

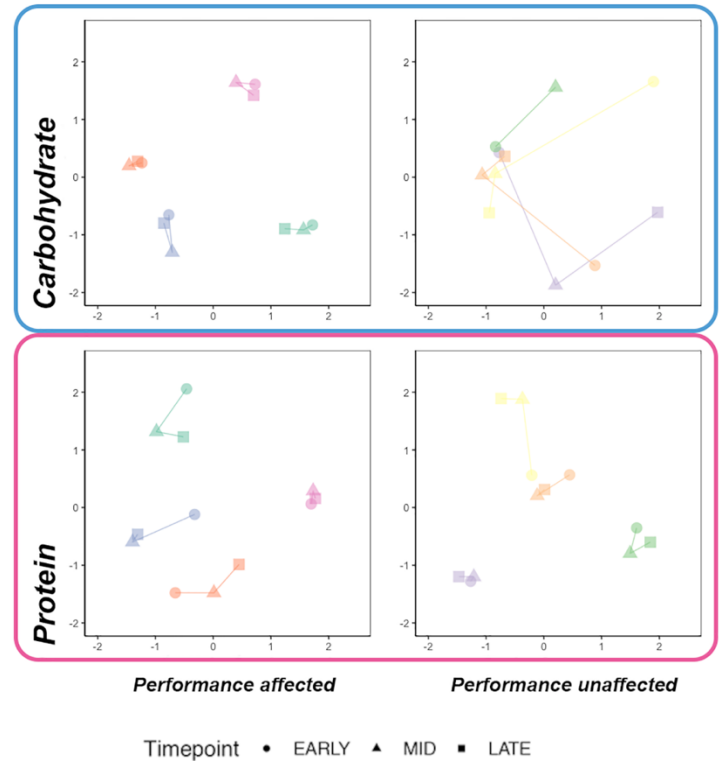
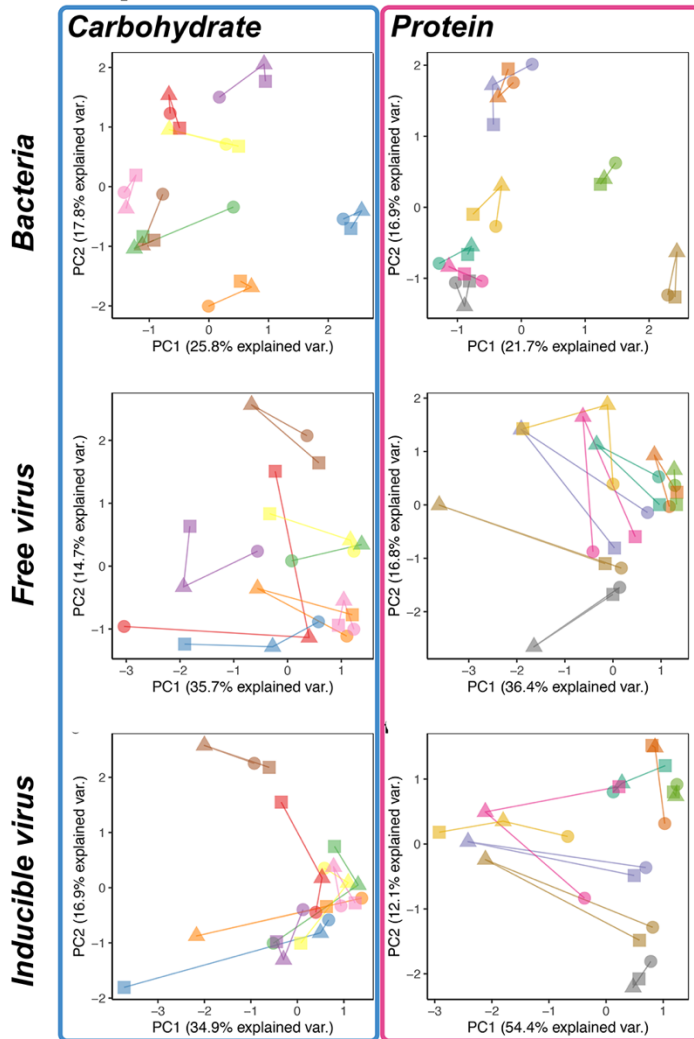
Supplementary figure 3 – Shifts in beta-diversity of gut microbiota are visible during dietary intervention and are associated with endurance performance

Dynamic changes in the gut microbiota in response to acute high protein and high carbohydrate diets in endurance athletes.

Furber, M.J.W., Young, G.R., Holt, G., Pyle, S. Howatson, G., Roberts, M.G., Roberts, J.D. and Smith, D.L

Seperate biomes

Combined biomes



Timepoint • EARLY ▲ MID ■ LATE