The 10th Annual ISSN Conference
Colorado Springs CO
June 14-15, 2013
“We’ve Come a Long Way Baby”
Sports Supplements: A Very Effective Strategy for Enhancing Athletic Performance

Title Sponsor: VPX Sports

Welcome to the ISSN Conference!
If you run into Dr Lem Taylor, please give him a hearty pat on the back for organizing the round-up of speakers for this year’s event. He said it was like herding cats. Ok, he didn’t really say that. But it was a lot of work on his part. Also, I want to thank all of our loyal ISSN members and corporate sponsors for a successful 10th year. There isn’t a better place to enjoy your friends and colleagues than in the Rocky Mountain High of Colorado while learning the latest-greatest sports nutrition information! Please Enjoy the Greatest Sports Nutrition Conference on Earth!

*Jose Antonio Ph.D.*

**ISSN Board of Directors**

Jose Antonio Ph.D. FISSN – Chief Executive Officer and co-founder

Douglas Kalman Ph.D. RD FISSN – co-founder

Tim Ziegenfuss PhD FISSN

**Conference Coordinator**

Maelu Fleck

**ISSN Advisory Board Members**

Lem Taylor Ph.D. FISSN CISSN – President (2011-14)

Colin Wilborn Ph.D. FISSN – VP (2011-14)

Inna Dumova CISSN Student Rep (2011-14)

Anthony Almada MSc. FISSN – co-founder

Dawn Anderson Ph.D. CISSN

Laurent Bannock MSc. CISSN – UK Ambassador

Bill Campbell Ph.D. FISSN

Amanda Carlson M.S. RD

Rick Collins JD FISSN

Paul Cribb Ph.D.

Alan Feldstein Esq.

Steven J. Fleck Ph.D. FISSN

B. Sue Graves Ed.D. FISSN

Mike Greenwood Ph.D. FISSN

Scott Hagerman

Roger Harris Ph.D. FISSN

Damon Hayhow – Australia Ambassador

Marvin Heuer M.D.

Jay Hoffman Ph.D.

Frank Katch Ed.D. FISSN

Victor Katch Ed.D. FISSN

Susan M. Kleiner Ph.D. RD FISSN – co-founder

Mark Kovacs Ph.D.

William J. Kramer Ph.D. FISSN

Richard Kreider Ph.D. FISSN – co-founder

Eoin Lacey CISSN – Ireland Ambassador

Hector L. Lopez M.D.

Ron Mendel Ph.D. FISSN

Tony Ricci CISSN – Bangladesh Ambassador

Mona Rosene M.S. RD

David Sandler M.S. FISSN

Abbie Smith Ph.D. CISSN

Erica Stump JD

Robert Wildman Ph.D. RD FISSN

Darryn Willoughby Ph.D. FISSN

Jacob Wilson Ph.D.
“The 10th Annual ISSN Conference and Expo”

SUMMARY OF PROGRAM:
FREMONT ROOM – Advisory Board Dinner
CARSON – CISSN/SNS Review and Exam
SUMMIT BALLROOM – Exhibit Hall – Vendors, Poster Presentations, Ice Cream Social
HERITAGE E & F – General Session A – Research Track
HERITAGE D – General Session B – Practical Application Track

Thursday, June 13
- 1:30PM - 3:00PM: CISSN/SNS Review Session – Ron Mendel PhD FISSN, location: CARSON
- 12:15 PM - 5:00PM: Attendee Registration
- 3:00PM - 6:00PM: CISSN/SNS Examination, location: CARSON
- 6:00PM - 8:15PM: Advisory Board Dinner (Invite only, RSVP required) location: FREEMONT ROOM

Friday, June 14
- 7:30AM - 5:00PM: Attendee Registration
- 9:00AM - 12:00PM: Exhibit Hall set up – SUMMIT BALLROOM
- 12:00PM - 2:45PM: Exhibit Hall Open (Get free boxed lunch in Exhibit Hall), location: SUMMIT BALLROOM
- 5:45PM - 8:00PM: Happy Hour in the Exhibit Hall (Exhibitors must be present)

Saturday, June 15
- 9:00AM - 11:00AM: Registration
- 12:00PM - 2:10PM: Exhibit Hall open – SUMMIT BALLROOM
- 12:00PM Please put your posters up in the Exhibit Hall (Authors required to be by poster from 1-2pm) – SUMMIT BALLROOM
- 1:00PM - 2:00PM: POSTER PRESENTATIONS in the Exhibit Hall (Get Ice Cream too!) – SUMMIT BALLROOM
- 2:10PM - 4:00PM: Exhibit Hall Breakdown

REGISTRATION:
To register online, go to: https://www.sportsnutritionsociety.org/ConferencesDetails.php?IDconf=18

Refund Policy for the Conference Registration: ALL refunds must be submitted in writing (email, snail mail or fax). No refunds will be accepted via phone. If you cancel 30 days or more prior to the conference, you will receive a 100% refund. If you cancel 29 days or less prior to the conference you will receive 50% refund.
For more information about the conference program, contact Dr. Jose Antonio at issn.sports.nutrition@gmail.com
<table>
<thead>
<tr>
<th>Time</th>
<th>MORNING SESSION</th>
<th>General Session A: Research Track</th>
<th>General Session B: Practical Application Track</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1: Friday, June 14</td>
<td>Moderator: Darryn Willoughby, PhD, FISSN</td>
<td>Jacob Wilson, PhD, CSCS</td>
<td>Brandon Marcello, PhD</td>
</tr>
<tr>
<td>9:20AM - 9:30AM</td>
<td>10 MIN BREAK</td>
<td></td>
<td>10 MIN BREAK</td>
</tr>
<tr>
<td>9:30AM - 10:20AM</td>
<td>Arny Fernando, PhD</td>
<td>Topic: Performance Benefits of Protein for Both Young and Old</td>
<td>Jennifer Gibson, MSc, RD</td>
</tr>
<tr>
<td>10:20AM - 10:30AM</td>
<td>10 MIN BREAK</td>
<td></td>
<td>10 MIN BREAK</td>
</tr>
<tr>
<td>10:30AM - 11:20AM</td>
<td>Chris Lockwood, PhD &amp; Mike Roberts, PhD</td>
<td>Topic: Comparison of WPH vs. Other Whey Protein Forms: What the Science Tells Us</td>
<td>Alicia Kendig, MS, RD</td>
</tr>
<tr>
<td>11:20AM - 11:30AM</td>
<td>10 MIN BREAK</td>
<td></td>
<td>10 MIN BREAK</td>
</tr>
<tr>
<td>11:30AM - 12:30PM</td>
<td>BASIC SCIENCE KEYNOTE</td>
<td>Frank Booth, PhD</td>
<td></td>
</tr>
<tr>
<td>12:30PM – 2:30PM</td>
<td>FREE Lunch Provided in the Exhibit Hall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AFTERNOON SESSION</td>
<td>Moderator: Bill Campbell, PhD, FISSN</td>
<td>Hector Lopez, MD, CSCS, FAAPMR</td>
<td>Carol Haggans, MS, RD</td>
</tr>
<tr>
<td>2:30PM - 3:20PM</td>
<td>Topic: Omega-3 Fish Oil: A Keystone Nutritional Prescription for Athletes</td>
<td>Topic: Dietary Supplements and the NIH: Research and Resources</td>
<td>Sponsored by Office of Dietary Supplements National Institutes of Health</td>
</tr>
<tr>
<td>3:20PM – 3:30PM</td>
<td>10 MIN BREAK</td>
<td></td>
<td>10 MIN BREAK</td>
</tr>
<tr>
<td>3:30 PM - 4:30PM</td>
<td></td>
<td></td>
<td>PRACTICAL APPLICATION KEYNOTE</td>
</tr>
<tr>
<td>4:30PM – 4:40PM</td>
<td>ISSN ROUNDTABLE DISCUSSION</td>
<td>Paul Cribb, PhD, FISSN</td>
<td>Topic: The Latest Applications for Nutrient Timing for Athletes</td>
</tr>
<tr>
<td>4:40pm-5:30pm</td>
<td>Tim Ziegenfuss, PhD, FISSN; Hector Lopez, MD; Arny Fernando, PhD; Abbie Smith, PhD, CISSN &amp; Jacob Wilson, PhD</td>
<td>Sponsored by The ISSN</td>
<td></td>
</tr>
<tr>
<td>5:45PM - 8:15PM</td>
<td>HAPPY HOUR AND FOOD – Go to the Exhibit Hall</td>
<td>HAPPY HOUR AND FOOD – Go to the Exhibit Hall</td>
<td></td>
</tr>
</tbody>
</table>

"The ISSN is awesome! It's the best thing since sliced bread; low glycemic index/high fiber bread that is. 😊 The people and the conference are a blast!" - Arlene Semeco, World-Class Swimmer and Dietitian
<table>
<thead>
<tr>
<th>Time</th>
<th>Session A: Research Track HERITAGE E &amp; F</th>
<th>Session B: Practical Application Track HERITAGE D</th>
</tr>
</thead>
</table>
| **8:00AM – 8:50AM** | Moderator: Michael Ormsbee, PhD, CISSN  
Darryn Willoughby, PhD, FACSM, FISSN, CISSN  
Topic: Expanding the knowledge on applications for L-Citrulline: Exercise performance and beyond.  
Sponsored by Kyowa | Moderator: Kelly Kennedy, PhD, CISSN  
Jan DeBenedetto  
Topic: Bridging the Gap: Baseline Metabolic Optimization for the High Performance Athlete |
| **8:50AM - 9:00AM** | 10 MIN BREAK                                                                                             | 10 MIN BREAK                                                                                                 |
| **9:00AM – 9:50AM** | Paul Falcone, MS; Laura Carson, BS; Chih-Yin Tai, EdD  
Topic: Interactive Technology Applications for Sports Nutrition Research  
Sponsored by MusclePharm |                                                                                                               |
| **9:50AM - 10:00AM** | 10 MIN BREAK                                                                                             |                                                                                                               |
| **10:00AM – 10:50AM** | Jordan Moon, PhD  
Topic: The Paradigm Paralysis of Body Fat Percentage  
Sponsored by MusclePharm | Carla Sanchez IFBB Pro  
Topic: Creating a Competitive Physique without Stepping on Stage |
| **10:50AM – 11:00AM** | 10 MIN BREAK                                                                                             | 10 MIN BREAK                                                                                                 |
| **11:00AM – 11:50AM** | Jacob Wilson, PhD, CSCS  
Topic: Phosphatidic Acid: Supplementing With The Anabolic Signal for Skeletal Muscle Hypertrophy  
Sponsored by Chemi Nutra | Shawn M. Arent, PhD, FACSM, CSCS  
Topic: The Psychology of Supplementation  
In Memory of Dr. Rafer Lutz |
| **12:00PM - 1:00PM** | Go to Exhibit Hall for Ice Cream to View the Poster Presentations | Go to Exhibit Hall for Ice Cream to View the Poster Presentations |
| **1:00PM - 2:00PM** | View Poster Presentations in Exhibit Hall  
(Authors must be present at poster.)  
Ice Cream Social in Exhibit Hall |                                                                                                               |
| **2:00PM - 2:50PM** | Moderator: Inna Dumova, BS  
David Sandler, MS, FNSCA, FISSN  
Sponsored by iSatori | Moderator: Liza Muravyeva, MS, RD  
Michelle Adams, MPH, CISSN, CSCS  
Topic: Self-Study of an Ultra Endurance Athlete |
| **2:50PM - 3:00PM** | 10 MIN BREAK                                                                                             | 10 MIN BREAK                                                                                                 |
| **3:00PM - 3:50PM** | Doug Kalman, PhD, FISSN & Bruce Kneller  
Topic: Sugar Pie Honey Bun: The Frosting About Carbs | ISSN-ACN Speaker Exchange  
Shawn Talbott, PhD  
Topic: Influence of Nutrition on Mood State, Vigor, and Mental/Physical Performance  
Sponsored by American College of Nutrition |
| **3:50pm-4:45pm** | Grand Finale  
Shawn Phillips  
Topic: The Anatomy of a Supplement Success Story |                                                                                                               |