Table S1. Composition of human gut microbiota.

PHYLUM	Relative abundance	Genera and species	Main functions
Firmicutes	60-65%	*Clostridium* *Eubacterium* *Faecalibacterium* *Lactobacillus* *Roseburia* *Ruminococcus*	Fiber fermentation and butyrate production
Bacteroidetes	20-25%	*Alistipes* *Bacteroides* *Parabacteroides* *Prophyromonas* *Provotella*	Catabolism of polysaccharides Fiber fermentation and butyrate production
Proteobacteria	5-10%	*Escherichia coli*	
Actinobacteria	3%	*Bifidobacterium* *Colinsella*	Synthesis of vitamins
Archea	<1%	*Methanobrevibacter* *Methanosphaera*	Methane production
Deferribacteres	<1%		Iron degradation
Fusobacteria	<1%	*Fusobacterium nucleatum*	Tumorigenic factor with proinflammatory properties
Melainabacteria	<1%		Production of vitamins B and K, fermentation of carbohydrates, synthesis of ethanol, lactate and formate
Spirochaetes	<1%	*Treponema*	
Verrucomicrobia	<1%	*Akkermansia muciniphila*	