

Metabolite Feature: **Indole-3-Lactic Acid**

Indole-3-Lactic Acid and the Gut Microbiome

Indole-3-lactic acid (ILA) is a tryptophan metabolite that is [linked to the production of other \(downstream\) metabolites such as indole-3-propionic acid.](#)

Both low levels of ILA and high levels of ILA may indicate gut [bacteria dysbiosis](#).

Recommendations Related to Indole-3-Acetic Acid

- The consumption of fiber-rich foods and fermented foods can be beneficial to the gut microbiome. Including fermented foods like miso, kimchi, sauerkraut, yogurt, fermented pickles, and kefir, as well as fiber-rich fruits and vegetables, can benefit the population and diversity of the gut microbiome.
- Fiber acts as a [food source for specific bacteria](#) in your gut and helps maintain optimal levels of metabolites including ILA, IPA, serotonin, and short-chain fatty acids (SCFAs).
- Fiber is considered a prebiotic because it helps facilitate the growth and colonization of the gut microbiome.

Talking Points

- If fiber and fermented foods are included in the recommendations, consider discussing the importance of including Ixcela Biome Support to ensure the gut microbiome is well populated and diverse.
- Refer to the [recipe library](#) and select the Gastrointestinal Fitness filter for recipes that contain fiber-rich and/or fermented foods with beneficial bacteria.

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