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
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