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# **Gut Microbiota and Precise Modulation**

Guest Editor:

### Dr. Yongjun Wei

School of Pharmaceutical Sciences, Zhengzhou University, Zhengzhou 450001, China

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### Message from the Guest Editor

The gut microbiota plays a critical role in maintaining human health. Understanding an individual's gut microbiota can provide insights into key taxonomic groups and potential diseases associated with the gut microbiota. Analyzing the gut microbiota of a cohort can help identify the distribution and variation of microbes related to human health. Probiotics can be used to modulate the gut microbiota, and studying the composition of probiotics in different individuals can not only reveal their health status but also provide information on which probiotics have colonized their gut microbiota. Based on this information, proper prebiotics can be supplemented to support the growth of personal probiotics, and specific probiotics can be provided to enhance the colonization of individual probiotics in the gut microbiota. To provide precise recommendations for personal gut microbiota modulation, further research and development are needed in the application of microbiome and synthetic probiotics.











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#### Dr. Nico Jehmlich

Department of Molecular Toxicology, UFZ-Helmholtz Centre for Environmental Research, 04318 Leipzig, Germany

### Message from the Editor-in-Chief

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*Microorganisms* Editorial Office MDPI, Grosspeteranlage 5 4052 Basel, Switzerland Tel: +41 61 683 77 34 www.mdpi.com mdpi.com/journal/microorganisms microorganisms@mdpi.com X@Micro\_MDPI