

Register via www.crn-i.org/web/2024-crn-i-symposium



Join CRN-International for this year's exciting symposium, which includes a complimentary lunch and evening reception in the beautiful city of Dresden. Hear from these distinguished presenters on timely nutrition topics related to extending healthspan.

Symposium Moderator: Ms. Michelle Stout, Regulatory Policy Director, Amway; Buena Park, CA USA

9:00–9:30	Interactive Welcome and Morning Refreshments; Housekeeping Info Daniel S. Marsman, DVM, PhD <i>Procter & Gamble Health; Cincinnati, OH USA</i>	13:30–14:15	The Potential for Dietary Phytochemicals to Boost Healthspan: A Critical Evaluation Gary Williamson, PhD <i>Department of Nutrition, Dietetics and Food; Monash University; Melbourne, Australia</i>
9:30–10:15	The Nutrition Continuum and Whole Person Health Helene M. Langevin, MD <i>National Center for Complementary and Integrative Health (NCCIH), National Institutes of Health (NIH); Bethesda, MD USA</i>	14:15–15:00	Vitamin D: What Did We Learn from Recent Mega-trials, VITAL and DO-HEALTH? Heike A. Bischoff-Ferrari, PhD <i>Geriatric Medicine, Nutrition, Public Health, Geroscience; University of Zurich; Zurich, Switzerland</i>
10:15–11:00	Food Is Medicine: The Role of Nutrition in Extending Healthspan – OVERVIEW Andrew Shao, PhD <i>ChromaDex; Los Angeles, CA USA</i>	15:00–15:15	Reflections and Implications in the Context of Low- and Middle-Income Countries Lynnette M. Neufeld, PhD <i>Food and Nutrition Division; Food and Agricultural Organization (FAO) of the UN; Rome, Italy</i>
11:00–11:45	Food is Medicine: Past, Present, and Future Sara C. Folta, PhD <i>Friedman School of Nutrition Science and Policy; Tufts University; Boston, MA USA</i>	15:15–15:30	Afternoon Refreshments
11:45–12:45	Lunch	15:30–16:00	Panel Discussion
12:45–13:30	Meals That Move You: The Importance of Protein-Rich Food for Muscle Mass and Function with Age Daniel Moore, PhD <i>Faculty of Kinesiology, University of Toronto; Toronto, Canada</i>	16:00	Adjourn
		19:00–20:30	Reception —Connect with other symposium attendees and speakers over hors d'oeuvres and drinks.

Dr. Heike A. Bischoff-Ferrari



Prof. Dr. Heike A. Bischoff-Ferrari, DrPH, is a specialist in geriatric medicine, general internal medicine and rehabilitation. She holds a Master's degree and PhD from the Dept. of Nutrition at Harvard School of Public Health and has been Chair of Geriatrics and Aging Research at the University of Zurich since 2013. Prof.

Bischoff-Ferrari has been coordinating DO-HEALTH, the largest European intervention study and biobank on healthy longevity—within a network of European and American universities—since 2012. The aim of this research effort is to investigate the combined effect of three preventive measures (vitamin D, omega-3 and exercise) on the ageing process, as well as to identify early risk profiles to slow down biological ageing and thereby reduce the risk of functional decline and disease.

In 2021, Prof. Bischoff-Ferrari received a Lifetime Achievement Award for her research on Healthy Aging from the ICFSR in Boston. Since 2020 she has been a board member of the Harvard working group MINDING OUR FUTURE: Healthy Aging, Food, and Lifestyle; and since 2022 she has been a member of the WHO Clinical Consortium Healthy Aging. In 2024 Prof. Bischoff-Ferrari is Visiting Professor at Harvard Medical School, Marcus Institute on Aging, and the IHU HealthAge Program at the University of Toulouse.

Dr. Sara C. Folta



Sara C. Folta, Ph.D., is an Associate Professor and Dean for Faculty Affairs at the Friedman School of Nutrition Science and Policy at Tufts University. Her research interests focus on community-based strategies for improving dietary intake, physical activity, and body composition. She has extensive experience

working in communities affected by poor health outcomes resulting from inequitable systems. She has expertise in implementation science and qualitative methods, particularly as applied to understanding Food Is Medicine policies and programs. Another major line of her research involves community-based interventions to improve heart health among women. Dr. Folta received a B.A. in biology from Middlebury College, an M.S. in cell and molecular biology from the University of Vermont, and a Ph.D. in nutrition from Tufts University.

Dr. Helene M. Langevin



Helene M. Langevin, M.D., is director of the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health (NIH).

As NCCIH director, Dr. Langevin oversees the U.S. Federal government's lead agency for research on the fundamental science,

usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care.

Prior to coming to NIH in 2018, Dr. Langevin was the Director of the Osher Center for Integrative Medicine, jointly based at Brigham and Women's Hospital and Harvard Medical School, Boston, and professor-in-residence of medicine at Harvard Medical School from 2012 to 2018. She also previously served as professor of neurological sciences at the University of Vermont Larner College of Medicine, Burlington, Vermont.

Over her career, Dr. Langevin's research interests have centered around the role of connective tissue in chronic musculoskeletal pain and the mechanisms of acupuncture, manual, and movement-based therapies. Her more recent work has focused on the effects of stretching on inflammation resolution mechanisms within connective tissue. She is a fellow of the American College of Physicians.

Dr. Langevin received an M.D. degree from McGill University, Montreal. She completed a postdoctoral research fellowship in neurochemistry at the MRC Neurochemical Pharmacology Unit in Cambridge, England, and a residency in internal medicine and fellowship in endocrinology and metabolism at The Johns Hopkins Hospital in Baltimore, Maryland.

Dr. Daniel S. Marsman



Daniel S. Marsman, DVM, Ph.D., leads and manages Product Safety for global P&G Health Care, and provides veterinary leadership for P&G's Animal Alternatives and Animal Welfare programs. His interdisciplinary career has embraced 'One Health, One Medicine', from his veterinary training (Michigan State U.) and

medical parasitology research (WHO, Sudan), his PhD in toxicologic pathology (College of Human Medicine, UNC-Chapel Hill), to his postdoctoral fellowship studying the pathobiology of neoplasia (CIIT/Hamner Institute). He has previously served as pathologist and study scientist for NIH (National Institute of Environmental Health Sciences), and as Head of Study Design for the NIH/NTP chronic toxicity/carcinogenicity testing program. Dr. Marsman's previous positions at P&G have included toxicological pathologist, research scientist in the carcinogenesis group, and global safety/regulatory affairs manager for business ranging from Household, Baby, Feminine, Family, and Pet Care. He is dual-boarded in Toxicology (DABT) and Animal Welfare (DACAW) and has published and consulted extensively in the fields of toxicology, pathology, animal welfare and animal alternatives. His collaborative contributions on technical and policy committees have spanned numerous professional societies, governmental, NGO and trade associations. External positions include past Chair of the Animal Welfare Committee of the AVMA, charter diplomate and Board member of the American College of Animal Welfare, council member for the National Academy of Science/ILAR, and Chair of the Board of Directors for the Council on Responsible Nutrition, International.

Dr. Daniel Moore



Daniel Moore, Ph.D., is an Associate Professor in the Faculty of Kinesiology and Physical Education at the University of Toronto (UoT) and a member of the Canadian Society for Exercise Physiology and American College of Sports Medicine. His research explores the interplay between exercise and nutrition (with a focus on

dietary protein and amino acids) and how the two can be used to optimize the quantity and quality of muscle across a range of different populations including youth, athletes, and older adults. He has authored over 100 peer-reviewed papers and was recognized for his research in protein metabolism by the American Society for Nutrition as the 2012 recipient of the Peter J. Reeds Young Investigator Award.

MEET OUR PRESENTERS *Food Is Medicine: The Role of Nutrition In Extending Healthspan*

Dr. Lynnette M. Neufeld



Lynnette M. Neufeld, Ph.D., began her career in an academic position at the National Institute of Public Health in Mexico where she led a variety of implementation research and impact evaluation studies to improve the impact potential of nutrition and social protection programs in Mexico and the region. She then

brought her passion for improving the generation and utilization of evidence in program design and delivery to non-governmental organizations, most recently the Global Alliance for Improved Nutrition, before joining FAO as Director of the Food and Nutrition Division in early 2022. At FAO, she aims to contribute to and leverage the latest data and evidence to enhance the potential of agriculture and food systems actions to enable healthy diets and better nutrition outcomes. Dr Neufeld is current President of the International Union of Nutrition Scientists (IUNS), Past-Chair of the Micronutrient Forum Steering Committee, former Board member of the American Society of Nutrition, and has been member of several WHO and other technical advisory groups. She has published over 200 peer-reviewed publications and book chapters and holds a Master's and PhD in International Nutrition from Cornell University.

Dr. Andrew Shao



Andrew Shao, Ph.D., joined ChromaDex, Inc. in 2019 where he currently serves as Sr VP, Global Regulatory & Scientific Affairs, and is responsible for overseeing the company's research and development, scientific affairs, regulatory affairs and quality functions.

Dr. Shao has spent over two decades in the global nutrition industry, assuming leadership roles in various nutrition, scientific, regulatory and government affairs functions. Prior to joining ChromaDex Dr. Shao held several leadership positions at Herbalife Nutrition, and served as Sr. VP Scientific & Regulatory Affairs for the Washington, DC-based trade association, the Council for Responsible Nutrition (CRN). Before joining CRN, he was a senior scientist at General Nutrition Corporation (GNC), and previously, in research and development at Kemin.

Dr. Shao is the author or co-author of over 60 peer-reviewed articles, abstracts, trade articles and book chapters and serves on the Editorial Board of several peer-reviewed journals. He is the immediate past Chair of the Sustaining Partners Roundtable of the American Society for Nutrition, and member of the Tufts Nutrition Council.

Dr. Shao holds a doctorate in nutritional biochemistry and master's in human nutrition science, both from Tufts University, and a bachelor's in biology from Brandeis University.

Ms. Michelle Stout



Michelle Stout is Regulatory Policy Director within Global Regulatory Affairs at Amway, and is based in Buena Park, CA. Ms. Stout leads the global nutrition policy strategies to positively shape the regulatory environment for dietary/health supplements in the 100+ countries and territories where Amway does

business. With over 30 years of consumer product regulatory experience, Ms. Stout works closely with trade associations, regulators, policy makers and other key opinion leaders around the globe, often called upon to share experiences and international best practices. This includes participation in key Codex Alimentarius committees to provide input and guidance on various initiatives impacting the global dietary/food supplement sector.

Ms. Stout currently serves as a Member of the Board of Directors of the Council for Responsible Nutrition (CRN), Vice Chair and Member of Board of Directors of the Global Organization for EPA and DHA Omega-3 (GOED) and an active member of the American Herbal Products Association (AHPA). Additionally, Michelle is the Company Council Chair for the International Alliance of Dietary/Food Supplement Associations (IADSA), the global voice of the supplement sector, sharing best practices and supporting the evolution of public policy and regulation around the world.

Ms. Stout earned a Bachelor of Science (B.S.) degree in Biochemistry from the University of California, Los Angeles (UCLA) and completed graduate coursework (masters equivalent) in Toxicology at UCLA.

Dr. Gary Williamson



Gary Williamson, Ph.D., is Professor in the Department of Nutrition, Dietetics and Food, and has extensive experience in international research in academic, research institute and commercial environments. Prior to joining Monash University in October 2018, he was Professor and Chair of Functional Food,

University of Leeds, UK, and before that, a Research Group Leader at the Nestle Research Center in Switzerland. Prof Williamson's research focuses on dietary phytochemicals, their metabolism and effects on health. He was included in "The world's most influential scientific minds" by Thomson Reuters, has published over 400 publications, supervised 55 PhD students, and is an ISI Highly Cited Author (h index = 107 (Scopus) or 127 (Google) with >64,000 citations).

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