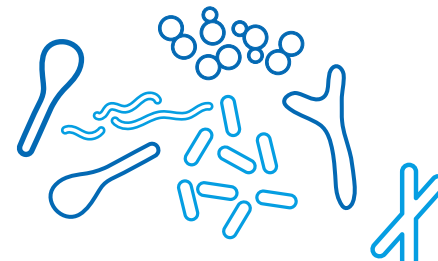


THE SCIENCE

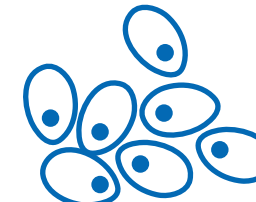


THE RICHEST COMMUNITY IN OUR BODY

THE MOST PROLIFIC
COLONY OF HUMAN
BACTERIA LIES IN THE GUT


**10,000
BILLION BACTERIA**

=


**AS MUCH GUT BACTERIA
AS CELLS IN OUR
WHOLE BODY**


**AROUND 10
MILLION GENES***

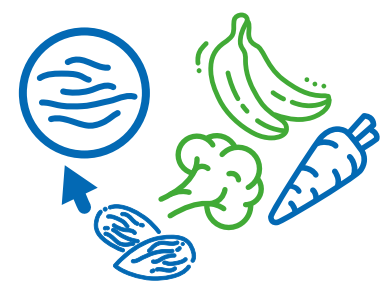



**400x THE NUMBER
OF HUMAN GENES**

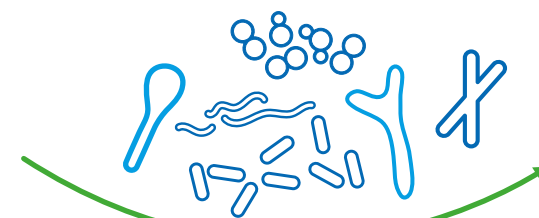
Sender et al. 2016; Dore et al., 2017/Li et al., 2014
*In adult individuals

A UNIQUE CAPACITY TO PRODUCE SHORT-CHAIN FATTY ACIDS

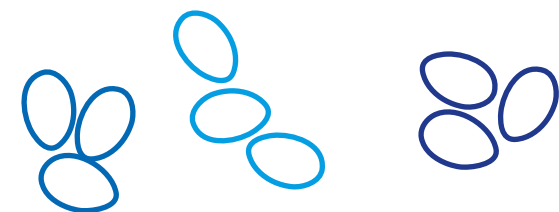
Thanks to its millions of genes, the gut microbiota exhibits some functions that humans do not have intrinsically. For instance, it has the **capacity to ferment some dietary fibers** producing essential molecules such as vitamins, but also short-chain fatty acids (SCFAs) in the process.



DIETARY FIBERS



BACTERIA
Degradation of fibers



ACETATE, BUTYRATE, PROPIONATE
and other metabolites

SHORT-CHAIN FATTY ACIDS ARE ESSENTIAL IN HUMAN FUNCTIONS

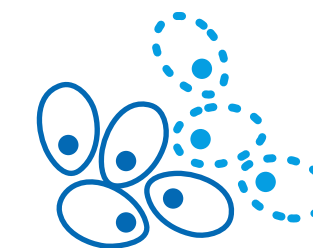
They play a part
in physiological
processes
such as:



HOST
METABOLISM



IMMUNE
SYSTEM



CELL
PROLIFERATION

Butyrate has been studied the most extensively among the SCFAs. It fuels the cells lining our colon and regulates their number. It also strengthens our protective intestinal mucosa.



**Taking care of our gut
microbiota through a
fiber-rich diet is essential**

Our gut microbiota is our partner for life: by supporting it through our diet, we help it promote SCFA production for instance, which in return, play a **key role in many human physiological processes.**