Optimizing Microbiota Profiles for Athletes

Exercise and/or dietary intervention

Non responders
- Greater improvement to same training/nutrition in:
  - Body composition
  - Maximal oxygen consumption
  - Strength/power

Responders to supplements
- Reduced improvement to same training/nutrition in:
  - Body composition
  - Maximal oxygen consumption
  - Strength/power

SCFA: Short chain fatty acids

Questions
- Which microbiota pattern predicts a lower response to diet and exercise in non responders?
- Which other metabolic factors are linked to a specific microbiota pattern and lower exercise response in non responders?

Interventions
1. Optimize gut microbiota through
   - Diet, supplements, pre and probiotics
2. Improve metabolic factors through
   - Diet, supplements

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