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* Report exact p-values wherever possible alongside the summary statistics and 95% confidence intervals. These should be reported for all key questions and not only when the p-value is less than 0.05.

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The 16S sequencing source data related to Figures 1 and 3, and Supplementary Figures 1, 2, 4 and 7 can be accessed at: https://dataview.ncbi.nlm.nih.gov/object/PRJNA701192?reviewer=2n2ttauk7uj50mkneukmcgq7e8.