



The Royal Society of Medicine

Dietary supplements, “functional” and “super” foods: Science, regulations and roles in the diet

Book now:

www.rsm.ac/Dietary-supplements

📅 Tue 29 Nov 2022
9:00am to 5:00pm BST

✓ CPD accredited

📍 In-person and online

Agenda

8:30am Registration, tea and coffee

9:15am Welcome and introduction

Dr Leigh Gibson, President, Food and Health Section, Royal Society of Medicine and Reader in Biopsychology, University of Roehampton

Session 1

9:25am An overview of the regulatory environment

Mr Patrick Coppens, Director of Scientific and Regulatory Affairs, Food Supplements Europe

9:55am Risk assessment and risk-benefit assessment in food safety and nutrition

Professor Hans Verhagen, Owner, Food Safety and Nutrition Consultancy

10:25am Panel discussion

10:45am Tea and coffee break

11:05am Assessing potential health and nutrition claims: What evidence is required?

Professor Harry McArdle, Emeritus Professor, Rowett Research Institute, University of Aberdeen

11:35am Using authorised health and nutrition claims: Examples of use and mis-use in the market

Mr Frans van der Sman, Consultant, Scoring Solutions

12:05pm Panel discussion

12:25pm Lunch

Session 2

1:35pm The potential role of food supplements in public health and restrictive diets

Professor Julie Lovegrove, Director, Hugh Sinclair Chair in Human Nutrition, University of Reading

2:05pm Guidance and experience on supplement use in clinical practice

Professor Ian Young, Clinical Professor, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast

2:35pm Panel discussion

2:55pm Tea and coffee break

3:15pm Who uses supplements and why? Consumer understanding, expectations, and behaviour

Dr Haley Young, Associate Professor, School of Psychology, Swansea University

3:45pm "Functional" and "super" foods: Land of hopes and stories?

Dr David Mela

4:15pm Panel discussion

4:35pm Closing remarks

Dr Leigh Gibson

4:45pm Close of meeting

Book now at www.rsm.ac/Dietary-supplements