

IMPACT OF VITAMINS, PROBIOTICS, ANTIBIOTICS, AND THE HISTORY OF COVID-19 INFECTION ON THE GUT MICROBIOME IN ULCERATIVE COLITIS PATIENTS

Angelika Krumina

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A cross-sectional study of 49 ulcerative colitis outpatients found that recent antibiotic use was associated with lower Firmicutes abundance, while probiotic and vitamin supplementation showed no significant impact on gut microbiome composition.

KEY POINTS

- Patients not using antibiotics in the last month had significantly higher Firmicutes levels (median 64%) compared to antibiotic users (median 31%), $p=0.008$
- No statistically significant differences in bacterial phylum composition were found between probiotic users (18.4% of patients) and non-users
- Vitamin D and vitamin C supplementation showed no statistically significant association with bacterial composition differences
- The study included 49 UC patients (63% male, median age 38) divided by COVID-19 status, with fecal samples analyzed using MetaPhlAn v.2.6.0
- This material is relevant for gastroenterologists and researchers interested in microbiome modulation in inflammatory bowel disease patients

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