Taxonomy and diversity: XT, genus Shannon Diversity Bacteroides Faecalibacterium Percent of reads classified at this level Ruminococcus Blautia unclassified Lachnospiraceae Clostridium Parabacteroides unclassified Ruminococcaceae Eubacterium Alistipes Bifidobacterium Roseburia Coprococcus Prevotella Ω unclassified Clostridiales (miscellaneous) XT\_D04-NFlex-R1 XT\_D03-NFlex-R1 XT\_D08-NFlex-XT\_D01-NFlex-Collinsella XT\_D05-NFlex XT\_D02-NFlex XT\_D10-NFlex XT\_D07-NFlex D01-NFlex XT\_D02-NFlex XT\_D05-NFlex D03-NFlex D09-NFlex Other classified at this level \_D07-\_D04-

Taxonomy and diversity: Flex, genus Shannon Diversity genus **Bacteroides** Faecalibacterium 100 -Ruminococcus Percent of reads classified at this level Blautia unclassified Lachnospiraceae 75 -Bifidobacterium Clostridium unclassified Ruminococcaceae Eubacterium Roseburia Alistipes Parabacteroides unclassified Clostridiales (miscellaneous) Coprococcus Collinsella Flex\_D02-NF-R1 Megamonas Other classified at this level Sample