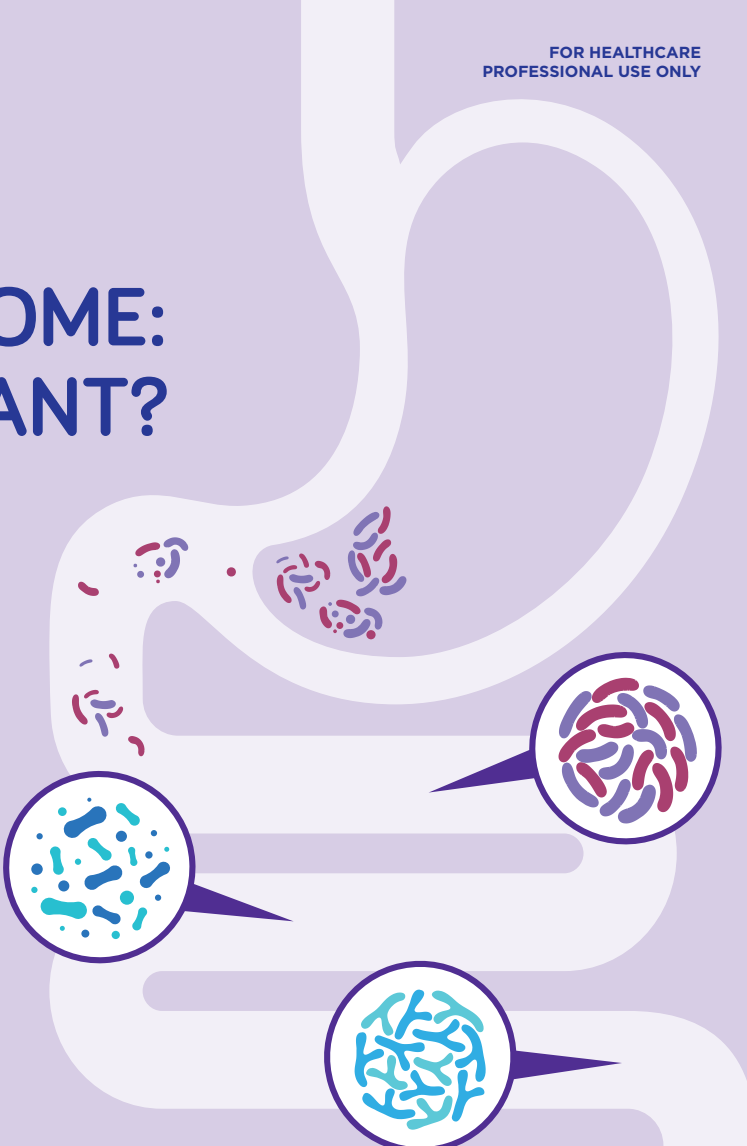


THE GUT MICROBIOME: WHY IS IT IMPORTANT?

The gut microbiome has been increasingly researched over recent years, with over 30,000 scientific papers on the topic¹ showing links to overall health, particularly in the areas of digestion and absorption of nutrients, gut-brain interactions and immunity^{2,3}.

Bacteria digest fibres in the large intestine, and this leads to production of important compounds e.g. short chain fatty acids (SCFA)⁴. SCFAs are estimated to contribute 10% of our energy requirements⁵, highlighting the microbiome's important role in extracting nutrients from our diet.



Healthy Gut Microbiota leads to a multitude of benefits:

- Helps the body to digest certain foods e.g. dietary fibre^{6,7}
- Supports the production of some vitamins e.g. B12, folate, K⁶
- Regulates energy metabolism and homeostasis in early life^{6,7,8}
- Defends against pathogens^{6,7}
- Provides signals for the development of the immune system^{6,7}
- Influences gut-brain communication for optimal gut and brain functions^{6,7}

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