



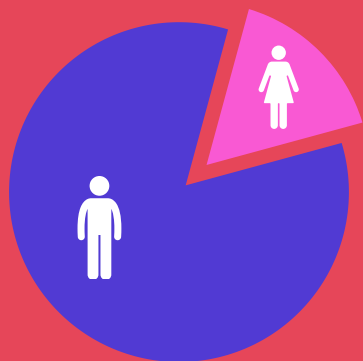
**Thanks**

**for your**

**participation!**

## Who is part of the study?

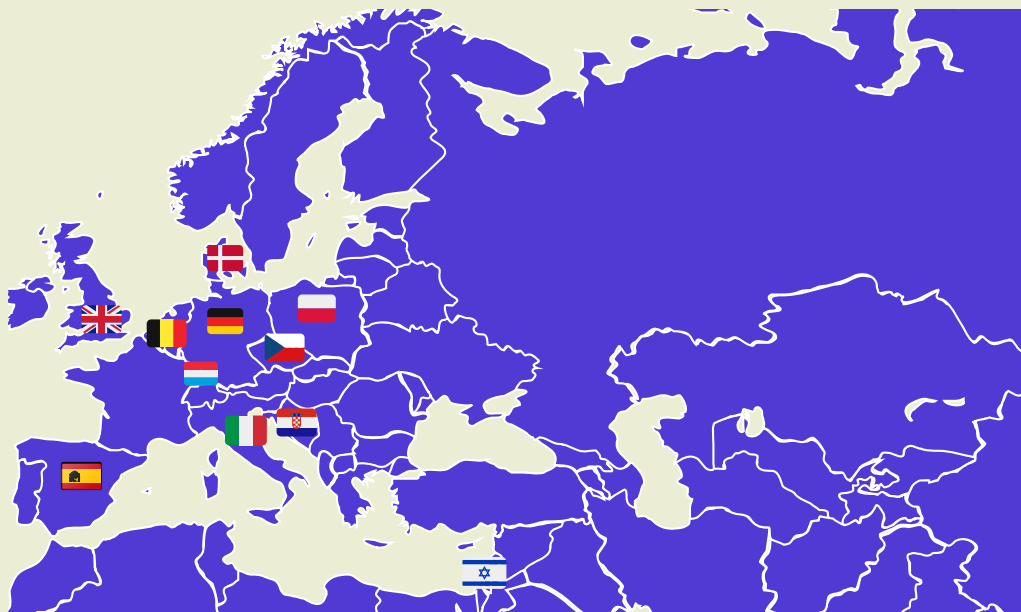
- 991 participants living with HIV.
- 50-86 years old.
- 84.1% males and 15.8% females.



Thank you for being a part in the **largest multinational study** of the **gut microbiome** in people living with HIV.

Your contribution is vital to helping us understand how **gut bacteria influence inflammation** and disease risk in people living with HIV.

**22 clinical study sites**  
from **11 countries.**



## What samples have been collected?



As of 25 July 2025 28,237 samples have been collected from visit 1 and 2.

## What do we know about the study group?



Almost all participants (934) follow an **omnivorous diet**.

Participants exercise on average **5.6 hours** per week.



Participants consume on average **4.3 units of alcohol** per week.

1/3 of participants had a **furry or feathered pet** at home in the month before the questionnaire.



## What have we learned so far?

We have started analyzing the microbiome from the stool samples collected during your first visit and are correlating it with the information you provided in the questionnaire. While the analyses are still ongoing, **early observations suggest** that:

People **living with HIV** who have **elevated levels of inflammation** in their blood tend to have a **less diverse gut microbiome**. In other words: they have **fewer bacterial species** that are less evenly distributed in the gut.



MISTRAL participant with  
high microbial diversity and  
low levels of inflammation



MISTRAL participant with  
low microbial diversity and  
high levels of inflammation

*All findings are still under review and are not yet final.*

## What's next?

More **analyses are currently underway**, and we're excited to keep learning from the data you've helped us collect. We appreciate your ongoing contribution to this important research!

To stay updated on new findings, publications, and study news



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