

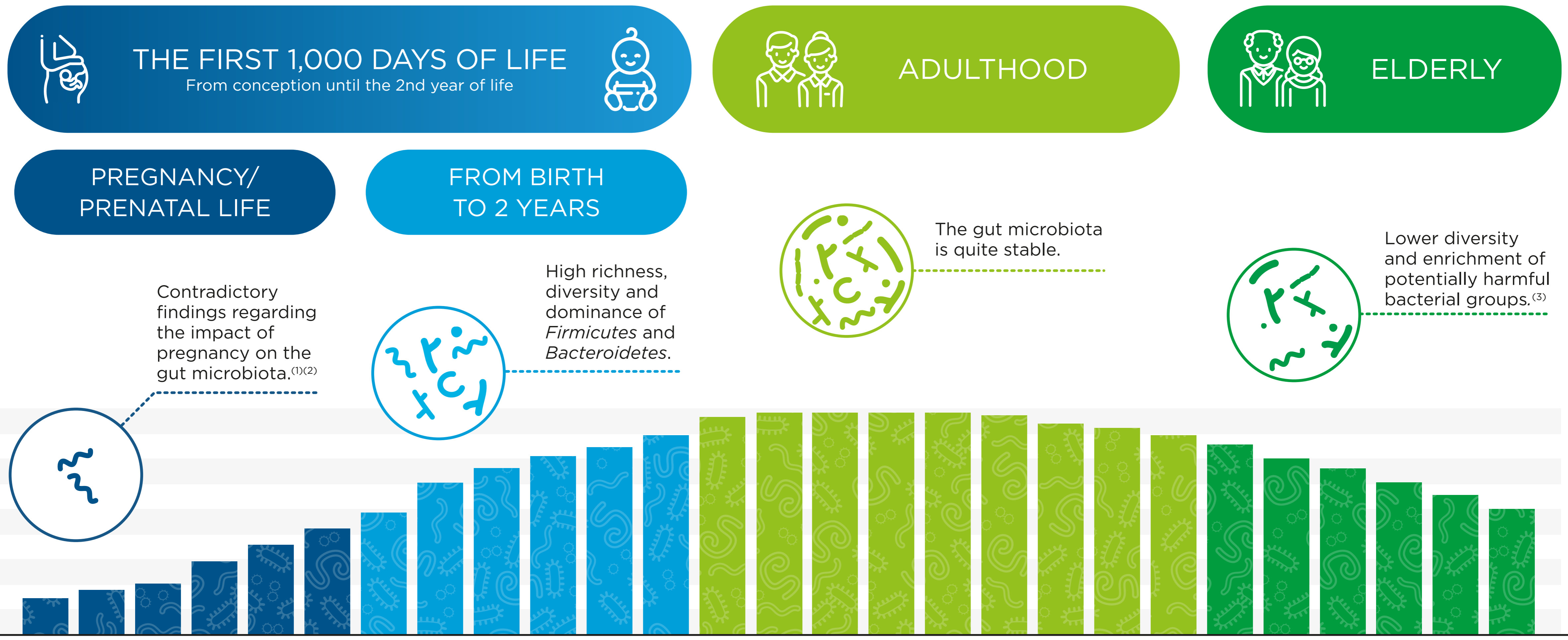
The gut microbiota across the lifespan

Evolution in terms of richness and diversity












GUT MICROBIOTA FOR HEALTH

Public information service from European Society of Neurogastroenterology and Motility



Influencing factors shaping the gut microbiota⁽⁵⁾⁽⁶⁾⁽⁷⁾⁽⁸⁾

 'In utero' colonization ⁽⁴⁾	 Mother's nutritional and health status	 Delivery Mode (Vaginal vs C-section)	 Host genetics	 Diet	 Lifestyle	 Decline of physiological functions	 Diet
 Mother's lifestyle	 Antibiotic use	 Term vs Preterm	 Diet: breastfeeding vs formula	 Medications (antibiotics, acid suppressants, anti-diabetic drugs...)	 Exercise	 Lifestyle and living environment	 Medications (antibiotics, acid suppressants, anti-diabetic drugs...)

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