## IMPORTANCE OF GUT MICROBIOTA IN FISH - A REVIEW

## A. UMA<sup>1\*</sup>, P. SUBASH<sup>1</sup> AND T. J. ABRAHAM<sup>2</sup>

<sup>1</sup>Department of Aquatic Animal Health Management, Dr. M.G.R. Fisheries College and Research Institute, Tamil Nadu Dr. J. Jayalalitha Fisheries University, Ponneri – 601 204, Tamil Nadu, India <sup>2</sup>Department of Aquatic Animal Health, West Bengal University of Animal and Fishery Sciences, Chakgaria, Kolkata –700 094, West Bengal, India

The microbiota are normally involved in numerous factors concerned with the health of the fishes in their environment and many of them can also cause threats to the same. In fish, the gut microbiota inhabiting the gastrointestinal tract influence the physiology, nutrition, life span, immunity, besides acting as a barrier against pathogens. Although gut microbiotas are present in all the fish, their composition varies based on their life stages, the environment in which they live, diet, seasons, trophic levels, etc. There are numerous studies related to the intestinal microbiota of freshwater, marine fish and in various life stages of fish. But the knowledge on the microbiota in aquatic ecosystem is yet to be explored. Researches in this field will pave way to the develop techniques to manipulate the gut microbiota of the desired fish species of culture to improve their growth and production. This review is intended to provide collective information on the gut microbiota in fish, their development, dynamics in the living environment and their manipulation towards improving production and sustainability in the field of fisheries.

Key words: Freshwater fish, Gut microbiota, Manipulation of gut microbiota, Marine fish

## Introduction

Fishes are poikilothermic aquatic animals that consist of a vast range of vertebrates to invertebrates of the animal kingdom. Fish are considered as sources of low-fat high-quality protein; rich in omega-3 fatty acids, vitamins like B, and D and minerals such as iron, calcium, phosphorus, iodine, magnesium, zinc and potassium. The consumption of fish has been increased by increasing the world's population from the mid of the 20th century. According to FAO (2020), in per capita terms, there is increase of fish consumption from 9.0 kg in 1961 to 20.2 kg in 2015, at an average rate of 1.5% increase per year. The estimate for 2016 and 2017 was about 20.3 and 20.5 kg respectively. Such demand was contributed by the total global fish production of 170.9 MMT through 90.9 MMT of capture

\*Corresponding Author

fisheries and 80.0 MMT of aquaculture. The aquaculture sector, contributed by both inland and marine sector produced 51.4 MMT and 28.7 MMT, respectively contributing up to 46.8% of total fish production.

Fish possess bacterial flora on or in their skin and its various organs (Austin, 2002). Generally, the bacterial genera isolated are related to the environment of the fish and varies with numerous factors such as the salinity and the load of bacterial communities in the water. The bacteria recovered from the surface of skin and gills may be temporary rather than resident on the surface of the fish. Gut microbiota of fish appear to vary with the complications in the digestive system. The microbiota present in the gut is the representation of those from the surrounding environment or the diet fed which can survive and multiply within intestinal tract, there is also evidence for a different intestinal microflora in some species (Cahill, 1990). Gut microbiota can influence development, life span, physiology, immunity, and barriers against the pathogen in fish (Yan *et al.*, 2016). Hence, the components that direct the intrusion of microbes in the fish gut will give an underlying advance towards anticipating and treating fish diseases (Xiong *et al.*, 2019).

Several factors may affect the microbiota of the fish gut. The changes in external factors like age, diet, environment and trophic levels can alter the gut microbiota of the fish (Liu et al., 2016; Stephens et al., 2016; Michl et al., 2017; Wang et al., 2018). To study the gut microbiomes in fish, various methods are being adopted for the confederation examination of the of microorganisms. In the past, the culturedependent methods (Ringo et al., 2003; Romero and Navarrete, 2006), denaturing gradient gel electrophoresis and temporal temperature gradient gel electrophoresis techniques (Reveco et al., 2014) revealed a very low fraction of the significant microorganisms. But, today there are wide varieties of culture-independent technique available for the analysis of microbiota of fish (Tarnecki et al., 2017). By knowing the importance of microbial communities in the fish body, we can manipulate these communities to bring out the best possible role to be expressed in their body for the benefit of fish health.

## Historical overview of gut microbiota of fish

The collective genomes within the microorganisms inhabiting a particular environment were termed as a microbiome (Burokas *et al.*, 2015). Higher vertebrates harbour these microbial communities in their body from the skin surface to the gastrointestinal tract (Sandrini *et al.*, 2015). The studies on such a complex form of microorganisms in fishes started as early as the 1930s (Reed and Spence, 1929; Gibbons, 1933) in which they investigated

the skin and gut microbial communities. The study was further explored by the influence of intestinal flora in fish on fasting (Margolis, 1953). Understanding the importance of these microbiomes has led to several studies in fish viz. changes in the gut microbiota with response to the diet (Sera *et al.*, 1972), variation in the gut microbiota of the farmed fish (Gilmour *et al.*, 1976), the influence of the gut microbiome by the surrounding environment and the intake of diet (Cahill, 1990). One of the limitations in the isolation and culture of gut microbiota using culture-dependent methods is that, only 10% of microorganisms has been studied.

## Gut microbiota of freshwater fish

Considerable differences in the composition of intestinal microbial flora in marine and freshwater fish are described by Izvekova et al. (2007). The gut microbial composition of the freshwater fish differs due to the varying environmental conditions of their habitat. Acinetobacter, Aeromonas, Flavobacterium, Lactococcus, Pseudomonas, obligate anaerobes (Bacteroides, Clostridium and Fusobacterium) and members of family Enterobacteriaceae dominate the gut of freshwater species (Gómez and Balcazar, 2008). A limited number of bacterial taxa found in the intestines of some fish species may indicate not only a low diversity of these bacteria but may also be due to insufficient knowledge about them. Herbivorous and omnivorous freshwater fish shows shorter gut transit times with low levels of short chained fatty acids (SCFA) in the gut, which are produced during the conversion of unassimilable algal constituents by the gut microbes (German et al., 2010) than some of their marine counterparts. The highest level of SCFA was reported in the posterior intestine of Oreochromis sp. Free living Amoebae are ubiquitous in freshwater fish Oreochromis niloticus (Milanez et al., 2017) and its infection poses a public health problems due to possible human consumption. Beneficial gut microbiota reported in various freshwater fish are presented in Table.1

## Fish gut microbiota

Table 1.	Beneficial	gut microbiota	reported in	various	freshwater fis	sh
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Host	Dominant gut microbiota	Reference
Nile tilapia <i>Tilapia nilotica</i> , goldfish ( <i>Carassius auratus</i> ), and Ayu ( <i>Plecoglossus altivelis</i> )	Obligate anaerobes ( <i>Bacteroidaceae</i> ) were predominant over facultative anaerobes ( <i>Vibrionaceae</i> and <i>Enterobacteriaceae</i> )	Sakata <i>et al</i> ., 1980
Japanese eel (Anguilla japonica), carp (Cyprinus carpio), goldfish (Carassius auratus), Ayu (Plecoglossus altivelis), tilapia (Tilapia nilotica) and channel catfish (Ictalurus punctatus)	<i>Bacteroides</i> type A, with the potential of producing vitamin $B_{12}$	Sugita <i>et al.</i> , 1991
Ayu (Plecoglossus altivelis), carp (Cyprinus carpio), channel catfish (Ictalurus punctatus), Japanese eel (Anguilla japonica) and Tilapia (Tilapia nilotica)	Aeromonas, Bacteroidaceae and Clostridium strains producing amylase that play an important role in the digestion of starch	Sugita <i>et al.</i> , 1997
Silver carp (Hypophthalmichthys molitrix), common carp (Cyprinus carpio), channel catfish (Ictalurus punctatus) and deepbodied crucian carp (Carassius cuvieri)	Lactococcus raffinolactis, a predominant intestinal LAB	Hagi <i>et al.</i> , 2004
Goldfish ( <i>Carassius auratus</i> ), common carp ( <i>Cyprinus carpio</i> ) and Mozambique tilapia ( <i>Oreochromis mossambicus</i> )	Bacteroides type A strains with high vitamin $B_{12}$ producing ability, Vancomycin-resistant bacteria such as Cetobacterium somerae	Tsuchiya et al., 2008
Rohu ( <i>Labeo rohita</i> ) and catla ( <i>Catla catla</i> )	Lactic acid bacteria <i>Enterococcus</i> <i>faecalis</i> and <i>Pediococcus acidilactici</i> to ferment fish processing waste	Rai <i>et al</i> ., 2011
Zebrafish (Danio rerio)	Aeromonas spp., Pseudomonas spp., Plesiomonas spp., Vibrio spp., Shewanella spp. and Cetobacterium spp.	Roeselers et al., 2011
Rohu (Labeo rohita), Mrigal (Cyrrhinus mirgala) and Tilapia (Oreochromis mossambicus)	<i>Enterobacter asbura, Pichia</i> <i>kudriavzevii, Candida tropicalis</i> and <i>Candida parapsilosis</i> can produce tannase to overcome the antinutritional factors in the feedstuffs.	Mandal and Ghosh, 2013
Channel catfish ( <i>Ictalurus punctatus</i> ), Largemouth bass ( <i>Micropterus</i> salmoides) and Bluegill ( <i>Lepomis</i> macrochirus)	Cetobacterium somerae, Plesiomonas shigelloides, Fusobacterium mortiferum and Aeromonas sp.	Larsen <i>et al.</i> , 2014

Table 1, Cont.

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Cont. Table 1.

Host	Dominant gut microbiota	Reference
Mrigal (Cyrrhinus mirgala and Tilapia (Oreochromis niloticus)	<i>Pichia kudriavzevii</i> and <i>Candida</i> <i>rugosa</i> , extracellular enzyme producing yeasts	Banerjee and Ghosh, 2014
Freshwater fishes Schizothorax zarudnyi and Schizocypris altidorsalis	Actinobacteria with their potential to produce biologically active compounds.	Jami <i>et al</i> ., 2015
Grass carp (Ctenopharyngodon idellus)	Dechloromonas, Methylocaldum, Planctomyces, Rhodobacter, Caulobacter, Flavobacterium, and Pseudomonas	Tran <i>et al.</i> , 2018
Freshwater pufferfish (Tetraodon cutcutia)	Gammaproteobacteria, Fosobacteria, Actinobacteria, <i>Anerolineae</i> , Betaproteobacteria, Deinococci, Clostridia and Deltaproteobacteria	Deb et al.,

## Gut microbiota of marine fishes

The fish and other marine animals have their unique interaction with the surrounding environment and the microorganisms inhabiting the environment. The gut of marine fish is dominated by Alcaligenes, Alteromonas, Aeromonas, Flavobacterium, Carnobacterium, Moraxella, Micrococcus, Pseudomonas and Vibrio (Gómez and Balcazar, 2008). A summary of the major bacterial flora composing the gut microbiota of marine fish was reviewed by Llewellyn et al. (2014). A review of the intestinal microflora of fish larvae and fry of 24 marine and freshwater fish showed the most frequently reported bacteria were Vibrio, Pseudomonas, Cytophaga, Flavobacterium and the family Enterobacteriaceae (Ringø and Birkbeck, 1999). While the microbial community changes with life stage and habitat, a relatively stable gut microbiota are established within the first 50 days of life for many species (Larsen et al., 2014). Lactic acid bacteria (mainly Lactobacillus sp.) have also been found to be minor components of the gut microflora of both freshwater and marine fish (Izvekova et al., 2007). Table 2 shows the dominant gut microbial communities in marine fish.

# Importance of gut microbiomta in disease resistance

Gut microbiota are the microorganisms that are colonizing the digestive tract, enveloping the entire scope of the biochemical cycle, and incite a resistant arrangement of the host life form (Gómez and Balcazar, 2008). Numerous beneficial bacterial strains have been created to treat microorganism prompted bacterial maladies, and this current strategy's adequacy has been demonstrated (Verschuere et al., 2000). Some beneficial microbes can create microorganisms that stifle or even destroy the inhibitory compounds (Teplitski et al., 2009). Lactococcus lactis isolated from marine fish produced bacteriocin nisin Z, which can restrain the development of the fish microbe Lactococcus garvieae at 5 AU mL<sup>-1</sup> made it a promising option in the prevention of lactococcosis (Sequeiros et al., 2015). A bacteria Centroscyllium fabricii isolated from the deep sea shark was found to have an antagonistic activity in the fish gut (Bindiya et al., 2015).

# Gut microbiota with respect to the life stages in fish

The colonization of fish gut begins early in the

Host	Dominant gut microbiota	Reference
Neritic sharks	Photobacterium damselae	Grimes et al.,1985
Atlantic salmon (Salmo salar), Long jawed mudsucker (Gillichythys mirabilis)	Tenericutes (Mycoplasma sp.)	Bano <i>et al.</i> , 2007; Llewellyn <i>et al.</i> , 2016
Penaeus monodon	Gamma Proteobacteria	Rungrassamee et al., 2014, 2016
Pacific white shrimp ( <i>Penaeus vannamei</i> )	Gamma Proteobacteria	Rungrassamee <i>et al.</i> , 2016
12 bony fish and 3 sharks	Proteobacteria, Firmicutes	Givens et al., 2015
Damselfish (Pomacentridae) and Cardinalfish (Apogonidae)	Endozoicomonaceae, Shewanellaceae, Fusobacteriaceae, Vibrionaceae and Pasteurellaceae	Parris et al., 2016
Rabbitfish (Siganus muscescens)	Firmicutes, Bacteroidetes and delta-Proteobacteria	Nielsen et al., 2017
Pacific white shrimp ( <i>Penaeus vannamei</i> )	Alpha Proteobacteria alongside Planctomycetales	Chen et al., 2017
Atlantic cod (Gadus morhua)	Firmicutes, Proteobacteria, Bacteroidetes, and Fusobacteria can act as biomarker for oil contamination	Walter et al., 2019
Dicentrarchus labrax, Sparus aurata, Diploduspuntazzo, Pagruspagrus, Argyrosomus regius	Pelomonas puraquae, Hydrogenophaga atypica, Atopostipes suicloacalis, Pseudomonas veronii, Propionibacterium (Cutibacterium acnes, Pseudomonas panacis and Delftia acidovorans)	Nikouli et al., 2020

 Table 2. Dominant gut microbial communities in marine fish

larval stage and is driven towards the achievement of a complex assemblage of gutassociated microorganisms (Nayak, 2010). Microbial colonisation of fish larvae originates from the eggs, the environment and the first feed. The microbiota of the surrounding water dictates which bacteria encounter the eggs and consequently have the opportunities to colonise. Upon hatching, sterile larvae intake the chorion-associated bacteria, which are the first colonisers of the developing gastrointestinal tract (GIT) (Egerton et al., 2018). The GIT of the newly hatched larvae tends to contain a few bacteria. Subsequent bacterial habitats are acquired in the fish larvae for the first time when they begin to drink water to control osmoregulation and the microbiota then becomes further diversified through feeding

(Hansen and Olafsen, 1999). Numerous studies have shown that diet plays a major role in shaping the gut microbial community and from first feeding; cause to substantial diversification (Lauzon et al., 2010). Around 108 bacterial cells having a place with more than 500 distinct species are accounted to populate the fish gut, which is overwhelmed by aerobes or facultative anaerobes (Romero and Navarrete, 2006). The diversity of the gut microbiota generally increases as the fish diet changes from predatory to omnivorous and omnivorous to herbivorous (Liu et al., 2016). The gut colonization can be either driven by stochastic (neutral assembly) or deterministic (non- neutral model). Stochastic deduced from random dispersion of microorganisms or events that land the microorganisms into the intestine that are responsible for the final shape of the gut microbial community and in deterministic, the assembly is acquired by the host selective factors, active dispersal by the host and microbe and microbe-microbe interactions (Talwar et al., 2018). Over a formative time, the colonization of gut was started by seeding from surrounding environment, the then progressively determined by the non-neutral factors as the fish matures from larvae to adult (Yan et al., 2016). Therefore, the studies suggested stochastic factors as a determinant in colonization of the GI tract. The gut microbial community can change with a variety of factors affecting the host, including changing environmental conditions such as temperature and salinity (Macfarlane and Englyst, 1986), developmental stage (Romero and Navarrete, 2006), digestive physiology (Cahill, 1990) and feeding strategy (Uchii et al., 2006). Some of the gut microfloras appear to be temporary, while other bacterial floras seem to be permanent residents (Kim et al., 2007). Herbivorous fish like pinfish Lagodon rhomboides under-goes an ontogenetic diet shift, while transitioning from carnivorous juveniles to either omnivorous or herbivorous adults (Gallagher et al., 2001).

Likewise, the growth, development and migration in anadromous Atlantic salmon Salmo salar involve a radical shift across an ecological and trophic spectrum (Orlov et al., 2006). Accompanying the behavioural, physiological and dietary adaptations are necessary to cope up with the transition between freshwater and marine environments (McCormick et al., 2013). The ecological succession of gut microbial communities during development and migration of wild teleost is an excellent system to explore the contribution of host and environmental factors in shaping the microbiome recruitment, particularly in euryhaline species (Schmidt et al., 2015). The study of Xia et al. (2014) provided the first perception into the fish gut microbiota and its changes during starvation. A detailed study on interactions between gut microbiota and hosts under such dynamic conditions will through new light on how the hosts and microbes respond to the dynamic environment. Nikouli *et al.* (2020) provided evidence on adult farmed fish in the Mediterranean sea have a divergent and speciesspecific gut microbiota profile, that are shaped independently of the similar environmental conditions under which they grow.

Herbivorous marine fish species having higher intestinal short-chain fatty acid concentrations depend on the intestinal microbiota to convert the unassimilable algal constituents to metabolically useful short-chain fatty acids (White et al., 2010), and these fish displays metabolic specializations to the hindgut fermentation (Willmott et al., 2005). Absorption of such short-chain fatty acid in fish is driven by an osmotic gradient between the intestine and blood (Titus and Ahearn, 1992), and so the concentration of these end products of anaerobic metabolism of microbiome in the posterior gut can serve as a rough indicator on potential importance of microbial digestion. Proteobacteria has far and wide presence in the gut microbiota of the aquatic invertebrates and are dominant in crustacean gut (Rungrassamee, 2014; Holt et al., 2020). The phylum proteobacterium is highly diverse in genetics, morphology and physiology (Stackebrandt et al., 1988). Crustaceans predominantly consist of Vibrio and Photobacterium spp. which have additionally classified sequences attributed to other high-level taxa: Bacteroidetes, Firmicutes, Fusobacteria and Actinobacteria in Penaeus monodon (Rungrassamee et al., 2014). Numerous Vibrio spp. produce chitinolytic enzymes (Sugita and Ito, 2006), which may express their strength in a chitin-rich environment like crustacean gut by giving a niche substrate for their use. However, the enzymatic capability of a few Vibrio spp. may contribute to negative impacts on the carapace of the animals and other health

#### Fish gut microbiota

implications such as red disease, tail necrosis, loose shell syndrome (Jayasree *et al.*, 2006). Microbial profiles are likely impacted by the longitudinal axis of the gut itself as various morphologies and functions along the gut will induce differential pressures on the microbial selection (Holt *et al.*, 2020). These interior variations show comparable taxa in the gut of wild and farmed *P. monodon* (Rungrassamee *et al.*, 2014). *Penaeus vannamei* guts from various farms were more likely similar to each other despite differences in the microbial community structure of their respective rearing environment (Zoqratt *et al.*, 2018). Table 3 provides the details of the factors that are affecting the microbial communities in fish.

Factors	Findings	Reference
Age	Microbial diversity increases with host-age.	Wang et al., 2018
	Age has a significant influence on the intestinal microbiota; water microbiota strongly influence gut microbiota at early life stages.	Bledsoe <i>et al.</i> , 2016
Diet	Gut microbial diversity decreases as the source of nutrient derivation in the diet are restricted.	Michl et al., 2017
	Gut microbiome composition as well as metabolite profiles are significantly altered by host species and feeding behaviour.	Li <i>et al</i> ., 2017a
	Colonisation with significantly different adherent and non- adherent communities; non-adherent microbiome are much diverse and diet-dependent than adherent microbiome.	Gajardo <i>et al</i> ., 2017
	Gut microbiome differs by diet treatment but communities in biofilters remain stable independent of diet; gut communities less diverse than those of water and biofilters.	Schmidt <i>et al.</i> , 2016
Environment	Gut microbial diversity increases as the fish develop and is less affected by the surrounding environment than by host diet and development.	Li <i>et al</i> ., 2017b
	Gut environment and other host development processes shape the microbiome.	Yan <i>et al.</i> , 2016
	Water microbial communities strongly shape those in the gut thereby resulting in a correlation between water and gut microbial community dynamics.	Giatsis et al., 2015
	Environmental factors more strongly influence microbiome at early life stages.	Stephens <i>et al.</i> , 2016
	The microbiome is significantly altered even at a low level of environmental changes but has strong resilience power.	Narrowe <i>et al.</i> , 2015
Host factors	Presence of core gut microbial flora regardless of the habitat type will indicate the operational host selective forces.	Dehler et al., 2017
	Similar gut microbiota regardless of source; shaped by host factors; differences in composition highlight the habitat-specific taxa.	Lyons et al., 2017
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Table 3. Factors that are affecting the microbial communities in fish

Table 3, Cont.

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Cont. Table 3.

Factors	Findings	Reference
	Gut microbial communities in different species are not exactly the same but also not different altogether.	Song et al., 2016
External factors	Probiotic administration for a short period significantly affects the gut microbiota composition at later stages of life.	Giatsis et al., 2016
	Diet, time of sampling and host-specific factors also influence the microbes.	Zarkasi <i>et al</i> ., 2016
Host factors	The gut microbiome is dependent upon the host life history or genetic background; different nutritional stresses affect host-microbiome and health differently.	Gatesoupe et al., 2016
Trophic levels	Trophic level strongly influences the microbiome composition of fish from the same habitats supported by evidence of a large core gut microbiota in multiple species.	Liu et al., 2016
Geographical distance	Geographical distance has less impact on gut microbiome; diversity and identity of microbial communities are more strongly determined by life-cycle stage.	Llewellyn <i>et al.</i> , 2016

## Methods for manipulation of gut microbiota

The methods of manipulation of gut microbiota in fish include the alteration of dietary proteins and lipids, as well as the addition of probiotics and prebiotics in the diet.

**Proteins:** The source of proteins (Desai *et al.*, 2012), their quantity (Geurden *et al.*, 2014) and chemical structure (Kotzamanis *et al.*, 2007) of proteins can influence the gut microbial composition. Peptides and glycopeptides, released through protein digestion can modulate the condition and activity of the intestinal cells as well as the microbiota of the gut (Świątecka *et al.*, 2012). Short peptides can be added to the diet that can directly manipulate gut microbial composition by providing suitable substrates for bacteria thus encouraging their proliferation (Kotzamanis *et al.*, 2007). Some peptides produce antimicrobial activity and help to protect against pathogenic bacteria (Sila *et al.*, 2014).

**Lipids**: It has been confirmed that the increased lipid concentrations resulted in a more diverse gut microbial community in fish (Ringø and Birkbeck, 1999). The studies of Lødemel *et al.* (2001) have shown that the use of plant oils can improve fish's

resistance to pathogenic bacteria as these natural plant oils are deficient in marine polyunsaturated fatty acids, arachidonic acid, eicosapentaenoic acid and docosahexaenoic acid.

**Probiotics:** Probiotics are live beneficial microorganisms which when administered in adequate amounts confer various health benefits on the host. Several studies have confirmed that the gut microbial communities can be manipulated with the application of probiotics (Asaduzzaman *et al.*, 2018; Siriyappagouder *et al.*, 2018).

**Prebiotics:** The term 'dietary prebiotics", was defined as "a selectively fermented ingredient, that results in specific changes in the composition and/ or activity of the gastrointestinal microbiota, thus conferring benefit(s) upon host health" (Gibson *et al.*, 2010). Galactooligosaccharides, arabinoxylo-oligosaccharides, fructooligosaccharides, chito-oligosaccharide, mannanoligosaccharides, inulin, and levan were the common prebiotics used in aquaculture (Ringø *et al.*, 2014).

## Conclusion

The research findings on the gut microbiome of the fish, thus, far as provided an understanding

on the gut microbial communities of various freshwater and marine fish, mechanisms in the development of the fish gut microbiota, the variation in their composition to the different environmental conditions of the water, diet, seasons, and trophic levels. This knowledge will pave way for the exploration of gut microbial

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manipulation techniques for increasing production, finding new advanced techniques to study the microbial communities that are normally difficult to culture or identification.

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