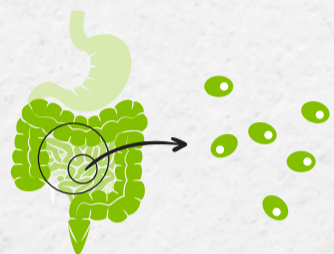
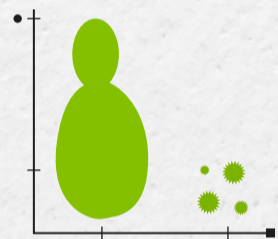


The gut mycobiota and its relevance for health

Find out about the fungal microbiota's relevance for health and how it develops across the lifespan.



Gut fungi include yeasts and, compared to bacteria, represent a **small part of the whole gut microbiota** in healthy individuals.¹



Fungal cells are 10 times longer and 100 times larger than bacterial cells.²



Fungi are not the enemies of bacteria, as they colonize the same habitat and influence each other.



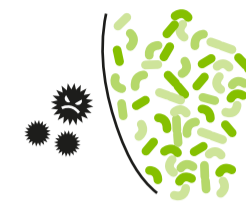
Together with *S. cerevisiae*, *Candida albicans* is the most abundant fungus in human adults' gastrointestinal tract.

It is involved in **protective immune responses and is generally not harmful**, unless it overgrows and becomes an infection when the balance of the gut microbiota is disrupted.²

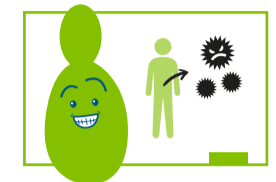
* Gut fungi are involved in digestive and immune functions that are important for health,³ in that they:



Contribute to **nutrient production** and metabolism.



Defend against **harmful microorganisms**.



Teach the **immune system** to tell friends from foes.

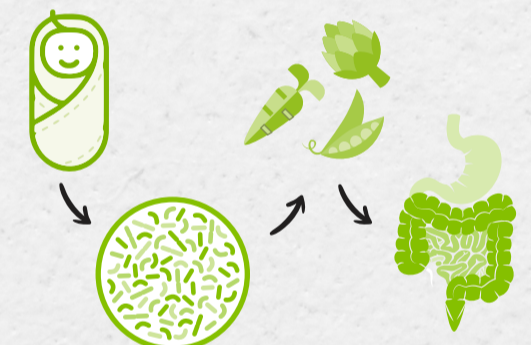


Establish **healthy gut bacteria**



Produce **small molecules** that can travel around the body and **affect the functions of distal organs** such as the liver, lung and brain.

* Gut fungi instantly colonize the newborn gut after birth. Then, **lifestyle and diet significantly influence gut mycobiota composition**, meaning it is more variable throughout adult life than that of the gut's bacteria.³



* An altered gut mycobiota has been shown to be involved in gut diseases

(e.g., inflammatory bowel diseases, celiac disease) **and in conditions that are not apparently linked to the gut** (e.g., asthma, type 1 diabetes). However, it is too early to know which one is the chicken and which the egg.^{3 4}

