

# GETTING TO KNOW OUR GUT MICROBIOTA

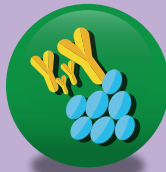
'Gut microbiome' and 'gut microbiota' describe either the collective genomes of the microorganisms that reside in the gut, or the microorganisms themselves

## BIG FACTS ABOUT TINY MICROBES IN THE GUT

The gut contains more than  
**3 million microbial genes**  
(150 times more than human genes)<sup>1</sup>



The human's gastrointestinal tract is home to  
**100 trillion microorganisms**<sup>1</sup>



Host-microbe interactions can occur on a surface area of about  
**30–40m<sup>2</sup>**  
(20 times the skin surface area)<sup>4</sup>

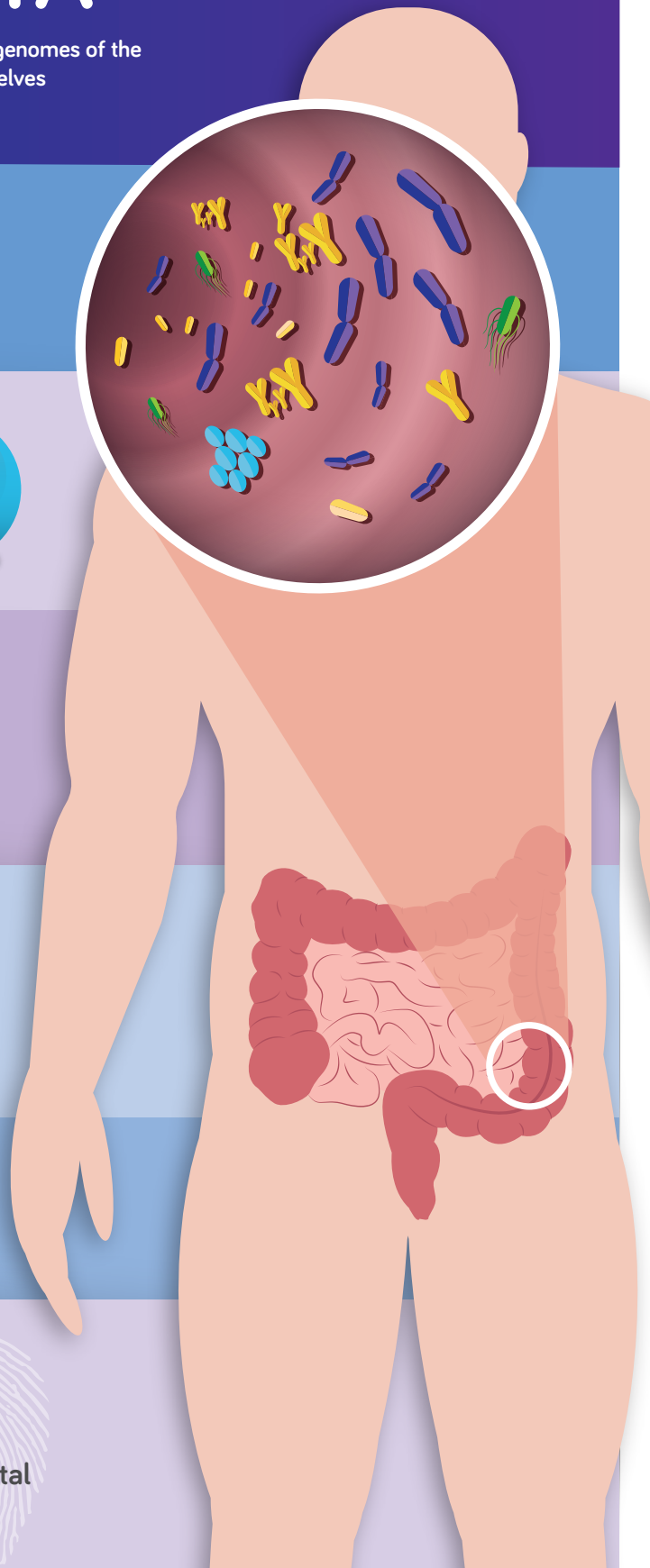
Skin  
surface area  
= 1.5–2.0m<sup>2</sup>

Gut microbiota  
weighs up to **2kg**<sup>1</sup>



Just like our fingerprints, the composition of gut microbiota is unique to each individual (although we share some similar features)

It is influenced by genetics, age, lifestyle, environmental microbial exposure, diet and health factors<sup>1,2,3</sup>



1. Van de Wiele T et al. *Nature Reviews Rheumatology*, 12:398–411, 2016. 2. Munyaka PM et al. *Frontiers in Pediatrics*, 2(109):1-8, 2014. 3. Collado MC et al. *Gut Microbes*, 3(4): 352-65, 2013. 4. Helander HF and Fändriks L. *Scand J Gastroenterol*, 49(6):681-9, 2014