



Fecal Clostridiales distribution and short-chain fatty acids reflect bowel habits in irritable bowel syndrome

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1 **Fecal Clostridiales distribution and short-chain fatty acids**
2 **reflect bowel habits in irritable bowel syndrome**

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27
28 Running Head: Fecal microbial ecosystem of IBS subtypes.

29 **Originality-Significance Statement**

30 Irritable bowel syndrome (IBS) is a common, long-term condition that affects the large intestine and
31 can occur with dramatically different symptoms from one person to another, especially in terms of
32 their bowel habits. This study suggests, for the first time, that a network of correlations among (i)
33 fecal Clostridiales bacteria, (ii) short-chain fatty acids, (iii) immunological factors, and (iv) clinical
34 data may differentiate IBS subtypes. In this study, we propose that the bacterial taxa and SCFAs
35 that distinguish the IBS categories may also serve as potential subtype-specific therapeutic targets
36 for the management of IBS, which is the most prevalent functional gastrointestinal disorder in the
37 Western world.

38 **Summary**

39 Irritable bowel syndrome (IBS), a common functional gastrointestinal disorder, is classified
40 according to bowel habits as IBS with constipation (IBS-C), with diarrhea (IBS-D), with alternating
41 constipation and diarrhea (IBS-M), and unsubtype (IBS-U). The mechanisms leading to the
42 different IBS forms are mostly unknown. This study aims to evaluate whether specific fecal
43 bacterial taxa and/or short-chain fatty acids (SCFAs) can be used to distinguish IBS subtypes and
44 are relevant for explaining the clinical differences between IBS sub-categories. We characterized
45 five fecal samples collected at 4-weeks intervals from 40 IBS patients by 16S rRNA gene profiling
46 and SCFA quantification. Finally, we investigated the potential correlations in IBS subtypes
47 between the fecal microbial signatures and host physiological and clinical parameters. We found
48 significant differences in the distribution of Clostridiales OTUs among IBS subtypes and reduced
49 levels of SCFAs in IBS-C compared to IBS-U and IBS-D patients. Correlation analyses showed
50 that the diverse representation of Clostridiales OTUs between IBS subtypes was associated with
51 altered levels of SCFAs; furthermore, the same OTUs and SCFAs were associated with the fecal
52 cytokine levels and stool consistency. Our results suggest that intestinal Clostridiales and SCFAs
53 might serve as potential mechanistic biomarkers of IBS subtypes and represent therapeutic targets.

54

55 Key words: fecal microbiota, IBS, short-chain fatty acids, Clostridiales, 16S rRNA gene profiling.

56 **Introduction**

57 Irritable bowel syndrome (IBS) is the most prevalent functional gastrointestinal disorder in the
58 Western world. Although it does not have a lethal prognosis, IBS may significantly decrease the
59 quality of life of patients depending on the severity of symptoms, which characteristically include
60 abdominal pain, bloating, distension and altered bowel habits (Mearin et al., 2016).

61 IBS is a widely heterogeneous condition in terms of etiology, pathogenesis and clinical
62 presentation. In a recent paper, Collins S. M. proposed to explain the intestinal dysfunctions
63 associated with IBS through a gut-microbiota-centered model (Collins, 2014). According to this
64 model, triggers such as extensive antibiotic use, infections and/or stress affect host functions,
65 including mucin production, gut motility and hormone secretion, lead to dysbiosis (i.e., structural
66 and functional alterations of the intestinal microbial ecosystem; IME), which in turn, promotes
67 chronic gut dysfunction. Hence, Collins' model highlights the central role of the intestinal
68 microbiota in IBS, in agreement with clinical evidence of the benefits generated by gut microbiota-
69 targeting strategies, such as the use of the poorly absorbed antibiotic rifaximin (Li et al., 2016) and
70 probiotics (O'Mahony et al., 2005; Guglielmetti et al., 2011). Accordingly, gut dysbiosis was often
71 observed to be a common alteration associated with IBS (Taverniti and Guglielmetti, 2014; Zhuang
72 et al., 2017). Contextually, several possible bacterial signatures have been proposed to distinguish
73 IBS patients from healthy controls, such as increases in certain *Ruminococcus* phylotypes, reduction
74 of bifidobacteria, or expansion of *Proteobacteria* and *Veillonella* spp. (Taverniti and Guglielmetti,
75 2014; Rajilic-Stojanovic et al., 2015). In addition, the available scientific literature also describes
76 the significant role played by altered levels of short-chain fatty acids (SCFAs) in IBS (Ringel-Kulka
77 et al., 2015; Camilleri et al., 2016; Farup et al., 2016). For instance, Farup and colleagues proposed
78 that propionate and butyrate may act as discriminatory factors to differentiate healthy subjects from
79 subjects with IBS (Ringel-Kulka et al., 2015). By contrast, in the study of Ringel-Kulka et al.,
80 SCFAs were found to discriminate IBS from healthy controls only when based on the subtype

81 (Ringel-Kulka et al., 2015). Therefore, although they are recognized as biomarkers for IBS (Kim et
82 al., 2017), SCFAs require further study to elucidate their actual role in IBS.

83 IBS is conventionally classified into four subtypes according to bowel habits: IBS with
84 constipation (IBS-C), IBS with diarrhea (IBS-D), and IBS with alternating constipation and diarrhea
85 (mixed IBS, IBS-M) as well as untyped IBS (IBS-U) (Mearin et al., 2016). The diverse
86 mechanisms underlying the pathophysiology of IBS subtypes remain unknown, and validated
87 mechanistic biomarkers for the IBS subtypes are not available (Kim et al., 2017). IBS-subtype
88 specific alterations of the intestinal microbiota have been reported (Malinen et al., 2005; Kassinen
89 et al., 2007; Lyra et al., 2009; Carroll et al., 2010; Pozuelo et al., 2015; Tap et al., 2017). For
90 instance, Tap et al. reported that IBS-D patients had more Methanobacteriales than patients with
91 other IBS subtypes (Tap et al., 2017), whereas Pozuelo et al. reported evidence for an association
92 between lower microbial diversity and a decreased abundance of butyrate-producing bacteria in
93 patients with IBS-D and IBS-M (Pozuelo et al., 2015). However, data concerning the differences in
94 the gut microbiota composition of the IBS subtypes are contradictory and are often based on
95 methods that have low discriminatory power (Taverniti and Guglielmetti, 2014).

96 Inspired by the above considerations, this study was conducted to evaluate whether specific fecal
97 bacterial taxa and/or colonic SCFAs can be used to distinguish IBS subtypes and are relevant for
98 defining the mechanisms that lead to the clinical differences between IBS sub-categories. To fulfil
99 this aim, we characterized the IME in IBS subtypes by means of 16S ribosomal RNA (rRNA) gene
100 profiling and SCFA quantification of fecal samples derived from a multicenter intervention trial that
101 we recently performed to assess the effect of a probiotic preparation (*L. casei* DG[®]; *Lactobacillus*
102 *paracasei* CNCM I-1572) on the IBS symptoms of 40 patients (Cremon et al., 2017). In addition,
103 the clinical and immunological data collected during the trial were used to investigate potential
104 correlations in IBS subtypes between the IME and host physiological and clinical parameters,
105 including bowel habits, depression/anxiety scores, and fecal levels of IgA and cytokines. We

106 propose that the bacterial taxa and SCFAs that were identified can be used as to distinguish IBS
107 subtypes and can also serve as potential therapeutic targets.

108

109 **Results**

110 *The overall bacterial diversity of the fecal microbiota does not discriminate among IBS subtypes*

111 16S rRNA gene profiling was performed on 198 fecal samples (5 fecal samples collected from 39
112 subjects and 3 fecal samples from a subject who dropped out after visit V3), generating a total of
113 16,963,222 filtered high-quality sequence reads (a mean of 138,413 reads per sample). Rarefaction
114 curves demonstrated that most fecal microbiota diversity had been covered (not shown). The
115 Unifrac algorithm was used to investigate inter-sample β -diversity. The intra-patient variability
116 observed among the five samples analyzed is shown in Supplementary figure S1 according to the
117 two main components extracted.

118 In the subsequent analyses, besides considering the data of a single 16S rRNA gene profiling
119 determination per subject at baseline (single profiling data, corresponding to the data obtained from
120 the analysis of the first fecal sample per subject, collected at visit V1; n=40), we also performed the
121 analyses with data corresponding to the medians of five 16S rRNA gene profiling determinations
122 per patient (median profiling data, corresponding to the median value of data obtained from the
123 analysis of all fecal samples per subject, which were collected at visits from V1 to V5; n=39).

124 Afterwards, we investigated the β -diversity of the different types of IBS. This analysis revealed
125 that both weighted and unweighted Unifrac cannot distinguish fecal samples on the basis of IBS
126 subtypes either with individual (Supplementary Figures S2) or median (Supplementary Figures S1
127 and Fig. 1) profiling data.

128 Next, intra-subject taxonomic richness and evenness (α -diversity) were analyzed using five
129 algorithms; namely, observed OTUs, Chao1, Faith's Phylogenetic Diversity, and Shannon and

130 Simpson indexes. The α -diversity indexes of the IBS subtypes did not significantly differ with
131 either individual or median profiling data (Supplementary Figure S3).

132 The microbiota profiling data were then stratified by enterotyping based on the relative
133 abundances of the bacterial genera (Gargari et al., 2016). An optimal number of three groups of
134 samples was generated; nonetheless the Silhouette coefficient, which validates the consistency
135 within groups of data, was too low to consider the clustering reliable (Supplementary Figure S4).
136 Notably, the taxonomic overview of all 198 IBS fecal samples analyzed revealed that the first seven
137 most abundant genera belonged to the Firmicutes Gram-positive order Clostridiales (Supplementary
138 Figure S5A); in particular, Clostridiales accounted for approximately 75 % of the detected bacteria;
139 in contrast, the relative abundance of members of the order Bacteroidales was lower than 10 %
140 (Supplementary Figure S5A). On the contrary, in our previous studies, we found that Bacteroidales
141 (particularly the genera *Bacteroides* and *Prevotella*) were the dominant genera of the fecal
142 microbiota in healthy volunteers (Ferrario et al., 2014; Gargari et al., 2016). Therefore, at the end of
143 the IBS trial, we analyzed additional fecal samples collected from 16 healthy adults through 16S
144 rRNA gene profiling and adopting the same protocol used for the IBS samples with the sole aim of
145 assessing whether the observed expansion of Clostridiales compared to Bacteroidales is a bona fide
146 microbiological feature of the investigated IBS patients. The results showed that Clostridiales are
147 largely dominant also in the feces of control subjects (Fig. S5B), demonstrating that the alteration of
148 the Clostridiales/Bacteroidales ratio observed in IBS samples depended on technical issues, most
149 likely the protocol used for the extraction of metagenomic DNA from the feces. Indeed, differently
150 from the present study, in our previous works, we extracted fecal metagenomic DNA using a
151 commercial kit that did not include a cell-breaking step using bead beater, plausibly resulting in the
152 underestimation of the Gram-positive bacteria (e.g., Clostridiales), which have a stronger cell walls
153 than Gram-negative cells (e.g., Bacteroidales).

154 Overall, these data indicate that the bacterial ecological diversity indexes of the fecal microbiota
155 do not vary significantly among IBS subtypes. The results of this study showed a general
156 dominance of Clostridiales in the fecal samples collected from both IBS and control subjects.

157

158 *IBS-C and IBS-D fecal samples are differently enriched in OTUs ascribed to Clostridiales*

159 Subsequently, microbiomic data were examined with the DESeq2 negative binomial distribution
160 method to infer differential relative abundances at the OTU level between IBS subtypes (IBS-C,
161 n=12; IBS-D, n=11; IBS-M, n=3; IBS-U, n=11). The analysis was performed both on V1 and V1-5
162 profiling data; the IBS-M subtype was excluded because too few patients (n=3) had this subtype to
163 allow the identification of significant differences. We found that several OTUs discriminated
164 among the three IBS subtypes considered (Fig. 2 and Supplementary Figure 6). A summary of the
165 number of significantly different OTUs was plotted as a Venn diagram (Fig. 2A). Specifically, the
166 analysis of median profiling data revealed 26 significantly different OTUs between IBS-U and IBS-
167 C, 11 of which were also found while analyzing individual profiling data (Fig. 2B and
168 Supplementary Figure 6); 19 OTUs distinguished IBS-U from IBS-D, 6 of which were also found
169 while analyzing individual profiling data (Fig. 2B and Supplementary Figure 6). The greatest
170 number of dissimilarities was found between IBS-C and IBS-D: 85 OTUs had significantly
171 different relative abundances, 39 of which were also found while analyzing individual profiling data
172 (Fig. 2B and Supplementary Figure 6). Most of the discriminating OTUs were taxonomically
173 ascribed to the order Clostridiales (Fig. 2B and Supplementary Figure 6); in particular, IBS-C was
174 distinguished from IBS-D by numerous OTUs associated with Clostridiales belonging to the
175 families Ruminococcaceae (in particular, the genus *Ruminococcus*) and Lachnospiraceae. In
176 addition, two OTUs ascribed to *Bifidobacterium adolescentis* were increased in IBS-C, whereas
177 OTUs associated with the order Bacteroidales (i.e., *Bacteroides caccae*, *Parabacteroides distasonis*
178 and *Prevotella copri*) and to the Firmicutes species *Eubacterium bifforme* were enriched in the IBS-
179 D samples (Fig. 2B and Supplementary Figure 6).

180 Overall, these results indicate that the fecal microbiota of IBS-C and IBS-D are characterized by
181 a different distribution of Clostridiales taxonomic units, whereas the fecal microbiota of the IBS-U
182 samples possessed compositional features that were intermediate between those of the IBS-C and
183 IBS-D samples.

184

185 *IBS subtypes are characterized by altered fecal levels of short-chain fatty acids*

186 The intestinal levels of the short-chain fatty acids (SCFAs) acetate, butyrate, isobutyrate, valerate,
187 isovalerate and propionate were quantified in the IBS fecal samples and used to characterize the
188 IBS subtypes. To determine the fecal microbiota composition, the SCFAs were analyzed
189 considering the levels determined in a single fecal sample per patient (single analysis SCFA levels,
190 n=37; Supplementary Figure 7) and the median values of five measurements per patient (median
191 SCFA levels, n=37; Fig. 3A). SCFAs were also quantified in the IBS-M fecal samples, but this
192 subgroup was excluded from the statistical analyses due to the limited number of patients (n=3). In
193 addition, the SCFA levels in the IBS samples were compared with those of healthy subjects (n=25),
194 which were determined in a previous study (Gargari et al., 2016).

195 We found that the fecal levels of SCFAs clearly distinguished the IBS-C samples from the IBS-
196 D and IBS-U samples. In detail, the levels of acetate, butyrate, propionate and valerate were
197 significantly higher in IBS-D than in IBS-C. In addition, fecal concentrations of acetate, butyrate
198 and propionate were higher in IBS-U than in IBS-C. Compared to all IBS samples considered
199 together, the fecal level of acetate was significantly lower in IBS-C, whereas the fecal level of
200 valerate was significantly higher in IBS-D (Fig. 3A). No significant differences among the IBS
201 subgroups were observed for isobutyrate and isovalerate (Fig. 3A).

202 We did not find significant differences between the IBS samples and healthy controls with the
203 sole exception of isovalerate, which was lower in IBS. Nonetheless, notably, numerous significant
204 differences emerged when the IBS subtypes were considered separately. We found that acetate and
205 propionate were significantly higher in IBS-D compared to healthy controls, whereas acetate and

206 valerate were significantly lower in IBS-C than controls; globally, the total concentration of SCFAs
207 was significantly higher in IBS-D and lower in IBS-C compared to healthy controls, whereas IBS-U
208 levels were not dissimilar from the controls (Fig. 3A and Supplementary Figure 7).

209 Subsequently, a principal component analysis (PCA) was performed to discriminate samples
210 based on fecal SCFA levels. As evidenced by the PCA bi-plot depicted in Fig. 3B, increased levels
211 of acetate, butyrate and propionate characterized the IBS-D samples and distinguished them from
212 the IBS-C samples ($R=0.133$; $P = 0.011$ according to ANOSIM test); on the other hand, IBS-U and
213 the healthy controls are located in an intermediate area of the plot.

214 Overall, these data indicate that significant differences in the fecal levels of SCFAs can be found
215 between healthy adults and IBS patients only if IBS subtypes are considered; specifically, IBS-D
216 samples are characterized by the increase of and IBS-C samples are characterized by the decrease of
217 the fecal levels of SCFAs. Contrarily, fecal SCFAs were not dissimilar between the IBS-U and
218 control samples.

219

220 *The intestinal microbial ecosystem reflects clinical features of IBS subtypes*

221 Finally, we performed correlation analyses between the fecal microbial ecology data and clinical
222 parameters of the IBS patients to find relationships between IME and the clinical parameters. The
223 correlation analysis was performed as described in the materials and methods section using a non-
224 parametric correlation test (Spearman and Kendall). To this end, we used as predictors the fecal
225 levels of SCFAs or the relative abundances of the OTUs that we found to be significantly different
226 between IBS subtypes; the dependent variables considered were SCFAs, Bristol stool scale data (to
227 assess bowel habits), abdominal pain/discomfort score, fecal levels of IgA and cytokines (TGF β ,
228 IL6, IL8, IL10, IL12, IFN γ , and TNF α), and HADS and SF-12 questionnaire data (to evaluate
229 anxiety and depression, and quality of life, respectively) (Cremon et al., 2017). As with the previous
230 analyses, correlations were estimated based on data collected at a single time point (V1) and on
231 median data for multiple time points (V1-V5).

232 We found that host parameters were significantly correlated with numerous OTUs (Fig. 2B).
233 Notably, we found that most Clostridiales OTUs that were enriched in IBS-C samples were
234 negatively correlated with the fecal SCFAs propionate and butyrate, whereas several Clostridiales
235 OTUs that were overrepresented in IBS-D were positively correlated with acetate and valerate (Fig.
236 2B). Moreover, most IBS-C-enriched OTUs that were inversely linked to SCFAs were positively
237 correlated with several cytokines (particularly IL10) and were negatively correlated with IgA.
238 Conversely, several IBS-D-enriched OTUs that were positively associated with SCFAs were also
239 positively correlated with the fecal type as determined using the Bristol stool scale (Fig. 2B).
240 Accordingly, we found a positive correlation between the fecal type and acetate, butyrate and
241 valerate (Fig. 4). In addition, notably, IgA resulted positively correlated with evacuation frequency
242 and negatively correlated with IL10 and TNF α (Fig. 4).

243 Overall, these results indicate that the differential representation of Clostridiales OTUs between
244 IBS subtypes is associated with altered levels of intestinal SCFAs; then, in turn, both OTUs and
245 SCFAs are associated with stool consistency.

247 Discussion

248 The primary aim of the present study was to characterize the gut microbiota in IBS subtypes. To
249 achieve this, we carried out 16S rRNA gene profiling and SCFAs quantification in 198 fecal
250 samples obtained from 40 IBS patients enrolled in 5 Italian hospitals (Cremon et al., 2017).

251 Temporal instability is a distinguishing feature of the intestinal microbiota associated with IBS
252 (Matto et al., 2005; Maukonen et al., 2006; Durban et al., 2013); for this reason, it was suggested
253 that studies aimed at characterizing the gut microbiota in IBS should include multiple time points
254 (Collins, 2014). Accordingly, in this study, we based microbiota analyses on data obtained from
255 five fecal samples collected at 4-week intervals from each patient. These samples derived from a
256 randomized cross-over intervention trial that assessed the clinical efficacy of a probiotic product.
257 Although we are aware that the treatment may have affected the intestinal microbiota of IBS

258 patients, we believe that the benefits of using five different fecal samples per subject are greater
259 than the possible bias incurred and may permit a more reliable identification of gut microbiota
260 biomarkers for IBS subtypes, for the following reason: All the analyses were carried out
261 considering only data at baseline (i.e., originating from the analysis of the fecal samples collected at
262 visit V1, when no product or placebo had yet been administered to the patients; single sample data
263 analysis); single sample data analysis implies a mistake due to the great variability of the gut
264 microbiota in IBS subjects, whereas the analysis with the median data of five samples per subject
265 may determine an error due to the subject-dependent response to the probiotic treatment. The two
266 potential errors are compensated by the combined use of the results derived from the analyses of
267 single and median data. We believe, therefore, that those OTUs and SCFAs that yielded
268 significantly different results between IBS subtypes based on the analysis of both data populations
269 can be very plausibly considered valid microbial signatures.

270 Several studies focused on the characterization of the microbiota in IBS, with particular attention
271 being paid to the identification of microbial markers distinguishing this dysfunction from the
272 healthy condition (Zhuang et al., 2017); however, much less attention has been spent to compare the
273 IMEs of IBS subtypes. In this context, Tap and collaborators recently reported that neither the
274 richness nor the variability of the intestinal microbiota differed among IBS groups (Tap et al.,
275 2017). Accordingly, we did not find significant differences in either α - or β -diversity among the
276 IBS subtypes. In a previous study, Jeffery et al. (Jeffery et al., 2012) used pyrosequencing of the
277 16S rRNA gene to determine the microbiota composition in fecal specimens from 37 IBS patients.
278 Notably, they identified distinct IBS patient subsets; however, these did not correspond to the
279 traditional IBS subtypes (Jeffery et al., 2012). On the contrary, in the present study, we found that
280 the relative abundance of numerous OTUs were significantly different among the IBS subtypes. In
281 particular, we report here that major differences exist in Clostridiales OTUs between IBS-C and

282 IBS-D feces; conversely, IBS-U fecal samples differed much less from IBS-C and IBS-D in terms
283 of OTUs.

284 A rapidly expanding body of literature is demonstrating the clinical efficacy of dietary patterns
285 based on drastically reducing fermentable oligo-, di-, mono-saccharides and polyols (the low-
286 FODMAP diet) (Eswaran et al., 2016). Reportedly, FODMAPs are preferential fermentation
287 substrates for the intestinal Clostridiales bacteria (Flint et al., 2012); accordingly, several trials have
288 demonstrated that these bacteria may be affected by reduced FODMAP intake (Chumpitazi et al.,
289 2014; Halmos et al., 2015; McIntosh et al., 2016). Therefore, we speculate that Clostridiales
290 bacteria in the gut of IBS patients may represent a therapeutic target modulated by the low-
291 FODMAP diet.

292 Many OTUs that distinguished IBS-C from IBS-D samples belonged to the Clostridiales families
293 Ruminococcaceae and Lachnospiraceae. The importance of these gut bacteria in IBS was also
294 evidenced by the study of Tap et al., who defined a composite gut microbial signature for IBS
295 severity constituted by 90 OTUs; at the family level, these principally included OTUs within
296 Lachnospiraceae and Ruminococcaceae (Tap et al., 2017). Lachnospiraceae and Ruminococcaceae,
297 which are the most commonly retrieved families in the active intestinal microbiota (Peris-Bondia et
298 al., 2011), are considered the principal intestinal microorganisms that degrade plant carbohydrates
299 (Wolin et al., 2003; Chassard et al., 2007; Flint et al., 2012), producing SCFAs as their main
300 catabolites (Flint et al., 2012). These bacterial families include the most important butyrate-
301 producing microorganisms in the human gut such as the genera *Faecalibacterium* and *Roseburia*
302 (Barcenilla et al., 2000; Louis et al., 2010) as well as bacteria that can produce acetate from
303 reductive acetogenesis (Bernalier et al., 1996; Rey et al., 2010) and butyrate or propionate from
304 lactate utilization (Duncan et al., 2004; Rios-Covian et al., 2016).

305 Considering the above-mentioned literature, the observed differential OTU distribution between
306 IBS-C and IBS-D samples suggest that the IBS subtypes have dissimilar fecal levels of SCFAs.

307 Accordingly, we found significantly lower levels of acetate, butyrate, propionate and valerate in
308 IBS-C samples. Notably, these results were also confirmed when considering the data calculated as
309 the medians of five determinations per subject over approximately 4 months, confirming the
310 observed differences in SCFAs between IBS sub-categories.

311 The scientific literature on intestinal SCFAs in IBS is quite limited and contradictory, showing
312 no altered, augmented, or decreased levels compared to healthy controls (Mortensen et al., 1987;
313 Treem et al., 1996; Tana et al., 2010; Halmos et al., 2014; Rajilic-Stojanovic et al., 2015). In our
314 study, we did not find significant differences in the fecal levels of the main SCFAs when the data
315 from all IBS samples were compared with the fecal SCFA concentrations found in healthy adults as
316 determined using the same protocol in a recent study (Gargari et al., 2016). Nonetheless, substantial
317 differences emerged when the IBS subtypes were considered independently. Our data are in accordance
318 with the study of Ringel-Kulka et al. (Ringel-Kulka et al., 2015), in which IBS-D patients (n=42)
319 were shown to have significantly higher fecal levels of acetate, propionate and butyrate than IBS-C
320 patients (n=26). Interestingly, in this study, the authors also found that fecal SCFA concentrations
321 were negatively correlated with colon transit time. This result is potentially in agreement with the
322 positive correlation we found between fecal type (determined using the Bristol stool scale) and
323 acetate, butyrate and valerate levels.

324 The link between colon transit time and intestinal SCFAs in IBS subtypes can be explained by
325 two possible opposite mechanisms (Ringel-Kulka et al., 2015): (1) compared to IBS-C, IBS-D
326 patients are characterized by increased colonic fermentation, which leads to higher fecal levels of
327 SCFAs, thereby stimulating intestinal motility (Fukumoto et al., 2003) and reducing transit time; or
328 (2) decreased transit time in IBS-D patients slows down SCFA absorption, leading to higher SCFA
329 concentrations in the feces compared to those in IBS-C patients. Here, we showed that several
330 OTUs were significantly enhanced in IBS-D compared to IBS-C, and this was correlated positively
331 with fecal levels of SCFAs (especially acetate) and fecal type; at the same time, a number of OTUs
332 that were expanded in IBS-C were inversely correlated with SCFAs. Nevertheless, both explanatory

333 scenarios are still valid. On one hand, it is possible that the different distribution of intestinal
334 bacteria is responsible for the dissimilar concentration of SCFAs in IBS subtypes. On the other
335 hand, it can be speculated that bacteria in the colon may be differently affected by modified
336 intestinal transit (for instance, due to variable adhesion abilities and/or cell reproduction rates
337 among the diverse bacteria) with a consequent modification of the relative distribution of bacterial
338 taxa in feces. However, two facts might support the first scenario: (i) most of the fecal bacteria that
339 distinguish IBS-C from IBS-D are members of taxa known to be SCFA producers and (ii) it is
340 known that SCFAs stimulate colonic motility and may increase the osmotic load leading to diarrhea
341 (Fritz et al., 2005). In summary, we think it is reasonable to hypothesize a self-perpetuating
342 mechanism in which an initial modified colon transit time (determined by any possible trigger, such
343 as gut infections or intensive antibiotic use) gives rise to intestinal dysbiosis, which, in turn, leads to
344 altered intestinal levels of SCFAs that may exacerbate or maintain the altered intestinal motility.

345 Reportedly, immune system activation is involved in the pathophysiology of IBS (Barbara et al.,
346 2011). In particular, cytokines are mediators of immune responses that can be involved in motor
347 dysfunctions and visceral pain (Dinan et al., 2006). In this study, correlation analyses revealed
348 significant positive associations of IgA and IFN γ with evacuation frequency. Little information is
349 available in the scientific literature concerning intestinal IgA in IBS; nonetheless, our results are
350 consistent with those of Wahnschaffe et al., who reported a significant decrease in stool frequency
351 and intestinal IgA levels under a gluten-free diet in a subgroup of celiac IBS patients (Wahnschaffe
352 et al., 2001). In addition, IFN γ was shown to be increased in the gut of IBS patients and to reduce
353 the expression of the serotonin transporter (SERT), thereby resulting in increased serotonin levels
354 and motility (Barbaro et al., 2016).

355

356 **Conclusions**

357 This study suggests that the altered distribution of bacteria inside the Gram-positive order
358 Clostridiales can be used to distinguish the intestinal microbial ecosystem of IBS subtypes and

359 plausibly contributes to the observed altered fecal levels of SCFAs. The main limitation of this
360 study is the limited sample size. Nonetheless, we believe that the repeated measures per patient
361 combined with the bioinformatics analysis that we used was suitable to identify key microbial
362 signatures that can define the IBS types. Although we are aware that the results presented here are
363 not proof of a cause-effect relationship between IME and clinical outputs in IBS, we hypothesize
364 that intestinal Clostridiales and colonic SCFAs can be used as mechanistic biomarkers of IBS
365 subtypes and also potentially represent therapeutic targets. In addition, this study supports the
366 notion that distinct therapeutic approaches should be developed for the different IBS subtypes.

367

368 **Experimental procedures**

369 *Patients and study protocol*

370 Eligible patients with symptoms meeting the Rome III criteria for IBS diagnosis were recruited in
371 five Italian hospitals as previously described (Cremon et al., 2017). In brief, the inclusion criteria
372 comprised a positive diagnosis of IBS (of any subtype), age between 18 and 65 years, negative
373 colonoscopy or barium enema examination within the previous 2 years, and negative relevant
374 additional screening or consultation whenever appropriate. Patients were excluded if they were
375 pregnant, breast-feeding, or not using reliable methods of contraception. The exclusion criteria also
376 included the presence of intestinal organic diseases, such as celiac disease, as ascertained by the
377 detection of anti-transglutaminase antibodies; diverticular disease; or inflammatory bowel diseases
378 (IBDs; e.g., Crohn's disease, ulcerative colitis, infectious colitis, ischemic colitis, or microscopic
379 colitis); previous major abdominal surgery; untreated food intolerance, such as ascertained or
380 suspected lactose intolerance as defined by an anamnestic evaluation or, if appropriate, a lactose
381 breath test; consumption of probiotics or topical and/or systemic antibiotic therapy during the
382 month before study enrolment; systematic/frequent consumption (i.e., once weekly or more
383 frequent) of contact laxatives; presence of any relevant organic, systemic, or metabolic disease as
384 assessed by the medical history, appropriate consultations, and laboratory tests; or abnormal

16

385 laboratory values deemed to be clinically significant on the basis of predefined values. Upon
386 enrollment, all patients were asked to maintain their habitual diet. The gender, age and subtypes of
387 the enrolled population are reported in Supplementary Table 1. The enrolled patients were included
388 in a multicenter, randomized, double-blind, cross-over, placebo-controlled, pilot trial (PROBE-IBS
389 trial, registered under the ClinicalTrial.gov No. NCT02371499), whose primary endpoint was the
390 assessment of the effect of *Lactobacillus paracasei* CNCM I-1572 (LCDG) on the IBS clinical
391 symptoms. The design and results of the PROBE-IBS trial are described in (Cremon et al., 2017). In
392 brief, PROBE-IBS consisted of a two-week run-in phase, after which the volunteers were randomly
393 assigned to take either LCDG twice daily for four weeks or a placebo (treatment A). At the end of
394 this phase, the patients entered a four-week washout period before crossing over to the alternate
395 treatment (twice daily for four weeks: treatment B), followed by a four-week follow-up period. The
396 patients collected and delivered a fecal sample before and after treatment A (at visits V1 and V2,
397 respectively), before and after treatment B (at visits V3 and V4, respectively), and after the follow-
398 up period (visit V5). The number of patients was calculated before the recruitment started.

399 *Collected data and missing samples*

400 A total of 40 IBS patients (IBS-C, n=12; IBS-D, n=14; IBS-M, n=3; IBS-U, n=11) were included
401 in the study. IBS subtypes were classified according to the Rome III criteria and based on Bristol
402 Stool Form scale characteristics (Longstreth et al., 2006). Information and biological specimens
403 were collected every four weeks at five consecutive time points (visits V1-V5) according to the trial
404 design described by Cremon et al. (Cremon et al., 2017). One participant (belonging to the IBS-D
405 subgroup) dropped out after visit V3 and, consequently, 198 fecal samples were collected. 16S
406 rRNA gene profiling analyses were performed on all samples, whereas SCFAs were quantified in
407 the 5 fecal samples of 37 patients (i.e., a total of 185 samples; IBS-C, n=12; IBS-D, n=11; IBS-M,
408 n=3; IBS-U, n=11) due to insufficient specimens. Data from Bristol stool scale, anxiety/depression
409 scales, and IgA and cytokine data were available as described in (Cremon et al., 2017). Correlation

410 analyses were performed using data from a subgroup of 150 samples (30 patients) instead of 200
411 (40 patients) because we removed samples with immunological data below the detection limit.

412 After the end of the study, we also included 16 control subjects (i.e., non-diseased adults without
413 IBS). Controls were recruited to match the parameters of age and sex of the IBS patients
414 (Supplementary Table 1).

415 *Profiling of the fecal microbiota composition*

416 Fecal samples were collected by patients and kept in refrigerator until delivery to the laboratory.
417 Once delivered, stools were stored at -80° C until the beginning of the analysis. Metagenomic DNA
418 was extracted from about 200 mg of feces using the PowerSoil® DNA Isolation Kit (MO BIO
419 Laboratories) according to the manufacturer's instructions. Subsequently, the bacterial community
420 structure was profiled by 16S rRNA gene profiling. In brief, Probio_Uni and Probio_Rev primers
421 were used to amplify a partial region of the 16S rRNA encompassing the V3 variable region
422 (Gargari et al., 2016). Next, amplicons were sequenced using Illumina MiSeq System and the
423 resulting sequence reads were managed by means of the bioinformatic pipeline Quantitative
424 Insights Into Microbial Ecology (QIIME) version 1.7.0 (Caporaso et al., 2010) with the GreenGenes
425 database (version 13.5), which allowed clustering of sequences into operational taxonomic units
426 (OTUs). Metadata have been deposited in the European Nucleotide Archive (ENA) of the European
427 Bioinformatics Institute under accession code PRJEB18753.

428 *Quantification of fecal short-chain fatty acids (SCFAs)*

429 SCFAs were quantified in the fecal samples as previously described (Gargari et al., 2016). In brief,
430 100 mg of stools were suspended in 2 ml of 0.001% formic acid, vortexed for 1 min, and
431 centrifuged at 1000 x g for 2 min at 4 °C. Supernatant was recovered and pellet was extracted again
432 as described above. Then, the two supernatants were combined and the volume adjusted to 5 ml
433 with 0.001% formic acid solution. All extracts were stored at -20 °C until analysis, which was
434 performed by UPLC-HR-MS on Acquity UPLC separation module (Waters, Milford, MA, USA)
435 coupled with an Exactive Orbitrap MS through an HESI-II probe for electrospray ionization

436 (Thermo Scientific, San Jose, CA, USA). Column, ion source and interface conditions were
437 reported in (Gargari et al., 2016). Elution was carried out at a flow-rate of 0.2 ml/min with solvents
438 0.001% HCOOH in MilliQ-treated water (solvent A) and CH₃OH:CH₃CN (1:1 v/v, solvent B),
439 using the following elution gradient: 0% B for 4 min, 0-15% B in 6 min, 15-20% B in 5 min, 20%
440 for 13 min, and then return to initial conditions in 1 min. Subsequently, the UPLC eluate was
441 analyzed in full scan MS in the range 50-130 *m/z* as described elsewhere (Gargari et al., 2016).
442 External calibration curves were prepared with reagents from Sigma-Aldrich (Milan, Italy) to
443 quantify acetic, butyric, isobutyric, isovaleric, propionic, and valeric acids in fecal samples. SCFA
444 concentrations were expressed in mmol per kilogram of wet feces.

445 *Statistical analysis*

446 Data concerning the intestinal microbial ecosystem (16S rRNA gene profiles and SCFA
447 quantifications) were analyzed using R statistics software (version 3.1.2) and QIIME. Significant
448 differences were determined using the Wilcoxon-Mann-Whitney test for unpaired data. Significant
449 differences at the OTU level between IBS subtypes were determined using differential gene
450 expression analysis based on the negative binomial distribution method (R/Bioconductor DESeq2
451 package); an FDR-adjusted *p*-value (*q*-value) with a cut off value of 0.1 was used for the threshold
452 (Love et al., 2014). DESeq2 analysis was performed on both single (V1) and median (V1-5)
453 microbiomic data. For the analysis of the median profiling data, the DESeq2 model was applied to
454 the medians of the reads counts at five time points per subject. Correlation analyses were performed
455 using the Kendall and Spearman formulas with the items specified in the text as predictors and
456 dependent variables. Significance was set at $P \leq 0.05$; significance in the range $0.05 < P < 0.10$ was
457 accepted as a trend. UNIFRAC algorithms were used to study the inter-sample diversity of the fecal
458 microbiota composition. To define enterotypes, microbiota profiling data were analyzed based on
459 genus relative abundance using the JSD distance and the Partitioning Around Medoids (PAM)
460 algorithm (Gargari et al., 2016). Significant differences between groups of samples in principal

461 component analyses were assessed using the non-parametric statistical test ANOSIM (analysis of
462 similarities).

463 **Conflict of Interest**

464 No conflict of interest is known to the authors.

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467

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600

601 **Legends**

602 **Fig. 1.** Ecological β -diversity of the fecal microbiota in the IBS subtypes. Principal coordinates
603 analysis of weighted (A) and unweighted (B) Unifrac distances based on the medians of OTU
604 abundances related to five fecal samples per IBS patient ($n = 39$). The first two coordinates (PC1
605 and PC2) are displayed with the percentage of variance explained in brackets.

606 **Fig. 2.** OTUs distinguishing IBS subtypes determined using the DESeq2 negative binomial
607 distribution method on the 16S rRNA gene profiling data of five fecal samples per patient. **A**, Venn
608 diagrams summarizing the number of OTUs that discriminate IBS subtypes on the basis of 16S
609 rRNA gene profiling data of a single sample (single profiling data) and five samples (median
610 profiling data) per patient. C, IBS with constipation (IBS-C); D, IBS with diarrhea (IBS-D); U,
611 untyped IBS (IBS-U). Overrepresented OTUs are reported with the same letter color indicating
612 the IBS subtype. **B**, IBS subtype-discriminating OTUs according to median profiling data and their
613 correlation with host physiological and clinical parameters. OTUs that also distinguished IBS
614 subtypes according to the single profiling data analysis are reported in bold. The heatmap on the left
615 represents the mean normalized relative abundances of the reported OTUs. The taxonomic lineage
616 of each taxon is shown; p, phylum; c, class; o, order; f, family; g, genus; s, species. Positive fold
617 changes (shown on a red background) designate OTU overrepresentation in the IBS subtype
618 indicated in the column to the left of the Normalized Base Mean; negative fold changes (shown on a
619 green background) designate the OTU overrepresentation in the IBS subtype indicated in the
620 column to the right of the Normalized Base Mean. The heatmap in the right panel represents the R-
621 value of Spearman's correlation between the OTU and host parameters. Asterisks indicate the
622 Kendall rank correlation: *, $P < 0.05$; **, $P < 0.01$; ***, $P < 0.001$. Black margins around boxes
623 indicate that the correlations remained significant (according to Kendall's p value) when determined
624 using individual sample data.

625 **Fig. 3.** Short-chain fatty acids (SCFAs) in fecal samples of IBS patients. **A**, Medians of SCFA
626 concentrations in five fecal samples (wet weight) per IBS patient (n=37; IBS-D, n=11; IBS-C,
627 n=12; IBS-U, n=11; IBS-M, n=3) and in healthy controls (n=25; data from (Gargari et al., 2016)).
628 Significance was determined using the Mann-Whitney test; *, P<0.05; **, P<0.01. **B**, Principal
629 component analysis (PCA) biplot of SCFAs (represented by arrows) and IBS patients. The first two
630 coordinates (PC1 and PC2) are displayed with the percentage of variance explained in brackets.

631 **Fig. 4.** Correlations among short-chain fatty acids (SCFAs), physiological data and clinical
632 parameters. The analysis was performed using median data. The heatmap represents the R-value of
633 Spearman's correlation. Asterisks indicate the Kendall rank correlation: *, P<0.05; **, P<0.01; ***,
634 P<0.001. Black margins around boxes indicate that the correlations remained significant (according
635 to Kendall's p value) when determined using individual sample data.

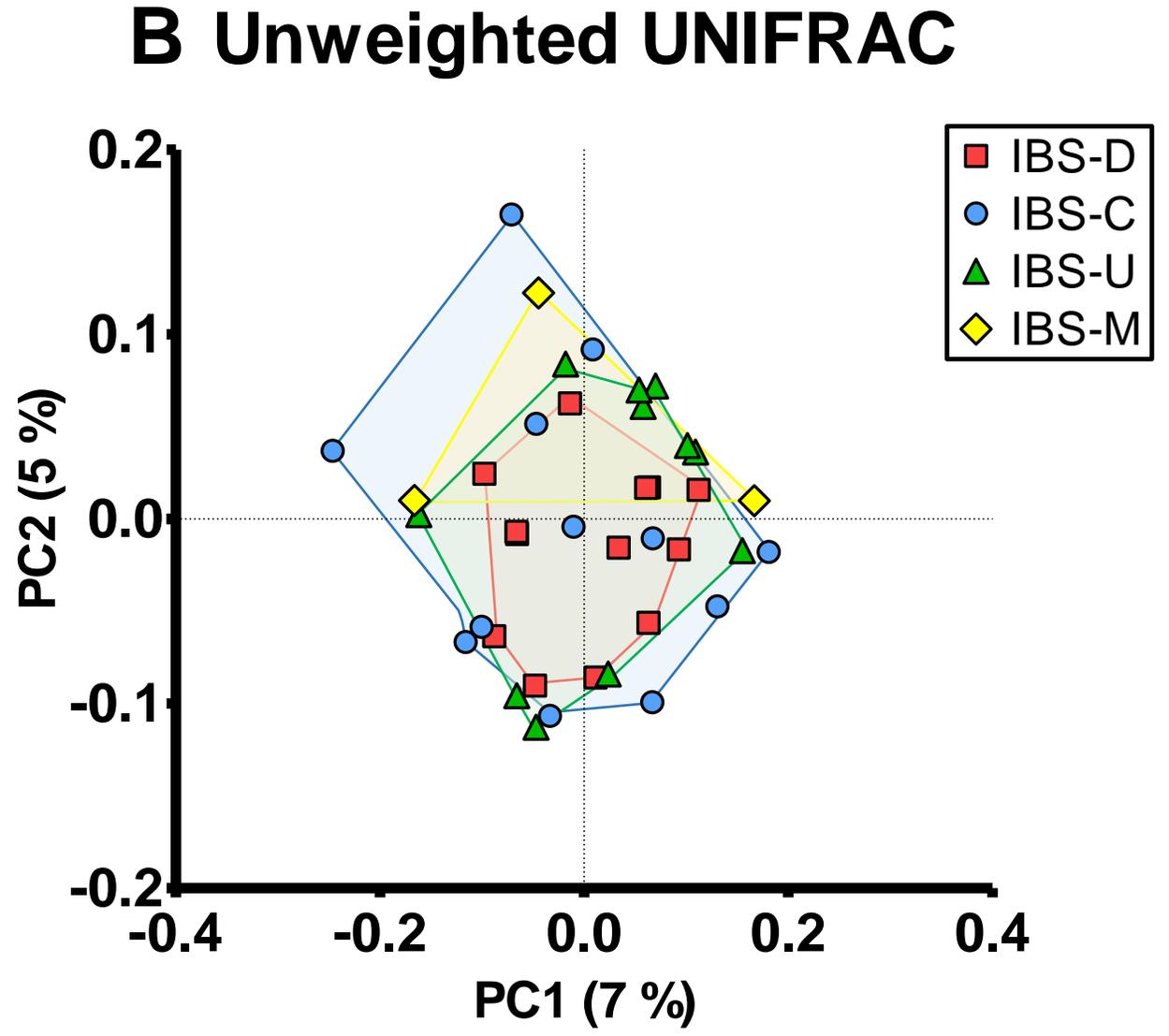
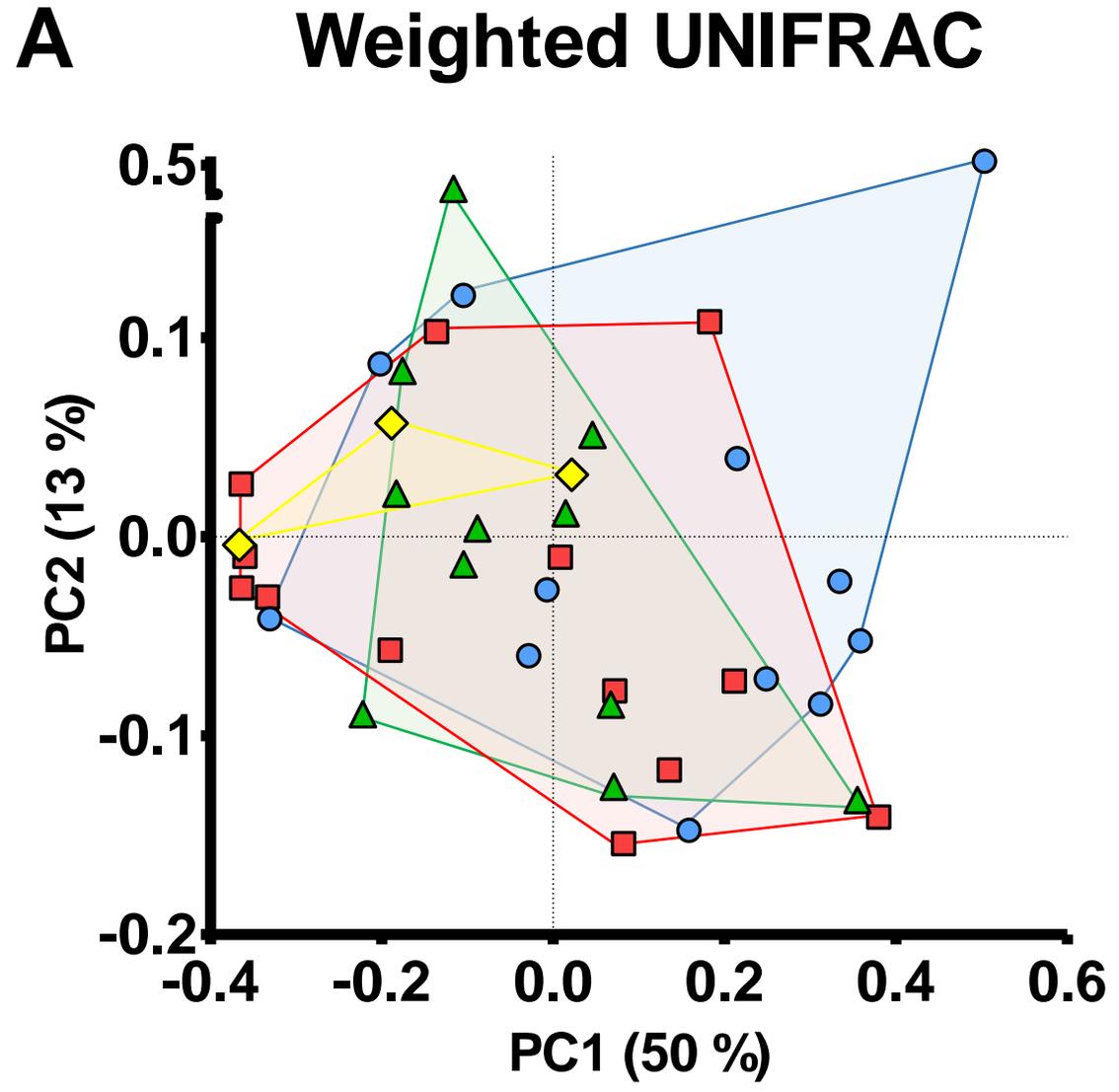
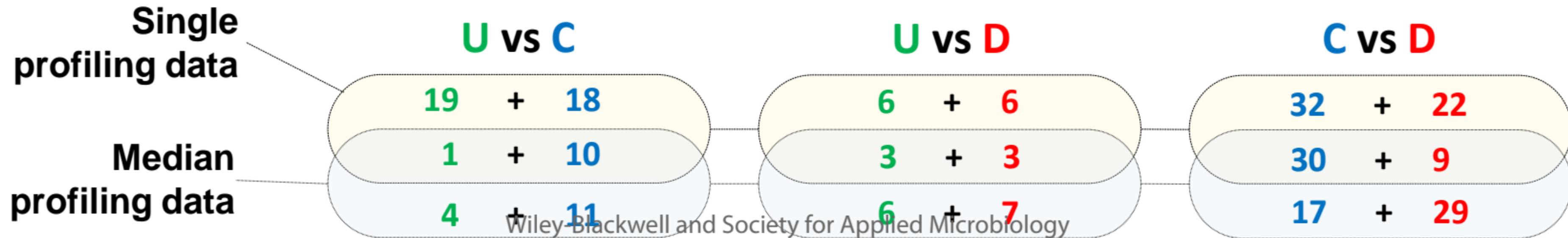


Fig. 2A



OTU	Normalized Base Mean		log2 Fold Change	padj	Taxonomy	Anxiety score	Depression score	Stool frequency	Fecal type	Abdominal pain	IgA	TGFB	IL6	IL10	IL12	IFNY	TNFα	Acetate	Butyrate	Propionate	Valerate	Isobutyrate	Isovalerate
	IBS-U	IBS-C																					
OTU2423305			-2.62	1.1E-02	p_Actinobacteria;c_Coribacteriia;o_Coribacteriales;f_Coribacteriaceae;g_s_																		
ncur_OTU43120			1.90	2.0E-02	p_Actinobacteria;c_Actinobacteria;o_Actinomycetales;f_Actinomycetaceae;g_Actinomycetes;s_																		
OTU4336943			-3.02	1.5E-03	p_Bacteroidetes;c_Bacteroidia;o_Bacteroidales;f_Rikenellaceae;g_s_																		
OTU552988			-2.62	6.0E-04	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU537219			-2.30	9.4E-03	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU700540			-2.20	1.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU815179			-2.11	1.1E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
nr_OTU249			-1.74	1.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU310178			-3.72	6.9E-07	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Christensenellaceae;g_s_																		
OTU345944			-2.22	4.3E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Christensenellaceae;g_s_																		
OTU410242			-1.86	3.1E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Christensenellaceae;g_s_																		
OTU555547			-1.64	1.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Christensenellaceae;g_s_																		
OTU192240			-2.13	1.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Clostridiaceae;g_s_																		
OTU548021			-2.69	1.5E-03	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Lachnospiraceae;g_s_																		
OTU436032			-2.00	1.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Lachnospiraceae;g_Blautia;s_																		
OTU349257			-2.30	1.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Lachnospiraceae;g_Lachnospira;s_																		
OTU369827			-3.99	2.6E-07	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_s_																		
OTU342947			-2.13	2.4E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_s_																		
OTU564320			-1.99	2.1E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_s_																		
OTU369602			-4.38	2.6E-07	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_Ruminococcus;s_																		
OTU197943			-2.65	1.1E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_Ruminococcus;s_																		
OTU441934			2.49	2.5E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU174516			2.00	3.3E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Clostridiaceae;g_Clostridium;s_																		
OTU196332			1.60	2.7E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Lachnospiraceae;g_Blautia;s_																		
OTU369763			1.99	3.3E-02	p_Firmicutes;c_Erysipelotrichi;o_Erysipelotrichales;f_Erysipelotrichaceae;g_Coprobacillus;s_																		
OTU1820513			-2.08	2.7E-02	p_Proteobacteria;c_Betaproteobacteria;o_Burkholderiales;f_Alcaligenaceae;g_Sutterella;s_																		

OTU	Normalized Base Mean		log2 Fold Change	padj	Taxonomy	Anxiety score	Depression score	Stool frequency	Fecal type	Abdominal pain	IgA	TGFB	IL6	IL10	IL12	IFNY	TNFα	Acetate	Butyrate	Propionate	Valerate	Isobutyrate	Isovalerate
	IBS-U	IBS-D																					
OTU530653			-3.00	4.4E-04	p_Bacteroidetes;c_Bacteroidia;o_Bacteroidales;f_Prevotellaceae;g_Prevotella;s_copri																		
OTU107044			-2.05	2.0E-02	p_Bacteroidetes;c_Bacteroidia;o_Bacteroidales;f_Rikenellaceae																		
OTU4035247			-1.90	4.5E-02	p_Bacteroidetes;c_Bacteroidia;o_Bacteroidales;f_Rikenellaceae;g_s_																		
OTU185961			-3.22	8.1E-05	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU192226			-2.10	2.0E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Lachnospiraceae;g_[Ruminococcus]s_																		
OTU341777			-2.20	2.6E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_Oscillospira;s_																		
OTU524884			-3.41	8.7E-04	p_Firmicutes;c_Erysipelotrichi;o_Erysipelotrichales;f_Erysipelotrichaceae;g_[Eubacterium]s_biforme																		
nr_OTU436			-2.13	8.1E-03	p_Firmicutes;c_Erysipelotrichi;o_Erysipelotrichales;f_Erysipelotrichaceae;g_[Eubacterium]s_biforme																		
OTU197105			-1.87	3.2E-02	p_Firmicutes;c_Erysipelotrichi;o_Erysipelotrichales;f_Erysipelotrichaceae;g_[Eubacterium]s_biforme																		
OTU191421			2.09	4.5E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU360890			2.32	3.0E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_g_s_																		
OTU583974			2.00	5.7E-03	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Lachnospiraceae;g_s_																		
OTU584978			2.44	5.7E-03	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_s_																		
OTU183532			2.13	1.5E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_Ruminococcus;s_																		
OTU287608			2.77	3.9E-03	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Ruminococcaceae;g_Ruminococcus;s_																		
OTU342427			2.28	1.9E-02	p_Firmicutes;c_Clostridia;o_Clostridiales;f_Veillonellaceae;g_Veillonella;s_dispar																		
OTU592616			2.23	2.2E-02	p_Firmicutes;c_Erysipelotrichi;o_Erysipelotrichales;f_Erysipelotrichaceae;g_s_																		
OTU233953			2.03	1.9E-02	p_Firmicutes;c_Erysipelotrichi;o_Erysipelotrichales;f_Erysipelotrichaceae;g_Coprobacillus;s_																		
OTU1820513			-2.37	8.1E-03	p_Proteobacteria;c_Betaproteobacteria;o_Burkholderiales;f_Alcaligenaceae;g_Sutterella;s_																		

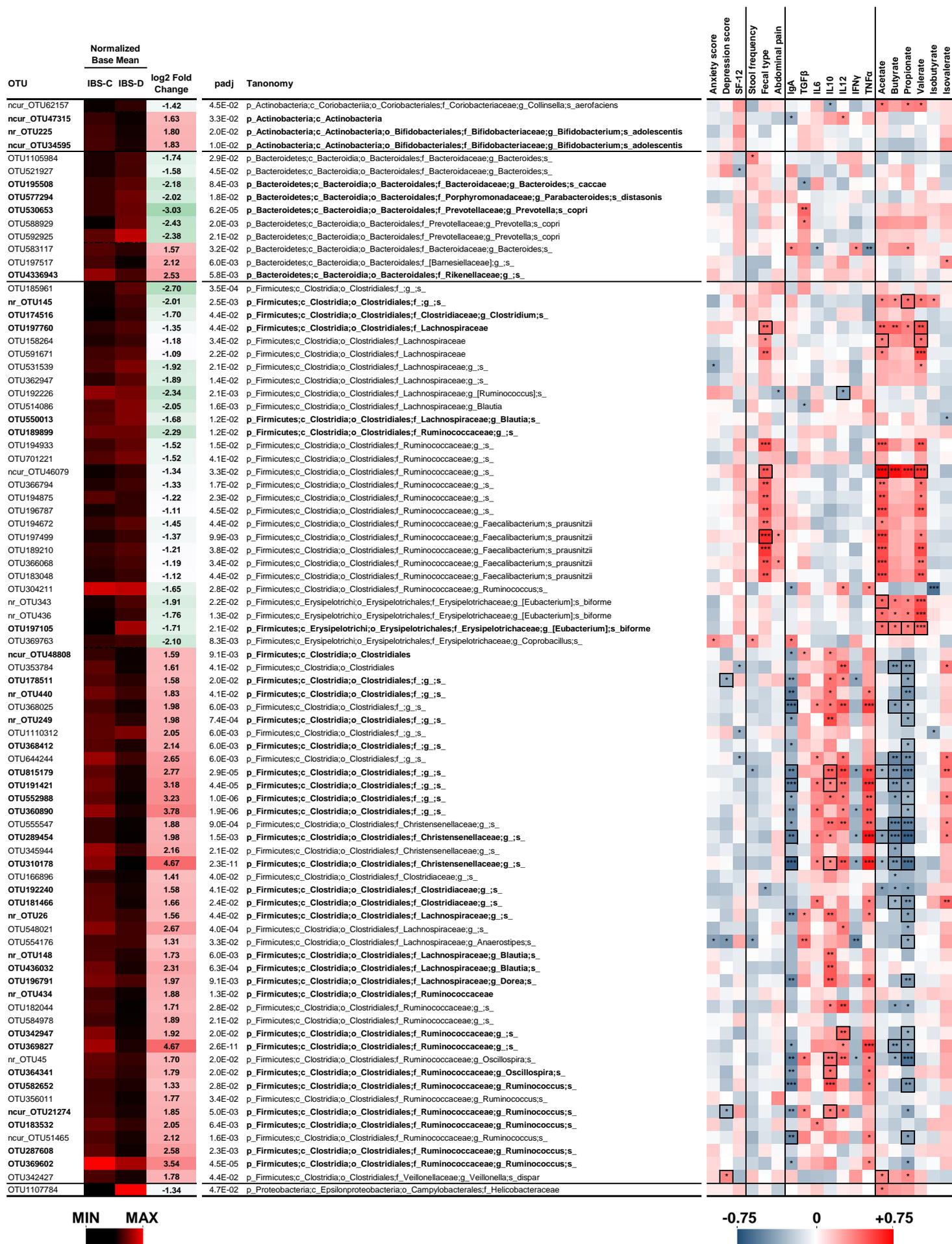
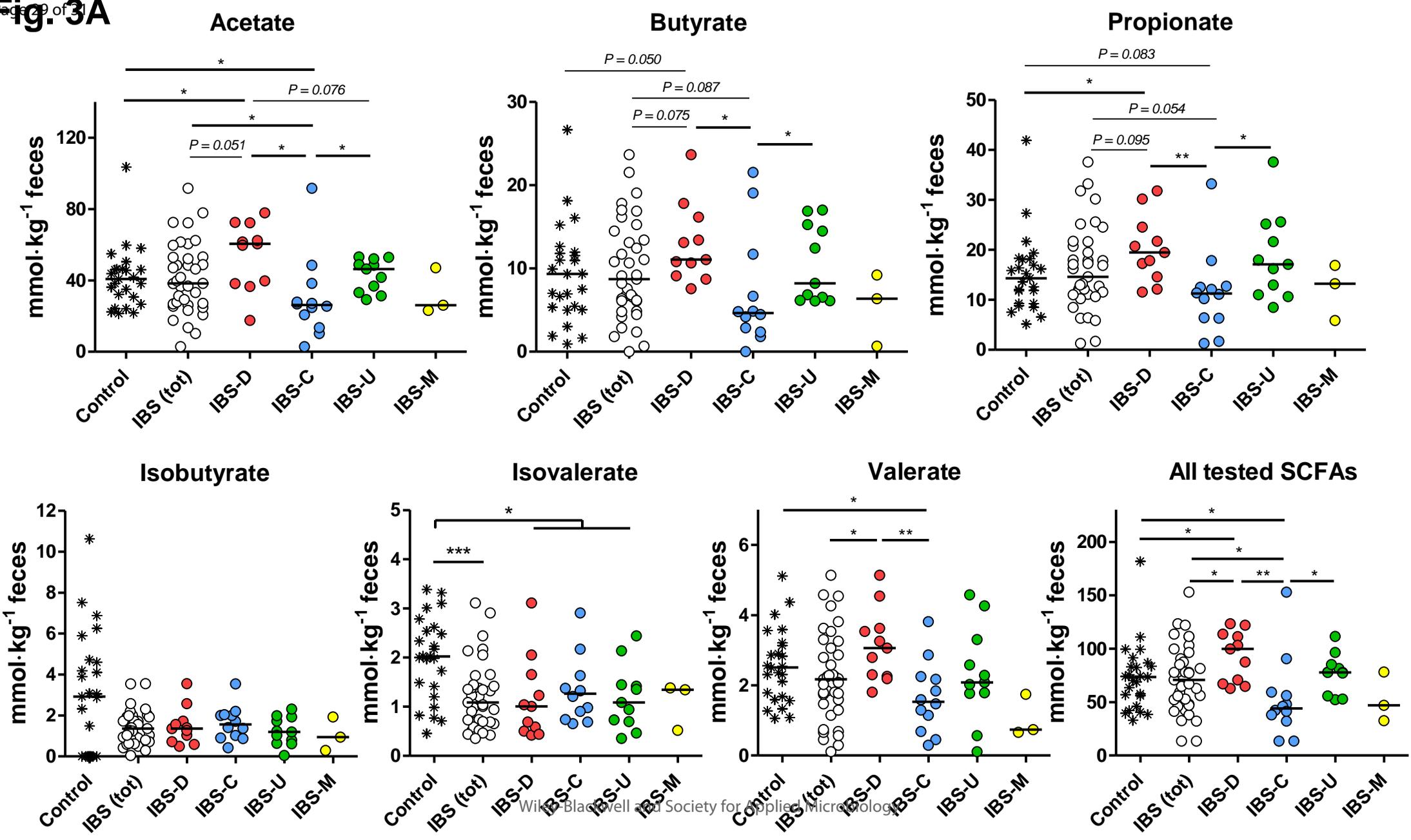


Fig. 3A



B

