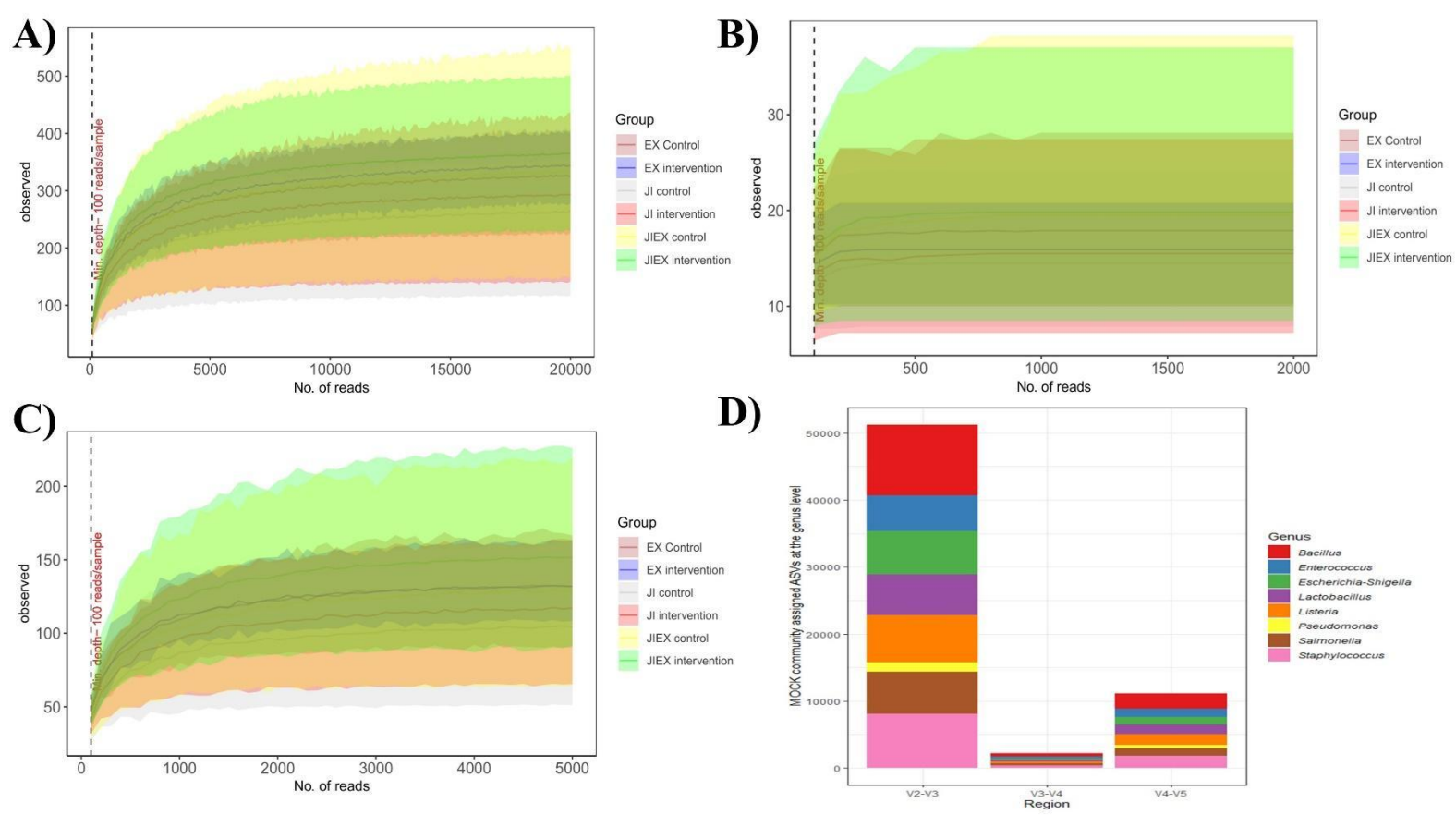


Supplementary S1:



Supplementary S1: Metrics of massive DNA sequencing of 16 rRNA regions V2-V3, V3-V4, and V4-V5, to assess sampling efficiency (A-C rarefaction curves) and (D) sensitivity of the taxonomic assignment method for detection of bacteria present in the synthetic community (Mock Community). EX: exercise group; IFEX: intermittent fasting combined with exercise group; IF: intermittent fasting group. Control: pre-intervention and Intervention: post-intervention.