

The human body contains diverse types of bacteria. Scientists estimate that the average healthy adult human body is home to at least 10,000 species of bacteria. In fact, there are about 10 times more bacterial cells than human cells in the human body.

Many bacterial populations are important to the normal functioning of human body systems. For example, some bacteria in the digestive system produce substances the human body cannot produce. These substances help the body break down and absorb nutrients. However, bacteria that help the human body in one location can cause serious illness if introduced to a different part of the body.

The table below includes information about two bacteria found in the human body.

Bacterium	Information
<i>B. thetaiotaomicron</i>	<ul style="list-style-type: none">• typically lives in the small intestine• produces hundreds of enzymes that help break bonds in complex carbohydrates
<i>S. epidermidis</i>	<ul style="list-style-type: none">• typically lives on skin• can cause serious infections if it enters the bloodstream• some populations of <i>S. epidermidis</i> have antibiotic resistance