

Facts, Figures & Tips on Fibers & Gut Microbiota

FIBERS & GUT MICROBIOTA: HOW TOGETHER THEY BENEFIT OUR HEALTH

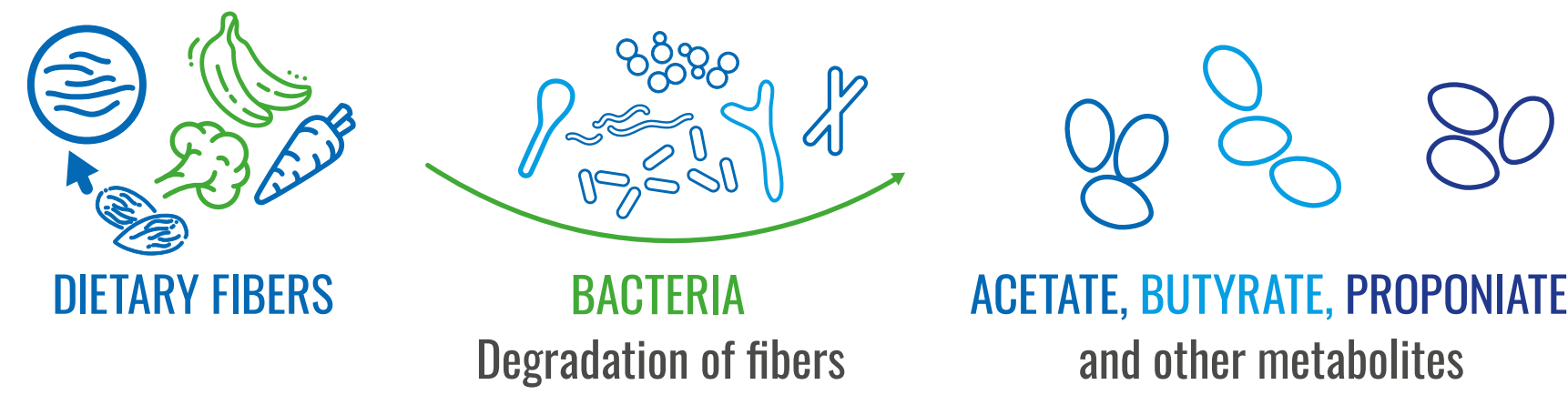
THE SCIENCE



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

A UNIQUE CAPACITY TO PRODUCE SHORT-CHAIN FATTY ACIDS

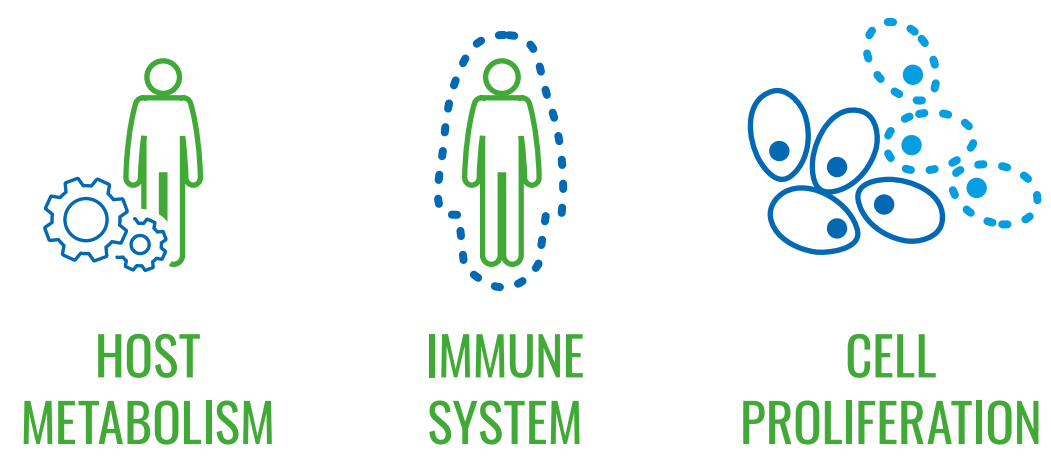
Thanks to its millions of genes, the gut microbiota exhibits some functions that humans do not have intrinsically. For instance, it has the **capacity to ferment some dietary fibers** producing essential molecules such as vitamins, but also short-chain fatty acids (SCFAs) in the process.



Turroni, 2017a; Turroni, 2017b; Makki, 2018; Sonnenburg et al., 2016
Hamer et al., 2008

SHORT-CHAIN FATTY ACIDS ARE ESSENTIAL IN HUMAN FUNCTIONS

They play a part in physiological processes such as:



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.

Koh, 2016

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.**