Commensal bacteria inhibit viral infections via a tryptophan metabolite.

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SHORT TITLE: The gut microbiota inhibits viral infections

ABSTRACT

There is growing appreciation that commensal bacteria impact the outcome of viral infections, though the specific bacteria and their underlying mechanisms remain poorly understood. Studying a simian–human immunodeficiency virus (SHIV)-challenged cohort of pediatric nonhuman primates, we bioinformatically associated *Lactobacillus gasseri* and the bacterial family Lachnospiraceae with enhanced resistance to infection. We experimentally validated these findings by demonstrating two different Lachnospiraceae isolates, *Clostridium immunis* and *Ruminococcus gnavus*, inhibited HIV replication in vitro and ex vivo. Given the link between tryptophan catabolism and HIV disease severity, we found that an isogenic mutant of *C. immunis* that lacks the aromatic amino acid aminotransferase (ArAT) gene, which is key to metabolizing tryptophan into 3-indolelactic acid (ILA), no longer inhibits HIV infection. Intriguingly, we confirmed that a second commensal bacterium also inhibited HIV in an ArAT-dependent manner, thus establishing the generalizability of this finding. In addition, we found that purified ILA inhibited HIV infection by agonizing the aryl hydrocarbon receptor (AhR). Given that the AhR has been implicated in the control of multiple viral infections, we demonstrated that *C. immunis* also inhibited human cytomegalovirus (HCMV) infection in an ArAT-dependent manner. Importantly, metagenomic analysis of individuals at-risk for HIV revealed that those who ultimately acquired HIV had a lower fecal abundance of the bacterial ArAT gene compared to individuals who did not, which indicates our findings translate to humans. Taken together, our results provide mechanistic insights into how commensal bacteria decrease susceptibility to viral infections. Moreover, we have defined a microbiota-driven antiviral pathway that offers the potential for novel therapeutic strategies targeting a broad spectrum of viral pathogens.

INTRODUCTION

Despite recent advances in vaccines and antiviral therapeutics, viral infections pose a continued threat to humanity[1-3]. For all viruses, there exists significant heterogeneity in infection or disease outcome of exposed individuals. While some people remain uninfected, others have disease severities that span the entire spectrum from asymptomatic to fatal[4,5]. Although numerous host characteristics (e.g., age, genetics, immune status) and viral features (e.g., virulence factors, route and dose of infection) contribute to this vast interindividual variability in clinical outcomes[4,6], most of these aspects are difficult to meaningfully alter. Identifying modifiable factors that skew the response towards increased resistance to viral infections and/or their severity, particularly if effective against multiple classes of viruses, may yield novel broadly-acting antiviral therapeutics[7].

It is now clear that environmental factors, including the microbiota, also modulate susceptibility to viral infections[8-10]. Commensal bacteria can potentiate viral infectivity by the virus binding to bacterial surface polysaccharides, which help stabilize the virion[11-13]. Moreover, commensal bacteria play a fundamental role in setting the immunological tone and regulating immune responses[14,15], which provides another mechanism for influencing the severity of viral disease, especially through modulation of the interferon pathway[13,16-20]. However, the bacterial mechanisms underlying these intricate microbiota–host–virus interactions remain poorly defined[8,9]. Identification of specific commensal bacteria-derived products that decrease cellular susceptibility to viral infection will help explain the disparity in clinical outcomes of individuals with similar risk factors and exposures.

In earlier work, we noted that infant rhesus macaques varied greatly in their susceptibility to oral infection with simian-human immunodeficiency virus (SHIV)[21], a model of breast milk transmission of HIV. By correlating their susceptibility to SHIV acquisition with their fecal microbiota, we found that increased resistance was bioinformatically associated with two bacterial taxa, *Lactobacillus*

gasseri and the family Lachnospiraceae, which we then experimentally validated as inhibiting HIV

infection in vitro and ex vivo. Ultimately, we delineated a pathway, including the bacteria, bacterial

gene, bacterial metabolite, and host receptor, by which specific commensal bacteria inhibit both

HIV and cytomegalovirus (CMV) infections. Importantly, we used metagenomic data to confirm

the key aspect of our findings in individuals at-risk for HIV, thus generalizing our results to humans.

Taken together, our study provides mechanistic insights into how the microbiome drives

heterogeneous clinical outcomes resulting from viral exposures.

RESULTS

Microbe–phenotype triangulation associated two bacterial taxa with protection against

SHIV infection

To identify commensal bacteria that protect against viral infections, we leveraged samples from a

previously conducted study where infant rhesus macaques were orally challenged with SHIV to

mimic breast milk transmission of HIV[21]. In brief, newborn animals were immunized with 3 doses

of either a placebo or HIV gp120-based vaccine (n=12 animals/group) and, beginning at 15 weeks

of age (3 weeks after the final immunization), received weekly oral challenges with SHIV until they

became infected **(Figure 1A)**. Although the HIV vaccine did not confer protection against infection,

the animals exhibited drastic variability in the time to acquisition of SHIV **(Figure 1B)**[21]. Since

gastrointestinal tissues are one of the first sites that get infected upon oral viral transmission[22],

we reasoned that differences in the intestinal microbiome may contribute to the variability in time

to acquisition of SHIV.

Accordingly, we analyzed the fecal microbiome of these rhesus macaques at 15 weeks of age—

just before they began the oral SHIV challenge—to identify bacterial taxa that are associated with

delayed acquisition of SHIV. Inspection of the data distribution for the time to SHIV acquisition

revealed 3 separate clusters: animals that were infected early (≤8 challenges), late (≥20

challenges), or in between these time points (8–20 challenges) **(Figure 1B)**. We hypothesized

that taxa more abundant in the late-infected group as compared to the early-infected group may

be causally related to delayed infection. Given that vaccination altered the microbiota in these

animals[23], we initially assessed the vaccination and control groups separately. For the control

group of animals, there was only 1 animal in the late-infected group, which precluded our ability

to identify differentially abundant taxa. By comparing the microbiota in the HIV-vaccinated animals

that got infected early with the HIV-vaccinated animals that got infected late, we identified 4 taxa

that were more abundant in the late-infected animals **(Supplementary Table 1).** Applying

concepts of microbe–phenotype triangulation[24], we eliminated 2 of these taxa that were

differentially abundant in the microbiomes of early-infected animals in the HIV vaccine and control

groups as the abundance of these taxa are driven by the effect of vaccination without impacting

susceptibility to infection (**Figure 1C; Supplementary Table 1**). Ultimately, we identified two

taxa—*Lactobacillus gasseri* and the family Lachnospiraceae—that were bioinformatically

associated with delayed acquisition of SHIV **(Figure 1C–E).** Notably, *L. gasseri* has previously

been identified as inhibiting HIV infection in vitro[25,26], which supports the idea that our bioinformatic

analyses identified relevant taxa.

Human-derived *L. gasseri* and Lachnospiraceae isolates robustly inhibit HIV infection in

vitro and ex vivo

We obtained human-derived isolates of the identified bacterial taxa to experimentally validate

whether these bioinformatic associations also represent causal relationships. We pre-treated

TZM-bl luciferase reporter cells with heat-killed cultures of these bacteria for 48 hours before

infecting with HIV to assess their impact on HIV viral replication. To control for the potential of

non-specific effects due to the addition of bacteria, we compared the effects of our bacteria of

interest to TZM-bl cells treated with *Bacteroides fragilis*, a bacterium used as a negative control.

As expected, cells treated with a combination of antiretroviral drugs (ARVs) had nearly complete

inhibition of HIV infection, regardless of whether a CCR5- or CXCR4-tropic virus was used **(Figure**

2A–B). While *L. gasseri* exhibited strain-dependent inhibition against HIV infection, two

Lachnospiraceae isolates, *Clostridium immunis* and *Ruminococcus gnavus*, robustly inhibited HIV

replication irrespective of virus tropism or viral clade **(Figure 2A–B** and **Supplementary Figure**

1A–C). Importantly, both *C. immunis* and *R. gnavus* significantly inhibited HIV infection of T cells

present in tonsillar mononuclear cells (TMCs) isolated from HIV-naïve children (**Figure 2C**). This

ex vivo inhibitory activity confirms that these Lachnospiraceae isolates—but not *L. gasseri*—are

effective in protecting primary human immune cells from HIV infection, a finding that prompted us

to focus on *C. immunis* and *R. gnavus* in subsequent experiments.

To gain insight into the mode of action of these commensal bacteria, we performed time-

of-addition (TOA) assays to define which step(s) of HIV pathogenesis is impacted[27]. This TOA

approach assesses how long the addition of an antiviral agent can be delayed without losing its

efficacy. We used several reference anti-HIV drugs with known mechanisms of action to define

time points that reflect viral entry/fusion with the host cell, reverse transcription, and integration

(Supplementary Figure 2). Comparing the TOA results for *R. gnavus* and *C. immunis* with that

of the controls, we found that *R. gnavus* inhibits the viral entry/fusion step while *C. immunis* inhibits

integration **(Figure 2D)**. Of note, *C. immunis* exhibited a considerable loss of inhibitory activity

between 0- and 8-hours post-infection. While this did not reach the threshold for statistical

significance, it is possible that *C. immunis* also impacts one of these earlier steps of HIV given

how these assays work[27,28].

Commensal bacteria inhibit HIV infection via the ArAT gene

In earlier experiments, we allowed heat-killed bacterial cells to persist with the TZM-bl cells during

viral infection, which makes it less clear whether the bacteria were impacting the host cells or the

virus. To discriminate between these possibilities, we now washed away the bacteria before

infecting the cells with HIV. We found that HIV infection was still inhibited in these bacteria pre-

treated cells **(Supplementary Figure 3)**, a finding that suggests these commensal bacteria were

directly affecting the host cells. We then separated the *C. immunis* culture into supernatant and

cell pellet fractions. While the bacterial supernatant was able to inhibit HIV infection of TZM-bl

cells to the same extent as the unfractionated culture, the *C. immunis* cell pellet had no activity

(Figure 3A). Taken together, these data indicate that *C. immunis* secretes some factor(s) into the

supernatant which can alter cellular physiology in a way that prevents HIV infection.

It has long been appreciated that the degree of tryptophan metabolism is linked to HIV

pathogenesis and disease severity, with increases in the serum kynurenine:tryptophan (K/T) ratio

linked to progressive disease[29,30]. These studies have largely focused on host-mediated

catabolism of tryptophan to kynurenine by indoleamine-2,3-dioxygenase (IDO1); however, the gut

microbiota can also breakdown tryptophan into different metabolites through the bacterial

aromatic amino acid aminotransferase (ArAT)[31]. Along these lines, *C. immunis* has an ArAT gene,

which we hypothesized is critical for its ability to inhibit HIV infection by regulating tryptophan

levels. Although genetic manipulation of most commensal bacteria remains challenging[32,33], we

developed new genetic tools for *C. immunis* and generated an isogenic mutant (*C. immunis*ΔArAT)

that lacks a functional ArAT gene. Remarkably, the *C. immunis*ΔArAT mutant had greatly reduced

ability to inhibit HIV infection in TZM-bl cells or in primary T cells present in human TMCs

compared to the parental strain **(Figure 3B–C)**. TOA studies performed with the *C. immunis*ΔArAT

mutant demonstrated that it is able to inhibit viral entry/fusion but not any post-fusion steps

(Figure 3D and **Supplementary Figure 2)**. Given that the ArAT gene is present in diverse

bacteria, we reasoned that other commensal bacteria may also inhibit HIV infection in an ArAT-

dependent manner. Accordingly, we tested whether *Lactobacillus reuteri* and an isogenic mutant

deficient in ArAT were able to inhibit HIV infection. Intriguingly, while *L. reuteri* possessed inhibitory

activity, *L. reuteri*ΔArAT did not **(Figure 3E)**. Taken together, our data establish that commensal

bacteria can inhibit HIV integration via ArAT.

Bacterial production of ILA inhibits HIV infection by activating the aryl hydrocarbon

receptor

We performed untargeted metabolomics on the culture supernatant from *C. immunis* and *C.*

*immunis*ΔArAT to identify compounds that might explain the difference in activity. Of the 214

annotated metabolites, only 1—indole-3-lactic acid (ILA)—was differentially abundant between

the two strains, with the mutant unable to produce any ILA (**Figure 4A**). Of note, *L. reuteri* has

also been shown to produce ILA, in addition to indole-3-aldehyde (I3A), in an ArAT-dependent

manner[34,35]. We treated cells with each of these compounds to determine whether either is

sufficient for inhibiting HIV infection. Interestingly, we found that ILA—but not I3A—was sufficient

to inhibit HIV infection **(Figure 4B)**, a finding that suggests there is some specificity in terms of

which tryptophan catabolites have antiviral activity. Given that ILA is a known agonist of the aryl

hydrocarbon receptor (AhR)[31], a transcription factor that regulates expression of a broad array of

genes, we hypothesized that bacterial ArAT-derived ILA inhibits HIV infection by activating this

pathway. Indeed, the canonical AhR agonist 6-formylindolo(3,2-b)carbazole (FICZ) also inhibited

HIV infection **(Figure 4B)**, which demonstrates that activation of the AhR is sufficient to inhibit HIV

infection.

Importantly, activation of the AhR reduces viral infections by inhibiting expression of cyclin-

dependent kinases (Cdk) 1 and 2 along with their associated cyclins[36]. Consistent with this, we

found that *C. immunis* treatment of TZM-bl cells led to decreased expression of *Cdk1* with no

impact on *Cdk2* **(Figure 4C and 4D)**. Moreover, this effect on *Cdk1* expression was dependent

on the *C. immunis* ArAT being present **(Figure 4C)**. Collectively, these data strongly suggest that

bacterial catabolism of tryptophan into ILA inhibits HIV infection by activating the AhR and

decreasing *Cdk1* expression.

To determine whether these findings are relevant to human infections, we analyzed publicly

available fecal shotgun metagenomic data from a study that longitudinally followed an at-risk

population for acquisition of HIV, where only some individuals became HIV-positive[37]. Intriguingly,

those individuals who ultimately acquired HIV had a lower abundance of the ArAT gene before

becoming HIV-positive compared to those who did not acquire HIV **(Figure 4E)**. This finding

suggests that the bacterial ArAT gene is associated with protection against HIV in humans, which

strongly supports our model that bacterial ArAT-mediated metabolism of tryptophan protects

individuals against HIV.

Bacterial ArAT also inhibits CMV replication

We speculated this commensal bacteria–ILA–AhR pathway may be relevant in modulating the

susceptibility to other viruses given that activation of the AhR has been linked to the pathogenesis

of numerous viral infections (e.g., human cytomegalovirus [HCMV], Zika virus, influenza virus)[38,39].

Accordingly, we tested whether *C. immunis* can modulate HCMV infection in vitro. Remarkably,

C. immunis inhibited HCMV infection in an ArAT-dependent manner **(Figure 5A)**, which clearly

demonstrates that bacterial ArAT can inhibit infection from vastly divergent viruses.

DISCUSSION

Starting with infant rhesus macaques that exhibited differential susceptibility to enteral SHIV

infection[21], we bioinformatically identified and experimentally validated several bacterial species

as inhibiting HIV infection in vitro and ex vivo. Moreover, we delineated a pathway where specific

commensal bacteria use the ArAT to catabolize tryptophan into ILA that activates the AhR and

results in increased resistance against viral infections. Importantly, we leveraged metagenomic

data from individuals at risk for HIV infections to demonstrate our findings are generalizable to

humans.

Our study presents a highly effective framework to identify specific bacteria, and the underlying

molecular mechanisms, that are causally related to a phenotype of interest, something that

remains challenging to accomplish in microbiome studies[40,41]. Our successful implementation of

microbe-phenotype triangulation, an innovative bioinformatic discovery platform we previously

developed[24], to associate *L. gasseri* and the family Lachnospiraceae with increased resistance to

viral infection further demonstrates the utility of this approach[24,42]. Indeed, our analysis

independently identified *L. gasseri*, which has previously been shown to inhibit HIV infection in

vitro[25,26]. Moreover, our association of Lachnospiraceae with increased resistance is consistent

with its abundance being lower in individuals living with HIV than in healthy controls[43-47]. Similar

to our previous work[24], we were able to increase the specificity of our bioinformatic analyses by

incorporating pairwise comparisons that should not relate to the phenotype of interest. Here, we

were able to exclude two *Bacteroides* spp. from consideration, and we ultimately used a

Bacteroides spp. as our negative control to further demonstrate that our taxa of interest had

biologic effects that are not present in all bacteria.

We extended our discovery pipeline by combining it with principles of microbial pathogenesis to

elucidate the underlying molecular mechanism. We developed bacterial genetics for *C. immunis*,

a human-derived Lachnospiraceae isolate, so we could generate an isogenic mutant lacking ArAT,

which catalyzes the first step of tryptophan catabolism to specific indolic compounds[31].

Interestingly, the *C. immunis*ΔArAT mutant lacked inhibitory activity against HIV and CMV

infections. While this type of genetic inactivation is still infrequent in microbiome studies[40], it will

become more commonplace as genetic tools for manipulating commensal bacteria become more

advanced[48,49]. Identifying a specific gene as being critical to inhibiting viral infections enabled us

to investigate the abundance of the ArAT gene in shotgun metagenomic data derived from

relevant patient populations to quickly evaluate relevance in human disease. Taken together, we

have combined microbe–phenotype triangulation as a discovery platform, bacterial genetics, and

metagenomic analyses to elucidate the mechanism and translational relevance of microbiome-

mediated inhibition of viral infections.

We found that the *C. immunis* ArAT produced ILA, a microbiome-derived endogenous agonist for

the AhR signaling pathway that ultimately leads to protection against viral infections. The AhR is

strongly linked to viral pathogenesis[39], though there is ongoing controversy whether the AhR

pathway promotes or restrains these infections[38,39]. These discrepancies may relate to the role of

AhR signaling varying in a virus-[39,50-53], cell type-[50,54,55], and ligand-specific manner[54,56,57].

Consistent with these findings, we found that ILA—but not I3A—robustly suppresses viral

infection even though both are AhR agonists that are produced in an ArAT-dependent manner[31].

It is likely that other microbiome-derived AhR agonists may similarly inhibit viral infections.

In addition to microbiome-mediated tryptophan catabolism, the host can also metabolize

tryptophan directly, with generation of kynurenine by IDO1 being a common pathway. The level

of kynurenine, often reported as the ratio of kynurenine to tryptophan (K/T ratio), is linked to more

severe viral infections[29,30,58,59]. Although kynurenine does not have direct AhR binding activity, it is

an AhR pro-ligand that requires chemical conversions to act as an AhR agonist[60]. While

kynurenine can modulate the immune system in an AhR-dependent manner[61-63], it is less clear

whether it directly impacts the severity of viral infections in vivo[64]. We speculate that the clinical

observations linking kynurenine to more severe viral disease may be driven by differences in

microbiome-mediated tryptophan catabolism, with increased kynurenine levels serving as a proxy

for lower levels of tryptophan-catabolizing bacteria. Metabolism of tryptophan by commensal

bacteria, which occurs in the intestinal lumen prior to absorption of tryptophan, reduces the

amount of tryptophan available to the host for conversion into kynurenine.

It is notable that commensal bacteria-derived ILA can inhibit both HIV, a retrovirus, and CMV, a

DNA virus, given the vast differences in their underlying biology. These effects do not require

modulation of the immune system as the effects are also present in epithelial cell line-based

experiments, a finding that suggests the bacteria are altering cellular physiology in a way that

affects viral pathogenesis. AhR activation is known to modulate expression of numerous genes,

including repressing expression of *Cdk1* and *Cdk2*[36]. Along these lines, we found that cells treated

with *C. immunis* have reduced expression of *Cdk1* in an ArAT-dependent manner, a finding that

helps mechanistically explain how commensal bacteria-generated ILA leads to protection against

viral infection. Given that CDK1 normally phosphorylates SAMHD1[65], thereby inhibiting its

dNTPase activity[65,66], treatment with *C. immunis* likely leads to an increase in active, non-

phosphorylated SAMHD1 and a concomitant reduction in the dNTP pool available for viral DNA

synthesis, similar to what has been previously demonstrated for FICZ[36]. We speculate that *C.*

immunis and other ArAT-expressing commensal bacteria inhibit viral infection for a broad array of

viruses—beyond just HIV and CMV—since the underlying mechanism revolves around the

availability of dNTPs necessary for viral replication.

Overall, by starting with the observation that infant rhesus macaques had variable susceptibility

to SHIV challenges, we defined a mechanistic pathway for how the microbiota influences

susceptibility to viral infections. We used microbe–phenotype triangulation to associate bacterial

taxa with delayed acquisition, in vitro and ex vivo experiments to validate our bioinformatic

findings, bacterial genetics to clarify the critical role of the ArAT gene in multiple bacteria, and

metagenomic analyses of an at-risk patient population to demonstrate the translational relevance

of our findings. Taken together, our results provide a mechanistic basis for the significant

heterogeneity in clinical outcomes of virus-exposed individuals. More broadly, our findings offer

the potential for a microbiome-based therapeutic to treat and/or prevent viral infections.

METHODS.

Microbe–phenotype triangulation to identify protective taxa in SHIV-challenged monkeys.

We obtained data from a previous study involving a cohort of infant rhesus macaques that were

challenged with simian–human immunodeficiency virus (SHIV) and exhibited variable levels of

susceptibility to infection[21]. As previously described, animals were immunized with either a HIV

gp120-based vaccine or control vaccine at 0, 6, and 12 weeks of age (n = 12/group) before they

were orally challenged with SHIV weekly beginning at 15 weeks of age[21]. The fecal microbiome

of these animals at 15 weeks of age has been previously described[23]. Briefly, they were generated

by 16S rRNA gene sequencing, with data processed by the standard DADA2-based pipeline.

Identification of differentially abundant taxa for the pairwise comparisons used in the microbe–

phenotype triangulation approach was accomplished in R using DESEq2[67], with default

thresholds. Taxa present in <50% of animals in both groups of the comparison were not included

in the analysis.

Bacterial strains. *C. immunis*, *R. gnavus* (ATCC 29149), and *B. fragilis* (NCTC 9343) were

obtained from Dennis Kasper (Harvard University)[24]. All *L. gasseri* strains were isolated from

catheterized urine samples of healthy women. *L. reuteri* 100-23 (wild-type and ΔArAT mutant)

were obtained from Luisa Cervantes-Barragan (Emory University)[68]. *C. immunis*, *R. gnavus*, and

B. fragilis were grown in peptone–yeast–glucose (PYG) broth (Anaerobe Systems) or brain heart

infusion-supplemented (BHI-S) broth (ATCC medium 1293). *Lactobacillus* strains were grown in

De Man, Rogosa and Sharpe (MRS) broth (Sigma). All bacterial strains were grown in an

anaerobic chamber (Coy laboratories) with 2.5% H_2 and 0 ppm O_2 at 37 °C. Serial dilutions of

overnight cultures of the bacterial isolates were plated to enumerate the colony-forming units

(CFU). Cultures were heat-killed at 65 °C for 20 mins, aliquoted, and frozen at -80 °C until further

use. To separate the bacterial supernatant from the bacterial cells, the heat-killed cultures were

centrifuged at 10,000 rpm for 5 min. The culture supernatant was collected, and the bacterial

pellet was washed twice with 1X PBS and resuspended in an equivalent volume of TZM-bl

maintenance media.

Cell lines and primary cells. TZM-bl luciferase reporter cells (BEI Resources, ARP-8129) and

human embryonic kidney-293T (HEK-293T) cells (ATCC CRL-3216) were cultured in Dulbecco's

Modified Eagle Medium (DMEM) (Gibco), with 10% heat-inactivated FBS (Millipore Sigma), 1%

penicillin-streptomycin (Gibco), and 25 mM of HEPES (Gibco). Human retinal pigment epithelial

(ARPE) cells (ATCC CRL-2302) were cultured in DMEM-F12 (Gibco), with 10% FBS, and 1%

penicillin-streptomycin (Gibco). Human foreskin fibroblast (HFF-1) cells (ATCC SCRC-1041) were

maintained in DMEM (Gibco) with 20% FBS, 2mM L-glutamine, 25mM HEPES, 1% Pen-Strep,

and 50 µg/ml Gentamicin. All cell lines and primary cells were cultured at 37ºC in a humidified

incubator with 5% CO_2.

Tonsil tissues removed during routine tonsillectomy from HIV naïve children (<15 years of age)

were obtained through Weill Cornell Medicine Department of Pathology and Laboratory Medicine.

The use of tonsil specimens for this study was reviewed and determined to be exempt from human

subject research by the Weill Cornell Medicine Institutional Review Board (IRB); informed consent

was therefore not required (Protocol # 21-08023851). Tonsil tissues were received within 1-3

hours of surgery; washed and minced in RPMI 1640 (Gibco) containing 1% antibiotic/antimycotic

(Gibco), 50µg/ml Gentamicin (Gibco), 10 µg/ml of cephalothin (Sigma-Aldrich), and 5 µg/ml of

fluconazole (Sigma-Aldrich); and tonsillar mononuclear cells (TMCs) were isolated by filtering

tonsillar tissue pieces through a 70-µm mesh filter, followed by density gradient centrifugation

using Ficoll-Paque PLUS (GE Healthcare), as previously described[69].

Small molecular compounds and antibodies. Antiretroviral (ARV) drugs zidovudine (Catalog # PHR1292), lamivudine (Catalog # L1295), and nevirapine (Catalog # PHR1757) were purchased from Millipore Sigma and reconstituted in DMSO. A triple-drug ARV cocktail consisting of 10μg/μL zidovudine, 10μg/μL lamivudine, and 1μg/μL nevirapine was used. CH-223191 (Catalog # C8124), DL-Indole-3-lactic acid (ILA, Catalog # I5508), Indole-3-carboxaldehyde (I3A, catalog # 129445) and 6-Formylindolo[3,2-b]carbazole (FICZ, catalog # SML1489) were purchased from Millipore Sigma and reconstituted in DMSO, according to the manufacturer's instructions. HIV replication inhibitors (enfuvirtide, zidovudine, and raltegravir) used for the TOA assays were purchased from MedChemExpress and reconstituted in DMSO according to the manufacturer's instructions. HIV gp120 CD4-binding site-specific monoclonal antibody VRC01 was obtained from BEI Resources (Catalog #: ARP-12033). Anti-CMV immune-globulin, Cytogam, was obtained from CSL Behring Healthcare (NDC code: 49591-532-51).

Virus propagation and titration. The HIV-1 pNL4-3 based CXCR4-tropic GFP reporter virus HIV_{NLGI} and CCR5-tropic GFP reporter virus HIV_{JRFL} have been described previously[70]. Viral stocks were generated by transfecting HIV_{NLGI} and HIV_{JRFL} plasmids in HEK 293T cells using JetPrime transfection reagent (Polyplus transfection, Catalog # 101000015). 48 hours after transfection, the culture supernatant containing virus was harvested, filtered, and concentrated using a 20% sucrose cushion and ultracentrifugation at 23,000 rpm for 2 hr. The viral stock was then resuspended in 1X PBS, aliquoted, and stored at -80º C. Viral titers were determined using a commercial p24 ELISA kit (PerkinElmer, Catalog # NEK050B001KT), according to the manufacturer's instructions.

Subtype B (TRO.11), C (HIV_25710-2.43), and CRF07 (BJOX002000.03.2)[71] HIV-1 envelope pseudoviruses were produced as previously described[72]. Briefly, 4 μg of each of the 3 HIV-

envelope expression plasmids were co-transfected with 8 µg of backbone plasmid pSG3ΔEnv in

HEK 293T cells using FuGene 6 transfection reagent (Promega, catalog # E5911). Virus was

harvested 48 h post-transfection, filtered, and stored at −80°C with 20% FBS in the freezing media.

Pseudovirus titers were determined by infecting TZM-bl-luciferase reporter cell lines and

estimating 50% tissue culture infectious dose ($TCID_{50}$) using the Bright-Glo luminescence reporter

gene assay system (Promega)[73] as directed by the manufacturer.

To produce GFP-tagged HCMV-AD169r-BAC human cytomegalovirus (HCMV) strain, GFP-

tagged AD169r HCMV BAC clone (AD169r-GFP BAC) and the CMV pp71 plasmids[74,75] (kind gifts

from Dr. Eain Murphy, Upstate Medical University) were co-transfected in HFF-1 cells using the

Lipofectamine™ 3000 Transfection Reagent (ThermoFisher Scientific, catalog # L3000001),

according to manufacturer's instructions. Upon development of virus-induced cytopathic effect

(CPE) and GFP expression (~7–10 days post-transfection), the virus was harvested, propagated

twice in ARPE-19 cells, and concentrated using ultracentrifugation at 50,000 *g* for 90 minutes at

4 ºC. For determining HCMV stock titers, ARPE-19 cells were seeded in 96 wells plates (20,000

cells/well) and incubated with the virus for 7 days, before estimating viral titers using HCMV

neutralization assay as described previously[76].

HIV infection and treatment of TZM-bl cells.10^4 TZM-bl-luciferase reporter cells were seeded

per well in a 96-well plate and incubated for 24 hrs. To evaluate the efficacy of heat-killed bacteria

pre-treatment in suppressing HIV replication, TZM-bl cells were treated every 24 hours with the

equivalent of ~10^6 CFU of unfractionated heat-killed bacteria, washed bacterial cells, or culture

supernatant. Cells pre-treated for 48 hours were either washed twice with PBS or not washed at

all before being infected with 5ng p24 equivalent HIV_{NLGI} or HIV_{JRFL}. Cells were treated with an

ARV cocktail as a positive control. 48 hours post-HIV infection, viral replication was quantified

using the luciferase reporter assay described above. After subtracting background luminescence,

HIV replication was calculated by dividing these background-corrected luminescence values by

that of the negative control (generally, cells treated with *B. fragilis*), with values expressed as a

percentage. Percent inhibition of HIV replication was calculated as 100 minus the HIV replication.

To evaluate the efficacy of treatment with heat-killed bacteria or small molecular inhibitors in

modulating HIV replication, TZM-bl cells were incubated with HIV_{NLGI} (5ng p24 equivalent), HIV_{JRFL}

(5ng p24 equivalent), TRO.11 ($TCID_{50}$: 2223.05), HIV_25710-2.43 ($TCID_{50}$: 2344.05), or

BJOX002000.03.2 ($TCID_{50}$: 3493.85), and 10^6 CFU equivalent of heat-killed bacteria or 1 nM of

small molecular inhibitors (3-ILA, I3A, or FICZ) for 26 hours. Viral infection was quantified using

luciferase reporter assay as described above.

Time-of-addition assay. 10^4 TZM-bl-luciferase reporter cells were seeded per well in a 96-well

plate and incubated for 24 hrs, after which they were incubated with 5 ng p24 equivalent HIV_{NLGI}.

After 1 hr, the virus-containing supernatant was removed, cells were washed twice with DPBS,

and fresh media was added. HIV-infected cells were then treated with either DMSO (as a negative

control), 1 μM of enfuvirtide, 1 μM of zidovudine, 1 μM of raltegravir, 2.5 μg of VRC01, or 10^5 CFU

of heat-killed bacteria at 0, 2, 4, 6, 8, 10, or 12 hours. The degree of viral infection was quantitated

at 26 hours post-HIV infection using the luciferase reporter assay described above.

Bacterial treatment of HIV-infected TMCs. Tonsillar mononuclear cells (TMCs) were

resuspended in RPMI 1640 (Gibco), supplemented with 10% FBS, 1X antibiotic/antimycotic

mixture (Gibco), 1 mM of sodium pyruvate (Sigma-Aldrich), and 1X non-essential amino acid

mixture (Gibco). Wells in a flat-bottom 96-well plate were loaded with 10^6 TMCs, infected with 250

ng p24-equivalent of GFP-tagged HIV_{NLGI}, and treated with either heat-killed bacteria or the same

ARV cocktail described above. Plates were then centrifuged at 1200*g* for 2hrs to help synchronize

infection. After 48 hours, TMCs were stained for flow cytometry-based detection of GFP

expression.

Flow cytometric analysis of HIV-infected TMCs. Suspensions of ~10^6 HIV-infected TMCs in

PBS with 1% FBS were incubated with BV711 anti-human CD3 antibody (Biolegend, catalog #

300464) at 4ºC for 30 min, after which cells were washed twice with PBS. The cells were then

incubated at 4ºC with LIVE/DEAD Fixable Aqua Dead Cell Stain Kit (Thermo Fisher Scientific,

catalog # L34957) for 30 minutes. Following incubation and washing with 1X PBS, the cells were

fixed using 10% formalin. The stained TMCs were analyzed on an LSRFortessa (BD Biosciences)

using BD FACS Diva software. Data were analyzed with FlowJo software version 10.8.1 (Tree

Star, Inc). The percentage of live CD3$^+$ T cells infected with GFP-tagged HIV was reported.

Cdk1 and *Cdk2* **expression analysis.** 2 x 10^5 TZM-bl luciferase reporter cells were incubated

with ~10^6 CFU of heat-killed bacteria and infected with 5ng p24-equivalent HIV$_{NLGI}$ virus. 24 hr

post-infection, cellular RNA was extracted using the RNeasy mini kit (Qiagen). cDNA was

synthesized using SuperScript™ III First-Strand Synthesis System (Thermo Fisher) following the

manufacturer's instructions. cDNA was amplified using TaqMan gene expression mastermix

(Thermo Fisher) and TaqMan Gene Expression Assays (Applied Biosystems) for *Gapdh*

(HS02786624_g1), *Cdk1* (Hs00938777_m1), and *Cdk2* (Hs1548894_m1). The thermal cycling

steps were 50°C for 2 min, 95°C for 10 min, and 40 cycles of 95°C for 15 s and 60°C for 1 min.

qPCR was performed on a QuantStudio 7 Flex real time PCR machine (ThermoFisher Scientific).

Each sample was run in duplicate and relative quantification was performed by normalization to

GAPDH.

Generation of *C. immunis*ΔArAT. We used homologous recombination to disrupt the ArAT gene

in *C. immunis*, using pMTL82151, one of the ClosTron plasmids[77], as a suicide vector. We used

the Q5 High-Fidelity DNA polymerase (NEB) to PCR amplify the *ermB* gene that provides

resistance to erythromycin (using pMTL83251 as the template) and two 800 bp regions

(separated by 80 bp) that flanked the *C. immunis* ArAT target site (representing left and right

homology arms), using genomic DNA from *C. immunis* as the template. PCR primers used are as

follows:

ArAT Left F: gctcggtacccgggggatcctCTCTGACTGTATTCTATGAC;

ArAT Left R: cttcggccggGTCTTTCCGTTTATTTTCTC;

ArAT Right F: gaatgtgtttTCCTGGAAAAGAAGGAAAAAG;

ArAT Right R: agcttgcatgtctgcaggccCGGCATGAAAAATCCCAG;

ErmB F: acggaaagacCCGGCCGAAGCAAACTTAAG;

ErmB R: ttttccaggaAAACACATTCCCTTTAGTAACGTG

These three PCR products were digested with XbaI and XhoI and cloned into XbaI- and XhoI-

digested pMTL82151 plasmid using HiFi assembly (NEB). Electrocompetent *E. coli* S17λPir was

transformed with the ligation mixture, which generated S17λPir:pMTL82151ΔArAT. This strain

was used to transfer pMTL82151ΔArAT into *C. immunis* using standard conjugation methods.

Briefly, overnight cultures of *E. coli* donors and *C. immunis* recipients were mixed at a 10:1 donor-

to-recipient ratio. Multiple aliquots (30 μl) of the mixture were spotted onto a BHI-S agar plate and

incubated anaerobically at 37 °C. After 24–48 h, the total growth on each plate was collected,

resuspended in fresh media, and grown on BHI-S plates containing erythromycin (500 μg/ml) and

colistin (10 μg/ml). To confirm that the plasmid was not present in *C. immunis*, the culture was

also grown on BHI-S plates containing colistin (10 μg/ml) and chloramphenicol (12.5 μg/ml),

against which the plasmid backbone confers resistance. Erythromycin-resistant colonies of *C.*

immunis were confirmed to harbor the insertion of the *ermB* gene and expected 80-bp deletion in

ArAT by PCR and Sanger sequencing.

To validate the loss-of-function of *C. immunis*ΔArAT, overnight cultures of wildtype *C. immunis* and *C. immunis*ΔArAT were grown in PYG and pelleted to obtain cell-free supernatants. Untargeted metabolomics of the respective supernatants was performed via GC-MS at the Duke Molecular Physiology Institute.

Analysis of ArAT abundances in individuals at-risk for HIV. We downloaded a publicly available shotgun metagenomic dataset from the mSTUDY cohort that includes an at-risk population followed longitudinally for the acquisition of HIV (*n=29*)[37]. We trimmed sequence reads and removed host decontamination using KneadData. Forward and reverse reads that passed quality control (paired and unpaired) were concatenated and fed into the HUMAnN 3 pipeline for functional profiling as UniRef90 gene families[78]. To identify homologs of the ArAT gene, we used the *C. immunis* and *L. reuteri* ArAT gene sequences to search for UniRef90 entries in the UniProt Knowledgebase[79], setting a similarity threshold of ⩾30%. We used the grep UNIX command to extract the abundance of these ArAT homologs from the library-depth normalized UniRef90 gene family abundance table, and we summed their abundances. Any homologs identified by both the *C. immunis* and *L. reuteri* ArAT gene sequence were only counted once.

Bacterial treatment of HCMV-infected ARPE cells. The efficacy of *C. immunis* and *C. immunis*ΔArAT to modulate human cytomegalovirus (HCMV) replication was assessed by performing the HCMV neutralization assay as previously described[76]. Briefly, ARPE cells (5000 cells/well) were seeded in 384-well black plates with clear bottoms (Corning) and cultured for 24 hours. ARPE cell monolayers were then incubated with GFP-tagged HCMV-AD169r-BAC virus strain at a multiplicity of infection (MOI) of 1.5 along with either heat-killed bacteria or 0.625 mg/mL of anti-CMV immune globulin. After 48 hrs, cell culture media was aspirated and cells were fixed

with 10% formalin at room temperature for 15 min. Fixed cells were washed twice with PBS + 0.1%

Tween 20 and incubated with 1:1000 mouse anti-HCMV IE-1 monoclonal antibody (Millipore,

Catalog No: MAB810R, clone 8B1.2) in staining buffer (Dulbecco's PBS [DPBS] containing 1%

FBS and 0.3% Triton X-100) for 1 hr at RT. After subsequent washing, cells were stained with

goat anti-mouse IgG-AF488 (Abcam; Catalog No: ab150113) at 1:1000 dilution for 1hr at RT. After

further washing, the cell nucleus was stained with 1:1000 DAPI (4',6'-diamidino-2-phenylindole;

Invitrogen; Catalog No: D1306) nuclear stain for 10 minutes at RT. DAPI-positive (indicative of

total cells) and AF488-positive cell counts (indicative of HCMV-infected cells) were measured

using ImageXpress Pico Automated Cell Imaging System (Molecular Devices), and the

percentage of HCMV-positive cells of total cells was computed.

Statistical Analysis. Prism 10 (GraphPad Software) was used for all statistical analyses, except

for Benjamini-Hochberg correction of one-sample t-tests, which was done in R (version 4.2.2).

The specific statistical tests used are detailed in each figure legend.

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Writing – review & editing: all authors.

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FIGURE LEGENDS

Figure 1. Microbe–phenotype triangulation associated two bacterial taxa with protection

against SHIV infection. (A) Schematic of the nonhuman primate study design. Newborn animals

were immunized by either an HIV or control vaccine (*n* = 12/group) at 0, 6, 12 weeks of age.

Starting at 15 weeks of age, animals were orally challenged with SHIV weekly until they became

infected. Fecal samples were collected just prior to the SHIV challenges for 16S rRNA gene

sequencing. **(B)** Distribution of the number of weekly SHIV challenges each monkey received

before becoming infected. Bars are colored by regimen groups. **(C)** The different pairwise

comparisons used for microbe-phenotype triangulation are depicted. The two bacterial taxa

associated with delayed acquisition of SHIV are listed. VAX, animals receiving the HIV vaccine;

CTL, animals receiving the control vaccine. **(D–E)** Relative abundance of *L. gasseri* **(D)** and

Lachnospiraceae **(E)** in HIV-vaccinated animals that were infected early or late. The bars

represent means±SEM. **P*<0.05; ***P*<0.01 by Mann-Whitney U test.

Figure 2. Human-derived *L. gasseri* and Lachnospiraceae isolates robustly inhibit HIV

infection in vitro and ex vivo. (A–B) Percent inhibition of HIV replication for CCR5-tropic **(A)**

and CXCR4-tropic **(B)** strains of HIV in TZM-bl cells treated with the indicated commensal bacteria.

ARV, antiretroviral cocktail. **(C)** Percent inhibition of HIV replication in human tonsillar T cells

treated with the indicated commensal bacteria. **(D)** Time-of-addition assay results for *C. immunis*

and *R. gnavus*. The times depicted for the various viral pathogenesis steps were determined using

antiviral drugs targeting each step. RT, reverse transcription; IN, integration. Data are normalized

to HIV-infected TZM-bl cells or tonsillar T cells treated with *B. fragilis* **(A–C)** or TZM-bl cells treated

with *B. fragilis* at 12 hours after infection with HIV **(D)**. Panels A–D include data from 6, 6, 4, and

3 independent experiments, respectively; in panel B, the data for *L. gasseri* 5011 is from 3

independent experiments. Data are represented as mean±SEM. ns, not significant; **P*<0.05;

**P<0.01; ***P<0.001; ****P<0.0001 by one-sample t-tests compared to a mean of 0 and adjusted

for multiple comparisons by the Benjamini-Hochberg procedure **(A–C)** or a paired one-way

ANOVA with post-hoc Sidak's tests (**D**). See also **Figure S1 and S2**.

Figure 3. Commensal bacteria inhibit HIV infection via the ArAT gene.

(A) Percent inhibition of HIV replication in TZM-bl cells treated with the indicated fraction of heat-

killed *C. immunis* culture. **(B)** Percent inhibition of HIV replication in TZM-bl cells treated with *C.*

immunis or *C. immunis*ΔArAT. **(C)** Percent inhibition of HIV replication in human tonsillar T cells

treated with *C. immunis* or *C. immunis*ΔArAT. **(D)** Time-of-addition assay results for *C. immunis*

and *C. immunis*ΔArAT. The times depicted for the various viral pathogenesis steps were

determined using antivirals targeting each step. RT, reverse transcription; IN, integration. The data

for *C. immunis* are the same as that present in Figure 2D. **(E)** Percent inhibition of HIV replication

in TZM-bl cells treated with *B. fragilis*, *L. reuteri*, or *L. reuteri*ΔArAT. Data are normalized to HIV-

infected TZM-bl cells or primary T cells treated with *B. fragilis* **(A–C)**, *B. fragilis* added at 12 hours

post-infection **(D)**, or HIV-infected TZM-bl cells not treated with bacteria **(E)**. In panels A–E, data

are from 5, 4, 4, 3, and 7 independent experiments, respectively. Data are represented as

mean±SEM. ns, not significant; *P<0.05; **P<0.01; ***P<0.001; ****P<0.0001 by one-way ANOVA

with post-hoc Tukey's tests **(A, E)**, two-sample t-test **(B, C),** or a paired one-way ANOVA with

post-hoc Sidak's tests **(D)**. See also **Figure S2 and S3**.

Figure 4. Bacterial production of ILA inhibits HIV infection by activating the aryl

hydrocarbon receptor.

(A) Mass spectrometric quantitation of ILA produced by *C. immunis* and *C. immunis*ΔArAT. **(B)**

Percent HIV replication in TZM-bl cells treated with the indicated small molecule. Data are

normalized to cells treated with DMSO. **(C, D)** Relative expression of *Cdk1* **(C)** and *Cdk*2 **(D)** in

HIV-infected TZM-bl cells treated with the indicated bacteria. **(E)** The fecal abundance of the ArAT

gene in adults at-risk for HIV who did (case; *n* = 9) or did not acquire HIV (control; *n* = 20). The

samples for the cases were obtained before they became HIV-positive. In panels A, C and D, data

are from 7, 6, and 6 independent experiments, respectively; in panel B, data are from 3

independent experiments for I3A, 5 for ILA, and 4 for FICZ. Data are represented as mean±SEM.

ns, not significant; ****P<0.01, ***P<0.001; ****P<0.0001** by two-sample t-test **(A)**, one-sample t-

tests compared to a mean of 100 and adjusted by the Benjamini-Hochberg procedure **(B)** or one-

way ANOVA with post-hoc Tukey's tests **(C, D)**. The P-value plotted in panel E is calculated by a

Mann-Whitney U test.

Figure 5. Bacterial ArAT also inhibits CMV replication.

Percent inhibition of CMV replication in ARPE cells treated with Cytogam, *C. immunis*, or *C.*

*immunis*ΔArAT. Data are normalized to ARPE cells treated with *B. fragilis*. Data are from 7

independent experiments, with bars representing means±SEM. ****P<0.0001. Asterisks at the top

of the graph represent the *P* value obtained when comparing each sample to the control by one-

sample t-tests compared to a mean of 0 and adjusted by the Benjamini-Hochberg procedure. The

asterisks above the bracket represent the *P* value obtained when comparing *C. immunis* and *C.*

*immunis*ΔArAT by a two-sample t-test.

Supplementary Figure Legends

Supplementary Figure 1. *C. immunis* **and** *R. gnavus* **inhibit replication of different HIV**

clades, related to Figure 2. (A–C) Percent inhibition of clade B **(A)**, clade CRF07 **(B)**, and clade

C **(C)** HIV replication in TZM-bl cells treated with the indicated commensal bacteria. Data are

normalized to cells treated with *B. fragilis*. ARV, antiretroviral cocktail. Data are from 6

independent experiments, with bars representing means $\pm$ SEM. *P<0.05; ***P<0.001;

****P<0.0001 by one-sample t-tests compared to a mean of 0 and adjusted by the Benjamini-

Hochberg procedure.

Supplementary Figure 2. The kinetics of HIV pathogenesis are defined by canonical anti-

HIV drugs, related to Figure 2 and Figure 3. Time-of-addition assay results for VRC01, an anti-

CD4 antibody, enfuvirtide, zidovudine, and raltegravir. Data are normalized to cells treated with

DMSO at 12 hours, are from 3 independent experiments, and are represented as means$\pm$SEM.

RT, reverse transcription; IN, integration. **P<0.01; ***P<0.001; ****P<0.0001 by one-way ANOVA

with post-hoc Sidak's tests.

Supplementary Figure 3. Pre-treatment with *C. immunis* **or** *R. gnavus* **is sufficient to inhibit**

HIV replication, related to Figure 3. Percent inhibition of HIV replication in TZM-bl cells pre-

treated with *C. immunis* or *R. gnavus*, washed to remove bacteria, and then infected with HIV.

Data are normalized to cells treated with *B. fragilis*, are from 3 independent experiments, and are

represented as means$\pm$SEM. **P<0.01; ***P<0.001 by one-sample t-tests compared to a mean

of 0 and adjusted by the Benjamini-Hochberg procedure.

Figure 1

Figure 2

Figure 3

Figure 4

Figure 5