

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
 - 12:15PM - 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.sportsnutrition society.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

Day 1: Friday, June 14	General Session A: Research Track Location: HERITAGE E & F	General Session B: Practical Application Track Location: HERITAGE D
MORNING SESSION	Moderator: Darryn Willoughby, PhD, FISSN	Moderator: Sue Graves, PhD, FISSN
8:30AM - 9:20AM	Jacob Wilson, PhD, CSCS <i>Topic: Effects of HMB Free Acid and Oral ATP on Human Performance</i> Sponsored by TSI	Brandon Marcello, PhD <i>Topic: Nutritional Strategies for Performance: Stanford University Athletics</i>
9:20AM - 9:30AM	10 MIN BREAK	10 MIN BREAK
9:30AM - 10:20AM	Arny Ferrnando, PhD <i>Topic: Performance Benefits of Protein for Both Young and Old</i>	Jennifer Gibson, MSc, RD <i>Topic: London 2012: Olympic Games Nutrition Support Strategies</i>
10:20AM - 10:30AM	10 MIN BREAK	10 MIN BREAK
10:30AM - 11:20AM	Chris Lockwood, PhD & Mike Roberts, PhD <i>Topic: Comparison of WPH vs. Other Whey Protein Forms: What the Science Tells Us</i>	Alicia Kendig, MS, RD <i>Topic: Sochi 2014: A Look at Nutrition Strategies for Winter Sport Athletes</i>
11:20AM - 11:30AM	10 MIN BREAK	10 MIN BREAK
11:30AM - 12:30PM	BASIC SCIENCE KEYNOTE Frank Booth, PhD <i>Topic: Basic Science Research in Exercise Science and Sports Nutrition: Where We've Been, Where We are and Where We're Headed.</i> Sponsored by The ISSN	
12:30PM - 2:30PM	FREE Lunch Provided in the Exhibit Hall	
AFTERNOON SESSION	Moderator: Bill Campbell, PhD, FISSN	Moderator: Rick Collins, JD, FISSN
2:30PM - 3:20PM	Hector Lopez, MD, CSCS, FAAPMR <i>Topic: Omega-3 Fish Oil: A Keystone Nutritional Prescription for Athletes</i>	Carol Haggans, MS, RD <i>Topic: Dietary Supplements and the NIH: Research and Resources</i> Sponsored by Office of Dietary Supplements National Institutes of Health
3:20PM - 3:30PM	10 MIN BREAK	10 MIN BREAK
3:30 PM - 4:30PM		PRACTICAL APPLICATION KEYNOTE Paul Cribb, PhD, FISSN <i>Topic: The Latest Applications for Nutrient Timing for Athletes</i> Sponsored by The ISSN
4:30PM - 4:40PM	10 MIN BREAK	10 MIN BREAK
4:40pm-5:30pm	ISSN ROUNDTABLE DISCUSSION Tim Ziegenfuss, PhD, FISSN; Hector Lopez, MD; Arny Fernando, PhD; Abbie Smith, PhD, CISSN & Jacob Wilson, PhD	
5:45PM - 8:15PM	HAPPY HOUR AND FOOD - Go to the Exhibit Hall	HAPPY HOUR AND FOOD - Go to the Exhibit Hall



"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

Day 2: Saturday, June 15	Session A: Research Track HERITAGE E & F	Session B: Practical Application Track HERITAGE D
MORNING SESSION	Moderator: Michael Ormsbee, PhD, CISSN	Moderator: Kelly Kennedy, PhD, CISSN
8:00AM - 8:50AM	Darryn Willoughby, PhD, FACSM, FISSN, CISSN <i>Topic: Expanding the knowledge on applications for L-Citrulline: Exercise performance and beyond.</i> Sponsored by Kyowa	Jan DeBenedetto <i>Topic: Bridging the Gap: Baseline Metabolic Optimization for the High Performance Athlete</i>
8:50AM - 9:00AM	10 MIN BREAK	10 MIN BREAK
9:00AM - 9:50AM	Paul Falcone, MS; Laura Carson, BS; Chih-Yin Tai, EdD <i>Topic: Interactive Technology Applications for Sports Nutrition Research</i> Sponsored by MusclePharm	
9:50AM - 10:00AM	10 MIN BREAK	10 MIN BREAK
10:00AM - 10:50AM	Jordan Moon, PhD <i>Topic: The Paradigm Paralysis of Body Fat Percentage</i> Sponsored by MusclePharm	Carla Sanchez IFBB Pro <i>Topic: Creating a Competitive Physique without Stepping on Stage</i>
10:50AM - 11:00AM	10 MIN BREAK	10 MIN BREAK
11:00AM - 11:50AM	Jacob Wilson, PhD, CSCS <i>Topic: Phosphatidic Acid: Supplementing With The Anabolic Signal for Skeletal Muscle Hypertrophy</i> Sponsored by Chemi Nutra	Shawn M. Arent, PhD, FACSM, CSCS <i>Topic: The Psychology of Supplementation In Memory of Dr. Rafer Lutz</i>
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 <i>(Authors must be present at poster.)</i> Ice Cream Social in Exhibit Hall	
AFTERNOON SESSION	Moderator: Inna Dumova, BS	Moderator: Liza Muravyeva, MS, RD
2:00PM - 2:50PM	David Sandler, MS, FNCSA, FISSN <i>Topic: Supplement Research vs. Training Application: Is More Better?</i> Sponsored by iSatori	Michelle Adams, MPH, CISSN, CSCS <i>Topic: Self-Study of an Ultra Endurance Athlete</i>
2:50PM - 3:00PM	10 MIN BREAK	10 MIN BREAK
3:00PM - 3:50PM	Doug Kalman, PhD, FISSN & Bruce Kneller <i>Topic: Sugar Pie Honey Bun: The Frosting About Carbs</i>	ISSN-ACN Speaker Exchange Shawn Talbott, PhD <i>Topic: Influence of Nutrition on Mood State, Vigor, and Mental/Physical Performance</i> Sponsored by American College of Nutrition
3:50pm-4:45pm		Grand Finale Shawn Phillips <i>Topic: The Anatomy of a Supplement Success Story</i>