

Supplementary Table S1.- Gut microbiota microorganisms' abundance in individuals with obesity compared to individuals on a VLCKD.

Microorganism	Abundance in obesity	Abundance in VLCKD diet
<i>Bacteroidetes</i>	Decreased abundance [41,45]	Increased abundance [55,63,68]
	Increased abundance [43,44]	
	Not significant differences [46]	
<i>Firmicutes</i>	Increased abundance [41,45,47,48,50]	Increased abundance [55,72]
	Decreased abundance [43,44]	Decreased abundance [63,68]
	Not significant differences [46]	
<i>Firmicutes/Bacteroidetes ratio</i>	Increased ratio [38,45,47]	Decreased ratio [68]
	Decreased ratio [43]	
<i>Proteobacteria</i>	Increased abundance [52]	Increased abundance [68]
		Decreased abundance [55]
<i>Verrucomicrobiota</i>	Decreased abundance [72]	Increased abundance [72]
<i>Bifidobacterium</i>	Decrease abundance [42,44]	No information
<i>Euryarchaeota</i>	Decrease abundance [44]	No information
<i>Actinobacteria</i>	Decrease abundance [42,44]	Decreased abundance [68,72]
	Increase abundance [45]	