CLAIMS

1. Non-therapeutic use of a preparation of dietary fibers for increasing the abundance of *Faecalibacterium prausnitzii* in the gastrointestinal tract of a human subject, the dietary fibers in said preparation consisting essentially of 2'-fucosyllactose (2'-FL) and optionally one or more further oligosaccharides selected from the group consisting of galacto-oligosaccharides, fructo-oligosaccharides, resistant starch, polydextrose, and human milk oligosaccharides other than 2'-fucosyllactose.

2. The non-therapeutic use according to claim 1, wherein the human subject is over 1 years of age, preferably over 3, more preferably over 18, particularly preferably over 40, even more preferably over 50, particularly more preferably over 60, and most preferably over 65 years of age.

3. The non-therapeutic use according to claim 1 or 2 wherein the human subject has a lower than average abundance of *Faecalibacterium prausnitzii* in the gastrointestinal tract.

4. The non-therapeutic use according to any one of claims 1-3 for improving sleep quality and/or sleep continuity.

5. The non-therapeutic use according to any one of claims 1-3 for enhancing the effect of dietary fibers, preferably oligosaccharides, more preferably galacto-oligosaccharides (GOS), on sleep quality and/or sleep continuity.

6. The non-therapeutic use according to any one of the preceding claims wherein the preparation is to be administered to said human subject in a daily 2'-FL dosage of at least 0.01 grams, more preferably at least 0.02 grams, even more preferably at least 0.04 grams, more preferably at least 0.06 grams, more preferably at least 0.08 grams, and most preferably at least 0.10 grams.

7. The non-therapeutic use according to any one of the preceding claims wherein the preparation comprises 2'-fucosyllactose (2'-FL) and galacto-

oligosaccharides (GOS) in a 2'-FL:GOS weight ratio of 0.05:1-2:1, more preferably 0.10:1-1:1, preferably 0.20:1-0.5:1, and most preferably 0.25:1-0.5:1.

8. The non-therapeutic use according to any one of the preceding claims wherein the preparation is part of a nutritional composition additionally comprising a further ingredient selected from lipids, digestible carbohydrates, proteins, and/or vitamins.

9. Use of a preparation of dietary fibers, the dietary fibers in said preparation consisting essentially of 2'-fucosyllactose (2'-FL) and optionally one or more further oligosaccharides selected from the group consisting of galacto-oligosaccharides, fructo-oligosaccharides, resistant starch, and human milk oligosaccharides other than 2'-fucosyllactose, in the manufacture of a medicament for increasing the abundance of *Faecalibacterium prausnitzii* in the gastrointestinal tract of a human subject suffering from or being at risk of developing COVID-19 or a SARS-CoV-2 infection, an inflammatory bowel condition such as inflammatory bowel diseases (IBD), ulcerative colitis, or Crohn's disease, diabetes, anxiety, and/or allergies such as atopic dermatitis.

10. The use according to claim 9, wherein the preparation further comprises 2'-fucosyllactose (2'-FL) and galacto-oligosaccharides (GOS) in a 2'-FL:GOS weight ratio of 0.05:1-2:1, more preferably 0.10:1-1:1, preferably 0.20:1-0.5:1, and most preferably 0.25:1-0.5:1.

11. The use according to claim 9 or 10 wherein the preparation is to be administered to said human subject in a daily 2'-FL dosage of at least 0.01 grams, more preferably at least 0.02 grams, even more preferably at least 0.04 grams, more preferably at least 0.06 grams, more preferably at least 0.08 grams, even more preferably at least 0.10 grams, more preferably at least 0.5 grams, even more preferably at least 1.0 gram, and most preferably at least 2.0 grams.

12. The use according to any of claims 9-11 wherein the preparation is to be administered to said human subject in a daily 2'-FL dosage of at most 40 grams,

more preferably at most 30 grams, even more preferably at most 20 grams, and most preferably at most 10 grams.

13. A nutritional composition comprising the preparation as defined in any one of claims 9-12 and a further ingredient selected from lipids, digestible carbohydrates, proteins, probiotics, and/or vitamins.