Community composition and strain identity drive metabolic competition and *Staphylococcus aureus* colonization resistance in Synthetic Nasal Communities

Marcelo Navarro Diaz[1,2,3], Laura Camus[1,2], Soyoung Ham[2,4], Lars Angenent[2,4,5,6,7], Simon Heilbronner[1,2], Paolo Stincone[1,2], Johanna Rapp[1,2,3], Daniel Petras[1,2,8*], Hannes Link[1,2,3*]

[1] Interfaculty Institute of Microbiology and Infection Medicine, University of Tübingen, 72076 Tübingen, Germany

[2] Cluster of Excellence "Controlling Microbes to Fight Infections", University of Tübingen, 72076 Tübingen, Germany

[3] M3 Research Center, University of Tübingen, Otfried-Müller-Str. 37, 72076 Tübingen, Germany

[4] Environmental Biotechnology Group, Department of Geosciences, University of Tübingen, Schnarrenbergstraße 94-96, 72076 Tübingen, Germany

[5] Max Planck Institute for Biology Tübingen, Max-Planck-Ring 5, 72076 Tübingen, Germany

[6] Department of Biological and Chemical Engineering, Aarhus University, Gustav Wieds Vej 10D, 8000 Aarhus C, Denmark

[7] The Novo Nordisk Foundation CO2 Research Center (CORC), Aarhus University, Gustav Wieds Vej 10C, 8000 Aarhus C, Denmark

[8] Department of Biochemistry, University of California, Riverside, 169 Aberdeen Dr., Riverside, CA 92507, USA

* Corresponding authors: dpetras@ucr.edu, hannes.link@uni-tuebingen.de

Abstract

The human nasal microbiome is a low-diversity ecosystem whose assembly principles

and mechanisms of colonization resistance remain poorly understood. In particular,

Staphylococcus aureus colonization shows high heterogeneity across individuals. We

hypothesized that nutritional competition, strain-level diversity, and nutrient availability

shape community stability and the ability of commensal species to inhibit *S. aureus*. To

test this, we constructed 50 defined synthetic communities composed of representative

human nasal bacteria differing in strain and species composition and tracked their

temporal dynamics, metabolic profiles, and nutritional interactions. The composition of

synthetic communities with 5-10 species showed robust and reproducible dynamics

and converged in one of three stable states. Synthetic communities dominated by a

specific strain of *Corynebacterium propinquum* were highly stable and consistently

excluded *S. aureus*. Growth and coculture assays showed that *C. propinquum*

outcompetes *S. aureus* under poor nutritional conditions resembling the nasal

environment, whereas *S. aureus* dominates in nutrient-rich conditions. Metabolomics

analyses revealed that nutritional competition, including siderophores utilization and

amino acid limitation, likely underlies this colonization resistance. These results

establish a tractable synthetic community model for the human nasal microbiome and

identify nutrient-dependent competition and microbial metabolite production as key

drivers of community structure and pathogen exclusion.

Introduction

The human microbiome is important for human health and provides protection against pathogens. This colonization resistance can occur through various mechanisms such as nutritional competition or by use of inhibitory compounds [1]. Each anatomical site contains distinct microbial communities composed of commensals, pathobionts, and pathogens, which may be permanent residents or transient colonizers. Among these sites, the nasal cavity is of particular interest because it is an entry point of airborne pathogens such as *Staphylococcus aureus*, which is a major human pathobiont [2]. Approximately one-quarter of adults are persistently colonized with *S. aureus* in the anterior nares, while others are intermittently colonized or remain uncolonized [3]. In S. aureus carriers, the nasal cavity functions as a reservoir from which *S. aureus* can disseminate to other body sites, occasionally leading to disease [4], which is especially dangerous in immunocompromised and post-operation patients [5, 6].

Despite its clinical importance, the ecological and mechanistic factors that determine the presence, absence, or abundance of *S. aureus* in the nasal microbiome are not completely understood. Colonization resistance to *S. aureus* in the nose is a complex process where the host's immunity has been show to play a role [7] and several species present in the nasal microbiome have been to show different types of interactions with *S. aureus*. Some examples of species that have been found to inhibit the growth of *S. aureus* include *Staphylococus lugdunesis* (which produces the antimicrobial lugdunin), *Staphylococcus epidermidis* [8] or *Dolosigranulum pigrum* [9]. Other important mechanisms of *S. aureus* exclusion besides antimicrobials, includes nutrient depletion [10, 11] and siderophore production [12]. Such nutritional competition is especially relevant in the context of the poor availability of carbon sources and trace metals such as iron in the nasal environment, which has been shown to be nutrient-limited and iron-

restricted, shaping microbial interactions and colonization dynamics [10, 13]. However,

disentangling these mechanisms in vivo and in the context of a whole microbial

community is challenging, as the nasal cavity is a highly heterogeneous and host-

specific environment specific environment that supports a comparatively small but

highly specialized microbial community [14, 15].

By using synthetic communities (SynComs), the low-diversity nasal microbiome

provides an ideal model to study fundamental ecological processes such as community

assembly, metabolic cross-feeding, and invasion dynamics under clinically relevant

conditions. SynComs have been widely used for some time to model other microbiome

systems, such as the human gut microbiome [16, 17] and the rhizosphere of plants

[18, 19]. These model systems have been instrumental in dissecting mechanisms of

community assembly [18, 20], microbial function metabolic interactions [21, 22], and

the response of microbial consortia to perturbations such as antibiotics or pathogen

invasion [19, 23]. To date, no SynCom has been reported for the human nasal

microbiome. Previously, the PNC8 SynCom was developed to model the piglet nasal

microbiome [24], but an analogous, experimentally tractable SynCom for the human

nasal ecosystem is lacking. Here, we sought to establish synthetic nasal communities

and investigate their resistance to invasion by *Staphylococcus aureus*.

Therefore, we developed a set of synthetic communities using a previously reported

culture collection of human nasal isolates [25]. We assembled 50 SynComs containing

random combinations of the most prevalent nasal bacterial species, each represented

by three phenotypically distinct strains, and cultured them on agar plates with synthetic

nasal medium which was previously development to resemble the nutritional conditions

in the nose [10]. These cultures were propagated 3 times in fresh medium every three

days. During the last propagation, we added *S. aureus* to test their colonization

resistance. We characterized their compositional and metabolic profiles using long-

read amplicon sequencing and untargeted and targeted metabolomics. Our approach

allowed us to identify key species, strain-level effects, and metabolite signatures that

are associated with abundance of *S. aureus* in the SynComs. These results provide a

tractable in vitro system to explore the ecological determinants of nasal community

assembly and pathogen exclusion.

Methods

Bacterial pool selection

To select species for SynCom construction, we first analyzed the Human Microbiome

Project (HMP) 16S rRNA amplicon sequencing data from the nasal cavity body site

[26]. Raw sequences were processed using QIIME 2 v2021.11 [27]. Quality filtering,

denoising, and chimera removal were performed with DADA2 [28], followed by

inference of amplicon sequence variants (ASVs). Taxonomic assignment was carried

out using BLAST [29] against the NCBI 16S rRNA RefSeq database [30]. The complete

OTU table is provided in Supplementary Table S1.

Experiments were performed using bacterial isolates from the LaCa collection of nasal

bacterial isolates [25]. We selected 10 of the most prevalent species based on our

HMP analysis (Supplementary Figure 1), with the limitation that they were available in

the LaCa collection and selecting 3 strains per species isolated from different

volunteers to ensure that no two isolates belonged to the same population.

SynCom cultivation

Fifty synthetic communities (SynComs) were assembled by randomly selecting both

the number (from 5 to 10) and identity of species, along with one randomly chosen

strain per species. The experimental workflow is depicted in (Figure 1), and

species/strains used in each SynCom are listed in Supplementary Table 2.

Figure 1. SynCom design and experimental workflow. Ten of the most prevalent

nasal bacterial species, each represented by three strains, were selected based on

analyses of Human Microbiome Project data and the strain availability in the LaCa

collection of nasal isolates [25]. SynComs were designed by randomly selecting both

the number and identity of species per community, followed by the random selection

of one strain per species [25]. SynComs were cultivated on Synthetic Nasal Medium

agar plates (SNM3; [10]). SynComs were inoculated and grown for 72 hours, after

which, biomass samples were collected for reinoculation, DNA extraction and

sequencing, and metabolomics. Three sequential reinoculations on fresh SNM3 plates

were performed. In the final reinoculation, *S. aureus* was introduced to assess SynCom

colonization resistance. SynCom composition was determined using Nanopore

sequencing. Selected communities were further analyzed using targeted and

untargeted metabolomics.

Starter cultures were grown from glycerol stocks 24–72 h before experiments using

BHI, LB, or Columbia agar plates, depending on species (Supplementary Table 3).

Bacterial biomass was harvested with sterile swabs, resuspended in PBS, and

adjusted to OD_{600} 1. Equal volumes (100 µL) of each strain suspension were pooled

to generate the SynCom inoculum.

SynComs were plated in triplicate on Synthetic Nasal Medium 3 (SNM3) agar plates,

designed to mimic human nasal secretions [10], and incubated for 72 h at 34 °C.

Inoculation of pooled cultures was made in 3 SNM3 plates to obtain 3 technical

replicates per SynCom. Biomass was collected with sterile loops using a star pattern

across the plate. Then, biomass was resuspended in 500 µL PBS and used for

reinoculation and DNA extraction. The rest of the biomass in the plate was collected

for metabolomics by transferring it into tubes containing 1 mL of 80% methanol and

storing them at −80 °C until processing. Reinoculation consisted of diluting the PBS

suspension to OD_{600} 1 and plating 100 µL on fresh SNM3 plates. This process was

repeated for three sequential transfers. In the final transfer, SynComs were challenged

with *S. aureus* by mixing 90 µL of the SynCom inoculum with 10 µL of an *S. aureus*

USA300 culture at OD_{600} 0.1 before plating (final inoculation OD_{600} for *S. aureus*

USA300 was 0.01).

Repetition experiment

To evaluate reproducibility and analyze metabolites consumption profiles, five

SynComs were cultivated in a separate experiment using 12-well plates containing 2

mL of SNM3 agar per well. Culture initiation and sampling followed the same procedure

as in the main experiment, except that 20 µL of inoculum was used per well. Biomass

was collected from the wells for DNA extraction and reinoculation. For targeted

metabolomics, biomass was extracted by flooding from the wells with 2mL of 80%

methanol, incubated at −20 °C for 20 min, and processed as described above. Three

biological replicates were used for each SynCom. Additionally, *S. aureus* USA300 and

the three strains of *C. propinquum* were also grown in 12-well plates to analyze their

metabolome.

Cocultures

To test how the nutritional environment affected the interaction between *C. propinquum*

and *S. aureus*, we performed cocultures between the 3 strains of *C. propinquum* used

in the SynCom experiments and *S. aureus* USA300. For these cocultures we used

SNM3, SNM10 (which contains 10x the amino acid concentration of base SNM) and

the rich-nutrient medium BHI. We followed the same inoculation protocol of the

SynCom experiment and incubated 72 hours at 34°C after which we took biomass

samples for DNA extraction and sequencing. Three biological replicates were used for

each of the cocultures.

Growth curves

To analyze the differences in the grow of *C. propinquum* under different nutritional

conditions we performed growth curves for each of the 3 strains of *C. propinquum*

strains used in the SynCom experiments in SNM3, SNM10 and BHI. Biomass from

reactivated strains was transferred using an inoculation loop to BHI medium in a 5 ml

culture tube and incubated for 48h with shaking at 220 rpm and at 37°C. After 48h, the

turbidity was assessed to ensure sufficient growth before transferring 1.8 ml of medium

to a sterile 2 ml Eppendorf tube. For growth curves in SNM3 and SNM10, the cells

were then washed twice in SNM salts base (SNM without glucose or amino acids). The

OD was adjusted to 0.02 and cultures were transferred to a flat bottom 96-well plates.

Cultures were incubated at 37°C and shaken continuously at 269 cpm (6 mm). The OD

was measured every 10 minutes for 72 hours.

Sequencing analyses

DNA was extracted using the ZymoBIOMICS DNA Miniprep Kit (Zymo Research Corp.,

Irvine, CA, USA) following the manufacturer's protocol. Full-length rRNA operon

amplicons (~4,000 bp) were generated by PCR using primers 16S-27F-GGTGCTG-

ONT and 23S-2241R-GGTGCTG-ONT as described previously [31]. Nanopore

sequencing libraries were prepared with the Rapid Barcoding Kit (SQK-RBK114.96)

following the "Amplicon sequencing from DNA protocol" (available at

https://nanoporetech.com/document/rapid-sequencing-v14-amplicon-sequencing-

sqk-rbk114-24-or-sqk) and sequenced on MinION V14 flow cells (Oxford Nanopore

Technologies) using MinKNOW v25.05.14. Only reads with a quality score ≥10 were

retained and demultiplexed. Taxonomic classification was performed using Emu v3.4.5

[32] with a custom rRNA operon reference database generated from the strain

genomes via in silico PCR using EMBOSS-primersearch [33] as previously reported

[31].

Initial screening involved sequencing one replicate of the final time point (i.e. after *S.*

aureus invasion) for each of the 50 SynComs. The complete OTU table is provided in

Supplementary Table S4. Twenty representative SynComs were then selected for

sequencing of all time points and replicates. The complete OTU table is provided in

Supplementary Table S5. Out tables for the repetition experiment and coculture

experiments are available as Supplementary Table S6 and Supplementary Table S7

respectively. Raw fastq files from sequencing data are available in the NCBI SRA

database under the BioProject PRJNA1370791.

Untargeted metabolomics

For 20 selected SynComs, scrapped biomass from agar plates extracted in 80%

methanol was sonicated for five cycles (60s on, 10 s off, 40% amplitude), centrifuged

(10,000 rpm, 10 min), and supernatants were transferred to pre-weighed glass vials.

Methanol was evaporated under vacuum, and dried extracts were weighed and

resuspended to 5 mg/µL in 80% methanol.

Chromatographic separation was performed on a UHPLC system equipped with a C18

core-shell column (50 × 2.1 mm, 1.7 µm; Phenomenex). Solvent A was H_2O + 0.1%

formic acid, and solvent B was acetonitrile + 0.1% formic acid. The gradient increased

from 5% to 50% B over 8 min, then to 99% B by minute 10, followed by washing and

re-equilibration. Mass spectrometry was conducted on a Q-Exactive HF using heated

electrospray ionization in positive mode. MS1 scans were acquired at 60,000

resolution (120–1500 m/z). Data-dependent MS2 (Top 5) was performed with stepped

normalized collision energies of 25/35/45. Data were centroid-transformed and

processed with MZmine4 v4.2.0 [34], and molecular networking was performed in

GNPS 2 [35]. Chemical classification was inferred using CANOPUS [36] and SIRIUS

[37]. The full feature table is available in Supplementary Table S8 and SIRIUS

annotations are available in Supplementary Table S9. Raw data for untargeted

metabolomics is available in MassIVE with accession number MSV000096776.

Targeted metabolomics of metabolites

Methanol extracts from the 12-well plates experiment were recovered, centrifuged, and

stored at −80 °C until analysis. Metabolites were quantified by isotope-ratio LC-MS/MS

on an Agilent TQ 6495 using a HILIC-Z column (2.1 × 150 mm, 2.7 μm; Agilent).

Chromatographic parameters followed Agilent application note 5994-5949. The full

feature table is available in Supplementary Table S10.

Statistical analyses

Amplicon data were analyzed in *R* v4.4.0 (using RStudio v2024.12.1). SynComs were

clustered based on relative abundances at the final time point using partitioning around

medoids (PAM) clustering implemented in the *cluster* R package [38]. The optimal

number of clusters was automatically determined using the Silhouette method [39],

selecting the number of clusters that maximized average silhouette width. Differential

metabolite abundance between SynCom clusters was analyzed using the *limma*

package [40]. Intensities were log_2-transformed and quantile-normalized. Linear

models were fitted for each metabolite, and empirical Bayes moderation was applied

to obtain moderated t-statistics, log_2 fold-changes, and Benjamini–Hochberg FDR-

adjusted p-values. Metabolites with FDR < 0.05 and $|log_2FC| > 1$ were considered

significantly associated with SynCom clusters. Multi-omics data integration and

visualization were performed in R using ggplot2 [41].

Results

Nasal SynComs reflect the compositional diversity of the human nasal microbiome

To develop synthetic communities that resemble the nasal microbiota, we used 10

bacterial species, each represented by 3 different strains, each isolated from healthy

individuals (Figure 1). We selected these 10 bacterial species because they include

some of the most prevalent bacteria in the human nasal microbiome (Figure S1).

Next, we assembled 50 SynComs by randomly selecting 5 to 10 species and one

random strain per species. These were grown individually, then adjusted to an optical

density of 1 and mixed in equal ratios. These seed cultures were then used to inoculate

agar plates with synthetic nasal medium (Figure 1). The SynComs were grown for 3

days and transferred to fresh plates to ensure sufficient supply with nutrients. To

evaluate the stability and assembly process of the SynComs, the reinoculation was

performed 3 times and on the last reinoculation *S. aureus* was added to test for the

colonization resistance of the SynComs. Next, we used Nanopore long-read amplicon

sequencing (16S RNA) to characterize the composition of the communities at the final

time point (i.e. after *S. aureus* was added, Figure 1). The composition of the 50

SynComs clustered in three distinct groups (Figure 2, compositional similarity with

silhouette method). These three clusters showed different compositional

characteristics (i.e., species richness, evenness, and dominant species; Figure 2).

Moreover, they showed different resistance to *S. aureus* colonization at the end of the

experiment (Figure 2).

Figure 2. Screening of SynComs based on microbial composition at the final time point. For each of the 50 SynComs assembled, one replicate was characterized at the final time point (72 hours after *S. aureus* inoculation). SynComs were clustered based on similarity in microbial composition. Relative abundance was calculated per sample and used to compute Euclidean distances, followed by clustering. The optimal number of clusters (3) was determined automatically using the silhouette method. Each panel shows the relative abundance of all species detected in the 50 SynComs. For *C. propinquum* and *D. pigrum* the different strains are indicated by barplot patterns. Strain level information of other species is not shown.

Cluster 1 was dominated by *C. propinquum* (mean of 93.1%) and showed high resistance to *S. aureus* (mean abundance of 4.6%, Figure 2). Just a few other species occurred at low abundance in cluster 1 SynComs (e.g. *Staphylococcus lugdunensis* and *S. epidermidis*). Thus, the 20 SynComs of cluster 1 consisted primarily in co-cultures of *C. propinquum* and *S. aureus*. The other two clusters showed higher species diversity. Cluster 2 frequently included *S. lugdunensis*, *C. pseudodiphtheriticum*, *C. avidum*, *D. pigrum*, *C. accolens*, and *C. tuberculostearicum*. This cluster had the lowest colonization resistance, with a mean relative abundance of

S. aureus of 34.1%. Cluster 3 included similar species as cluster 2 but was dominated

by *S. epidermidis* and *S. lugdunensis*. Cluster 3 showed strong colonization resistance,

with a mean final relative abundance of *S. aureus* of 6.9%. Two bacterial species *A.*

octavius and *C. acnes* were not detected in any SynCom.

Strain-level diversity influenced population dynamics and resistance to S. aureus

colonization

Next, we selected 20 representative SynComs that captured the compositional

diversity of the full data set. We characterized their composition at all time points, which

included the 4 samples taken every 72 hours when sampling for biomass to

reinoculated the SynComs in fresh SNM3 plates. For these SynComs, we sequenced

all time points and replicates. Figure 3 shows one replicate per SynCom and time point

and Supplementary Figure 2 A shows the Bray-Curtis distance between the replicates

which was below 0.2 for most of the SynComs indicating high replicability of the

experimental setup.

Figure 3. Temporal dynamics of bacterial community composition in 20 selected

SynComs. For 20 SynComs, community composition was characterized by

sequencing at four time points across the experiment. Each panel represents one

SynCom and shows relative abundance barplots for one replicate per SynCom over

time. Barplot patterns indicate which of the three strains was inoculated for *C.*

propinquum and *D. pigrum*.

Overall, our results revealed that both species and strain identity had a substantial

impact on SynCom composition. In addition to Figure 3, Supplementary Figure 2 B

shows the Bray-Curtis distance between the first three timepoints and the final

composition for all sequenced SynComs. In general, there were two types of assembly

patterns, one that stabilized quickly after timepoint 1 and another that varied at the 4

time points. The first group with fast stabilization, included SynComs that were

dominated by *C. pripinquum* strains 16 and 265. These SynComs showed low

dissimilarity values from the beginning of the experiment compared to the final state.

The other SynComs showed less stable dynamics with a more fluctuating composition

and higher dissimilarity values in respect to the final state, which was dependent on

the species and strains inoculated.

Next, we observed that strain-level variation played an important role for assembly of

the different SynCom. For example, the presence of distinct strains of the same

species had a strong effect on the abundance of *S. aureus* at the final time point. The

strongest strain-level effect was *C. propinqum* in cluster 1, in which all except for one

of the SynComs consisted of two *C. propinquum* strains (Nr. 16 and Nr. 265; Figure 2).

In contrast, *C. propiqnuum* strain 70 was present only during the first time points and

other species overgrew it by the end of the experiment (for example SynComs 13, 23

and 50, Figure 3). Thus, *C. propinquum* strain 70 only dominated in SynCom 6 (Figure

2). Similarly, *D. pigrum* strain 21 was the only strain of this species that could persist

through the entire cultivation period in the SynComs where it was included, although

its abundance was always below 5%. Notably, *D. pigrum* is a fastidious bacterium and

neither of the strains showed growth when we tried growing them as monocultures in

SNM3 (Supplementary Figure 4). Thus *D. pigrum* was only able to grow as part as

these specific SynComs. The other strains of *D. pigrum* were never detected after the

first reinoculation. Additionally, we observed co-occurrence patterns at species level

such between *C. accolens*, *C. avidum*, *C. pseudodiphtheriticum*, and *D. pigrum*,

independently of the strains used for the first two species (for example in SynComs 19,

25, 27, 44 and 50).

To explore how the nutritional environment affected the interaction between *C.*

propinquum strains and *S. aureus* USA300 we performed cocultures between the 3

strains of this species and *S. aureus*. *C. propinquum* strains 16 and 265, were able to

dominate over *S. aureus* under the nutritional conditions of SNM3 (Figure S3A). In BHI

medium, in contrast, *S. aureus* dominated the pair-wise co-cultures with all three *C.*

propinquum strains. Additionally, the *C. propinquum* strains 16 and 265 achieved

higher optical densities after 72 hours growth in liquid medium than strain 70 (Figure

S3B).

Metabolome of SynComs differs between clusters and suggests nutritional competition

To investigate metabolism of the different SynComs we performed untargeted

metabolomics on all time points and replicates of the 20 selected SynComs (Figure 4).

Metabolite extracts in methanol:water were collected from plates and analyzed by

untargeted LC–MS/MS enabling comprehensive detection of small-molecule features

without prior assumptions about metabolite identities. The resulting MS1 and MS2 data

were processed with MZmine4 and organized into feature-based molecular networks

through GNPS and classified with CANOPUS to aid in feature annotation and

interpretation.

We used Linear Models for Microarray Data (limma) to test whether the identified

SynCom clusters according to microbial composition (Figure 2 and Figure 4A) differed

in their metabolic profiles. Limma applies linear modeling and an empirical Bayes

method to detect features that differ significantly between predefined groups while

accounting for variance and multiple testing. This analysis showed that each cluster

has distinct metabolic signature (Figure 4B). Especially SynComs from cluster 1, which

were dominated by *C. propinquum*, showed enrichment of specific metabolites such

as the siderophore Deferroxamine E, thus indicating that this metabolite plays a role

for the high abundance of *C. propinquum* in these SynComs. Annotation with SIRIUS

predicted that the remaining compounds are mainly amino acids and derivatives and

peptides.

Figure 4. Compositional similarity and metabolic profiles of the 20 selected SynComs. (A) Principal coordinates analysis (PCoA) of bacterial community composition for samples from the 20 selected SynComs. The ordination is based on pairwise dissimilarities in relative abundances. Each point represents one sample; colors indicate SynCom identity, while point shapes and 95% confidence ellipses denote the SynCom composition clusters. (B) Heatmap of the top 30 metabolite

features associated with SynCom clusters, identified using a limma-based linear

modeling approach using the limma package for R [40]. The column annotation above

the heatmap indicates the cluster assignment of each sample. Row annotations on the

left indicate predicted metabolite classes as assigned by the SIRIUS CANOPUS

algorithm. Metabolite signals are displayed as standardized values (row-wise z-scores

of log-transformed intensities).

Metabolites production and consumption profiles are SynCom-specific and influence

S. aureus colonization resistance

To assess the role of amino acids and other metabolites on the nutritional competition

in community assembly and *S. aureus* colonization resistance, we analyzed a panel of

24 nutrients including amino acids, nucleosides and vitamins for 5 selected SynComs

(Figure 5 and Supplementary Table S10). Notably, when we cultured these 5 SynComs

for this metabolomics experiment their composition matched the results from the main

experiment, demonstrating the reproducibility of the cultivation protocol and SynCom

stability (Figure 5A). Additionally, we measured these compounds in *S. aureus*

USA300 that was used to test colonization resistance in the SynCom experiments and

in the three *C. propinquum* strains used in the SynCom experiments. Using 12-well

agar plates, we quantified concentration changes of the 24 nutrients relative to their

starting concentrations in the medium (Figure 5B and 5C). These data showed that

some nutrients are increasing relative to the medium, indicating that they are produced

by specific bacteria. For example, all 5 SynComs and the three *C. propinquum* strains

had high levels of riboflavin and tyrosine, which were hardly measurable in the medium

and in *S. aureus* cultures.

Figure 5. Bacterial composition and targeted metabolite profiles of five selected

SynComs. Five SynComs selected from the main screen were regrown in 12-well

plates to quantify metabolite production and consumption by targeted metabolomics.

In parallel, monocultures of S. aureus USA300 (used to test colonization resistance)

and the three *C. propinquum* strains were cultivated in the same format and analyzed

alongside the SynComs. (A) Relative abundance barplots showing the bacterial

composition of the five selected SynComs. (B) Heatmap of log$_2$ fold-change in mean

metabolite abundance relative to the medium-only control (SNM3 without inoculation).

For each metabolite and condition, $\log_2$ fold-changes were computed from mean

intensities across replicates. Asterisks indicate metabolites that differ significantly from

the control based on Welch's t-tests on $\log_2$-transformed replicate intensities with

Benjamini–Hochberg correction (FDR < 0.05) and an absolute $\log_2$ fold-change ≥ 2 (≥

4-fold change). (C) Boxplots showing $\log_2$ fold-change relative to the control for

selected metabolites that are strongly depleted by *S. aureus*. Each point represents an

individual replicate. The horizontal solid line at 0 indicates no change relative to the

control, while dashed lines at ±2 mark the 4-fold change thresholds. Colors denote

sample identity (SynComs and the individual bacterial monocultures).

Other nutrients were depleted in *S. aureus* cultures relative to the medium, such as

alanine, glutamic acid, and glycine. SynComs 10 and 12, which were dominated by *C.*

propinquum, showed strong decreases of several nutrients (at least 4-fold change in

10 out of 24 metabolites measured) including ornithine, Alanine, Proline, Tryptophane,

Phenylalanine, thiamine, Lysine, glutamine, glutamic acid (Figure 5B and 5C).

Similarly, SynComs 20, 28, and 43 showed high consumption of amino acids like

glycine, alanine, and glutamic acid.

Discussion

In this study, we used synthetic communities (SynComs) assembled from 10 prevalent

human nasal bacterial species (*Anaerococcus octavius*, *Corynebacterium accolens*,

Corynebacterium propinquum, *Corynebacterium pseudodiphtheriticum*,

Corynebacterium tuberculostearicum, *Cutibacterium acnes*, *Cutibacterium avidum*,

Dolosigranulum pigrum, *Staphylococcus epidermidis*, *Staphylococcus lugdunensis*).

This enabled us to investigate how community composition and strain-level variation

influence stability of these SynComs over time (four time points across 12 days) and

resistance to invasion of *S. aureus* at time point 4. Three distinct community clusters

emerged despite random species assembly, suggesting that deterministic ecological

processes play an important role in community assembly. These clusters can be

interpreted as three alternative stable states, each representing similar community

compositions, which different combinations of species and strains tend to converge

toward. Similar multistability has been documented across microbial communities,

where interaction-driven population dynamics and feedback loops generate alternative

taxonomic states [42, 43]. The clusters differed in species richness, evenness, and

dominant taxa, and showed markedly different levels of resistance to *S. aureus*

colonization. Notably, our panel of cultivated SynComs reproduced several

characteristics observed in the HMP dataset (Figure S1), particularly the frequent

coexistence of Corynebacterium species, the persistence of *D. pigrum*, and the overall

unevenness typical of nasal communities. Together, these findings demonstrate that

the ability of the nasal microbiome to resist *S. aureus* colonization can be recapitulated

and studied under controlled in vitro conditions, making our SynComs a platform for

systematic and mechanistic analyses of the nasal microbiota.

The observation that SynComs dominated by *C. propinquum* showed stronger

colonization resistance against *S. aureus* is consistent with previous studies showing

that nasal communities dominated by Corynebacterium spp. (including *C. propinquum*)

are often associated with reduced *S. aureus* carriage, potentially through production of

siderophores and other competitive factors that limit *S. aureus* growth [8, 11, 13, 44].

Analyses of HMP data supports this hypothesis and shows that species identities are

not the only predictive factor of colonization resistance. Our SynCom experiments

highlight two clear examples of strain-level effects: *C. propinquum* strains 16 and 265

consistently dominated SynComs, whereas strain 70 did not, and *D. pigrum* strain 21

was the only strain that could persist throughout the entire experiment. Together with

the high variability of *C. propinquum* abundance across the HMP cohort, ranging from

very low relative abundance to >70% in some individuals, these findings underscore

that strain-level characteristics are critical for nasal microbiome composition and

function. Interestingly, Corynebacterium species are prototroph for most amino acids,

cofactors, and vitamins and this biosynthetic capacity is conserved across species [45].

However, our data suggests that differences between strains still profoundly influences

their ability to dominate and persist, and future studies can clarify if this maps to

biosynthetic capacities of the different strains. For example, it has been shown that

mutations in biosynthetic genes can lead to strain-specific auxotrophies [46]. The same

is true for other species with reported inhibitory strains, such as *S. lugdunensis* [47] or

D. pigrum [9, 48].

D. pigrum is another key species in the nasal environment, ranking as the eighth most

prevalent species in the HMP cohort data. It has been noted as promoting colonization

resistance through modulation of the local microenvironment and production of

antimicrobial factors [9, 48]. Moreover, *D. pigrum* has been reported to engage in

positive interactions with Corynebacterium species, particularly *C.*

pseudodiphtheriticum [9, 49]. Our SynCom data support these observations, as *D.*

pigrum was only present in SynComs when *C. pseudodiphtheriticum* and *C. accolens*

were also present (SynComs 19, 25, 27, 44 and 50; Figure 2). While the mechanistic

basis of these associations remains unclear, understanding such cooperative

interactions is important given their potential synergistic effects against pathogens

such as *S. aureus*.

In addition to Corynebacteria and *D. pigrum*, staphylococcal species such as *S.*

epidermidis and *S. lugdunensis* are known to inhibit *S. aureus* through production of

antimicrobial peptides and direct interference [47, 50–52]. In our SynComs, rather than

observing isolated effects of individual species, we found evidence suggestive of

synergistic interactions between these two staphylococci due to their consistent

coexistence in the SynComs (SynComs 5, 7, 21, 26, 27, 34, 36, 40, 50; Figure 2). Such

cooperative effects have been described in previous research in the context of the

nasal environment and the respiratory tract, for example, synergism between *D.*

pigrum and *C. pseudodiphtheriticum* [49], or siderophore sharing between

staphylococcal species [44]. These results suggest that colonization resistance in the

nasal cavity is likely an emergent property of multiple interacting species and strains,

and this is likely influenced by both competition and cooperation.

Our metabolomics analyses provide additional insights into potential mechanisms

underlying colonization resistance. SynComs of cluster 1, dominated by *C.*

propinquum, were enriched in siderophore Deferrioxamine E which may deplete iron

and thus limit *S. aureus* growth. Previous studies have shown that iron sequestration

by siderophores is an important competitive mechanism of Corynebacteria in nasal

ecosystems [13, 44, 53, 54]. Moreover, we observed changes in the abundance of

nutrients like amino acids and riboflavin that were specific for some SynComs,

suggesting that nutrient competition may further contribute to colonization resistance.

We identified alanine, glutamic acid, tyrosine, glycine and riboflavin as important

nutritional metabolites for *S. aureus* USA300. These results are consistent with studies

reporting that *S. aureus* growth is constrained by amino acid availability in nutrient-

limited environments and by the fact that the nasal cavity is naturally poor in amino

acids [10, 25, 53].

Our pairwise coculture experiments with *C. propinquum* and *S. aureus* further support

the hypothesis that nutritional conditions influence the competitive dynamics between

the two bacteria. Under the poor nutritional conditions of SNM3, *C. propinquum* strains

16 and 265 successfully outcompeted *S. aureus*. In contrast, the nutrient-rich medium

BHI allowed *S. aureus* to overgrow all *C. propinquum* strains. These contrasting

outcomes suggest that differences in nutrient availability shape the relative fitness of

the two species.

One possible explanation is that *C. propinquum* is adapted to the nutritionally limited

environment of the nasal cavity, potentially favoring efficient resource utilization, while

S. aureus may be better suited to rapid growth under nutrient-rich conditions. Although

this hypothesis remains to be directly tested, it is consistent with expectations from r/K

selection theory [55] where the slow-growing K-strategists (in this case *C. propinquum*

strains) specialize in surviving under poor-nutrient conditions and r-strategists (*S.*

aureus in this scenario) maximize their growth rate in nutrient rich scenarios. r/K

strategies have been observed in other microbial systems, like soil communities, as

important for community structure and functioning [56, 57]. Further, this context-

dependent competitive outcome is a widely reported phenomenon, demonstrating that

competition for specific limiting nutrients, such as essential metal cofactors or amino

acids, mediates colonization resistance in diverse microbial systems like in the gut

microbiome against *Salmonella* [58]. Additionally, our observation that strains 16 and

265 grow better than strain 70 both in single and in SynCom cultures suggests that

intrinsic strain-level physiological differences are important factors of competitive

success. Together, these results indicate that both environmental constraints (e.g.

nutrient availability) and strain specific factors (e.g. biosynthetic capacities) determine

the ability of *C. propinquum* to inhibit *S. aureus*, providing a explanation for the strain-

dependent protection observed in our SynCom experiments.

The reproducibility of our SynCom approach shows that they are a tractable model

system for controlled and systematic investigations of nasal microbiome ecology. Until

now, most studies examining the effects of specific taxa on *S. aureus* have used

isolated pairs of strains, and here we expanded this to a broader community context.

Our work highlights how strain-level diversity, species co-occurrence, and metabolic

interactions collectively shape colonization outcomes.

Limitations and Future Directions

Our study has several limitations. First, our SynComs were assembled from a limited

culture collection of 10 species, which, while representing the most prevalent members

of the nasal microbiome, does not capture its full diversity. Fastidious or currently

unculturable taxa, not present in the LaCa collection, were necessarily excluded. Our

experimental setting did not reproduce the anaerobic microenvironments present in

the nasal cavity, and as a result two of the three anaerobic species failed to grow in

any SynCom. These anaerobes have been implicated in community structure and may

influence *S. aureus* dynamics [59]. Furthermore, only strains of *S. aureus* was used in

our invasion test. Use of other strains of *S. aureus* could help elucidate the strain-

dependent mechanisms of invasion success for this species.

Second, our experiments were performed entirely in vitro, which does not fully

recapitulate the nasal mucosal environment, host immune responses, or spatial

structure that may modulate microbial interactions and metabolite diffusion, as has

been shown for other microbial ecosystems. Future studies should expand SynCom

designs to include additional, fastidious species and incorporate host-derived factors

such as epithelial cells, immune components, or human organoids, as has been done

in porcine nasal microbiome models [24]. Incorporating physical structure into

experimental setups is necessary, as it could help establish microaerophilic or

anaerobic niches that support the growth of strict anaerobes and more closely mimic

in vivo spatial organization which influences ecological interactions and dynamics [60,

61].

Finally, while our metabolomics analysis identified metabolites associated with

specific community clusters, a substantial proportion of detected features remain

unannotated, which limits mechanistic interpretation. Future work combining targeted

metabolomics and genetic perturbations will be essential to confirm the specific roles

of siderophores and amino acid competition in mediating *S. aureus* exclusion.

In summary, we demonstrate that nasal SynComs reproduce key compositional

and functional features of the human nasal microbiome, including the emergence of

distinct community states with variable resistance to *S. aureus* colonization. Our

findings highlight the importance of both species and strain identity in shaping

community assembly and function and suggest that nutritional competition particularly

for iron and amino acids is a critical mechanism driving colonization resistance in a

community context. These results provide a foundation for the rational design of

microbiome-based interventions aimed at reducing *S. aureus* carriage and preventing

infection. By integrating SynCom approaches with host-microbe models and in vivo

validation, future research can further elucidate the ecological principles governing

nasal microbiome stability and pathogen exclusion.

Data availability

Data is and R code for analyses are available on GitHub at: https://github.com/marcelo-nd/nasalSynComs.

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