a.

**Control**

- *Akkermansia (1)* ***
- *Bacilli RF39 (2)* ***
- *Lactobacillus (3)* **
- *Oscillospiraceae UCG−003 (4)* *
- *Ruminococcus gauvreauii group (5)* *
- *Clostridia UCG−014 (6)* *
- *Subdoligranulum (7)* **
- *uncultured Barnesiellaceae (8)* **
- *Howardella (10)* **
- *Alloprevotella (9)* **
- *Prevotellaceae NK3B31 group (11)* ***
- *Paraprevotella (12)* *
- *Bacteroides (13)* ***
- *Lachnospiraceae UCG−003 (14)* *

**Exercise**

- *Terrisporobacter (1)* **
- *Turicibacter (2)* *
- *Roseburia (3)* **
- *Clostridium sensu stricto 1 (4)* *

b.

**Control**

- *Rothia (1)* *
- *Lautropia (2)* *
- *Abiotrophia (3)* *

**Exercise**

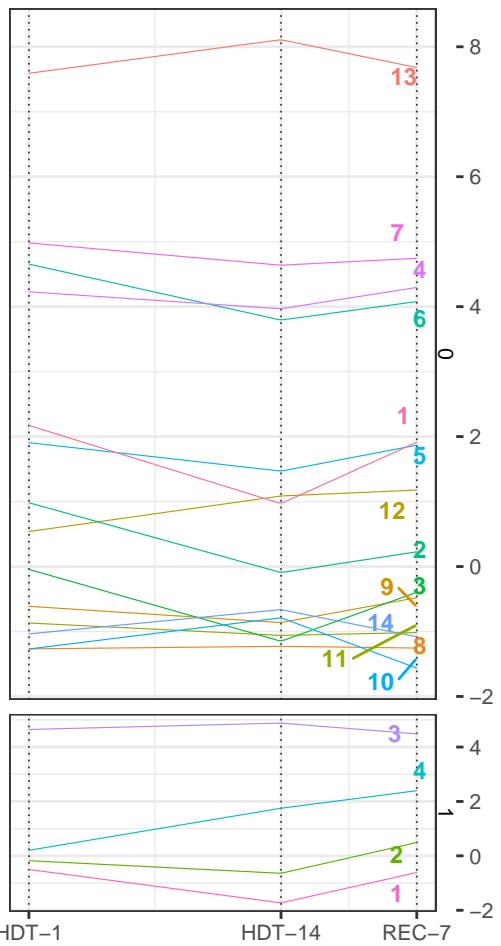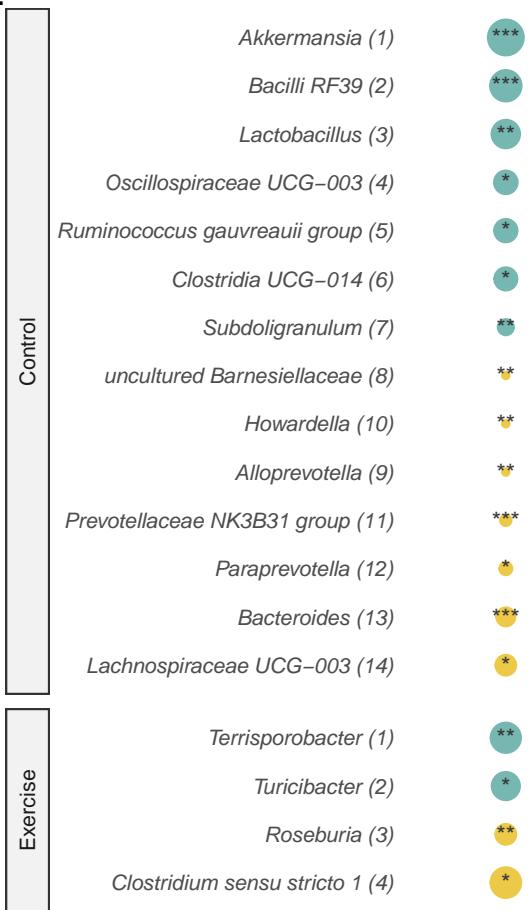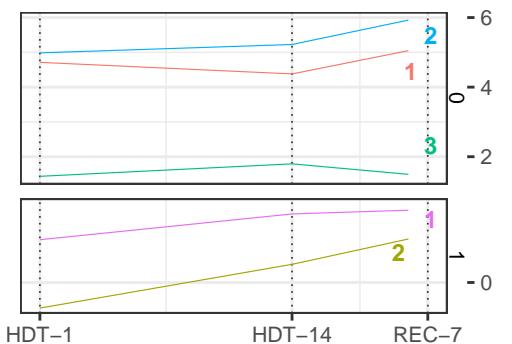- *uncl. Comamonadaceae (1)* *
- *Pseudopropionibacterium (2)* *

Abundance

HDT−1    HDT−14    REC−7

● Decrease    ● Increase