

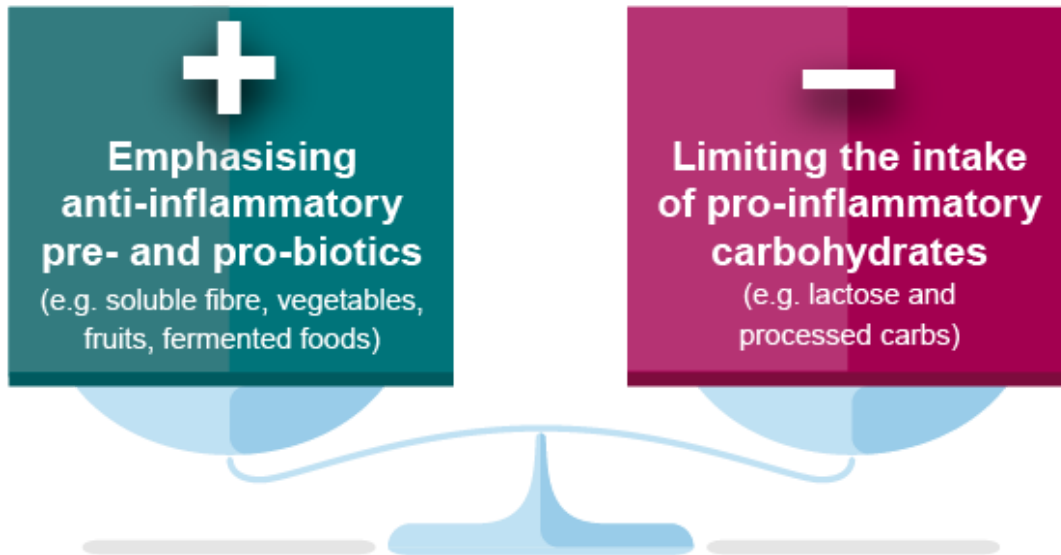


Did you know?

...diet can act as a microbiome-centred therapy for IBD?

The **IBD-AID** diet aims to relieve IBD symptoms while providing good nutrition¹

Restore balance between helpful and harmful intestinal bacteria by:^{1,2}



In a single-arm, prospective, intervention trial with IBD-AID:

61.3% of patients treated for ≥ 8 weeks reported a dramatic decrease in IBD severity¹

IBD-AID may allow customization of dietary guidelines to highlight foods with known effects on microbiome signatures associated with health¹

AID: anti-inflammatory diet; IBD: inflammatory bowel disease

1. Oledzki B et al. Inflamm Bowel Dis 2020;26:S36.

2. Oledzki B et al. Nutr J 2014;13:5.