

Getting to know your gut microbiota



– Getting to know your – GUT MICROBIOTA



A huge quantity (**hundreds of trillions**) of **bacteria** and other microorganisms inhabit your intestines; they are key for your **health** and **wellbeing**.

Gut microbiota's

WEIGHT



can reach up to
1 to 2 Kg



95%

of your bacteria
is located in the
**GASTROINTESTINAL
TRACT**



The gastrointestinal



TRACT SURFACE
is as big as
2 TENNIS COURTS

400m²

BACTERIA

are 10 to 50 times

0.5-5 μm



SMALLER
than human cells

In your body, **MICROBES**
outnumber



HUMAN CELLS BY

10:1



Laid end to end,

**YOUR BODY'S
BACTERIA**

would circle the Earth

2.5 times

