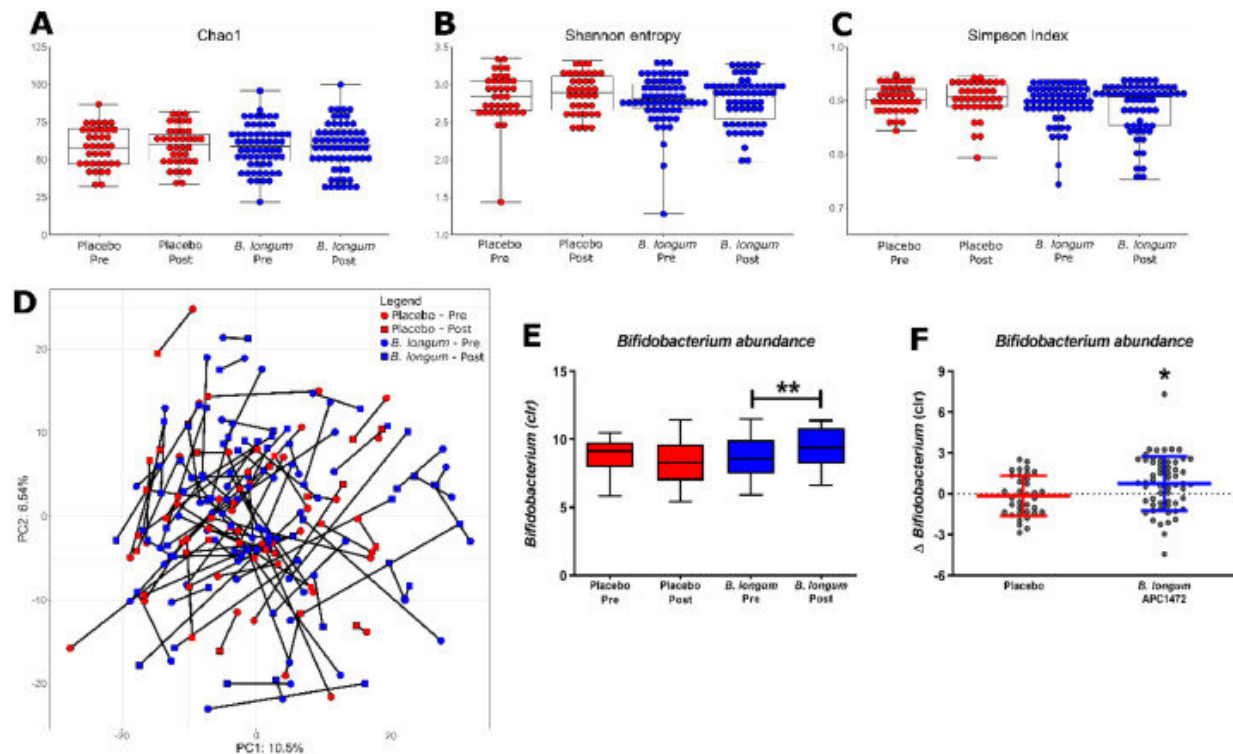


# Researchers identify bacteria that promote metabolic and mental health

December 18 2020



*B. longum* APC1472 increases *Bifidobacterium* abundance without impacting the overall composition of the gut microbiota in humans. The gut microbiota was assessed at the beginning (pre) and end of the study (12 weeks, post). Alpha (A-C) and beta diversity (D) were investigated, as well as the bacterial genera present (E-F). Microbial taxa were centre-log-transformed (CLR). Significant differences between pre and post were analysed using the Mann-Whitney U test, whereas treatment differences were analysed using an ANCOVA controlling for sex and pre-intervention *Bifidobacterium* abundance. Data are depicted as boxplot or scatter dot plot, where the dots depict individual datapoints, with  $n = 48$  for the placebo group and  $n = 74$  for the *B. longum* APC1472 treatment

group. \* indicates a significant effect (\*p

Citation: Researchers identify bacteria that promote metabolic and mental health (2020, December 18) retrieved 24 May 2024 from <https://medicalxpress.com/news/2020-12-bacteria-metabolic-mental-health.html>

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