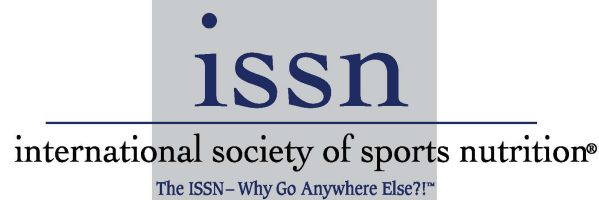


The 16th Annual ISSN Conference and Expo – VEGAS!



Title Sponsor



Tropicana Las Vegas – A DoubleTree by Hilton
3801 Las Vegas Blvd South, Las Vegas NV 89109
June 13-15, 2019

EARN your CEUs too! NASM 16 CEUs, CDR 16, NSCA 1.6, ISSN 16, ACSM 7 CECs



SUMMARY OF PROGRAM:

EXHIBITORS – Booth set-up in SALONS A-E. Set-up Friday starting at 7am. Breakdown is Saturday at 2:10pm.

Thursday, June 13

- 11:00 AM - 4:00PM: Registration opens at the COHIBA FOYER
- 1:00PM – 4:00PM: Thematic Opening Symposium at COBHIBA 9
- 4:15PM -5:15PM: President's Lecture at COHIBA 9
- VIP/Advisory Board Dinner (**private via email invitation**) – PARTAGAS 2 & 3

Friday, June 14

- 7:00AM - 4:00PM: Registration opens
- 12:00PM - 4:00PM: Exhibit Hall Open – COHIBA 6 and 7
- 5:30pm - 7:15PM: Drinks and hors d'oeuvres – COHIBA 6 and 7


Saturday, June 15

- 8:00AM – 12Noon: Registration
- 11:00AM - 2:15pm: Exhibit Hall Open
- 12:00PM - 2:00PM: Posters
- Authors required to be by poster from 12:00pm-2:00pm
- 12:30PM - 2:00PM: POSTER PRESENTATIONS in the Exhibit Hall (Get Ice Cream too!)
- 2:10PM - 5:00PM: Exhibit Hall Breakdown

Refund Policy for the Conference Registration: THERE ARE NO REFUNDS

Day 1: June 13, 2019	Cohiba 9
Afternoon Session	Thematic Opening Symposium The 3 S's of Performance and Health: Stimulants, Sleep, & Stomach Moderator: Trisha VanDusseldorp PhD CISSN
1:00-1:50 PM	Lonnie Lowery PhD RD I Feel the Need for Speed! All about Stims
1:50-2:00PM	10 MIN BREAK
2:00-2:50 PM	Jaime Tartar PhD Train Hard but Sleep Well: Why Sleep Matters for Health and Performance in Athletes
2:50-3:00 PM	10 MIN BREAK
3:00-3:50 PM	Sara Campbell PhD FACSM Don't Be in a Rut, Take Care of Your Gut
3:50-4:00 PM	10 MIN BREAK
4:15-5:15	PRESIDENT'S LECTURE Eric Rawson PhD FACSM Creatine Supplementation: from Basic Science to Bro-science and Beyond Sponsored by the ISSN

Day 2: Friday, June 14	Research Track Cohiba 8	Practical Application Track Cohiba 9
MORNING SESSION	Moderator: Anya Ellerbroek MPH CISSN	Moderator: Victoria Burgess MS CISSN
8:30AM - 9:20AM	Katie C. Carpenter PhD Alex E. Mohr MS Probiotic Use in Athletes: Current Knowledge and Future Directions	Trisha Stavinoha MS RD CSCS TSAC-F Selecting a Sports Drink
9:20AM - 9:30AM	10 MIN BREAK	10 MIN BREAK

9:30AM - 10:20AM	Michael D Roberts PhD Factors that Affect Individual Muscle Growth Responsiveness to Resistance Training	Mike Dahlinghaus PhD Disordered Eating in Fitness & Sport
10:20AM - 10:30AM	10 MIN BREAK	10 MIN BREAK
10:30AM - 11:20AM	Shawn M Arent PhD CSCS*D FACSM FISSN The PaleoKetoVeganMacroFasting Diet: Stop the Madness!	Leia Flure MS RD LDN Nicole Rodriguez RDN NASM-CPT Key Messages that Move Moms: Reaching the Family's Food Gatekeeper
11:20AM – 11:30AM	10 MIN BREAK	10 MIN BREAK
11:30AM – 12:20PM	Lia Jiannine PhD 'Some Like It Hot:' Combating Sexual Dysfunction with Exercise and Supplements	Leslie Bonci MPH RDN CSSD LDN Taking a deep dive to help your nutrition messages thrive Sponsored by Bayer
12:20PM – 2:20PM	FREE Bag Lunch Provided in the Exhibit Hall 	
AFTERNOON SESSION	Moderator: Matthew Stratton CISSN	Moderator: Gabe Sanders PhD CISSN
2:20PM – 3:10PM	John P Purcell PhD A new era of vegetables Sponsored by Bayer	Jonathan Mike PhD CSCS*D USAW Eccentric Training Unleashed: Lions, Tigers, & "Gains", Oh My!
3:10 PM – 4:00PM	Carl M Jones PhD and Jonathan R Mein PhD The science behind your plate: Q & A session Sponsored by Bayer	Annette Zapp CSCS TSAC-F CISSN Nutrition 911-Saving Those that Save
4:00pm-4:10pm	10 MIN BREAK	10 MIN BREAK
4:10pm-5:10pm	Dr Roger Harris Honorary Keynote James Morton PhD Paper to Podium: Application of the Carbohydrate Paradox Sponsored by the ISSN Moderator: Shawn M. Arent PhD CSCS*D FACSM FISSN	
5:10pm-5:30pm	The ISSN's DATA BLITZ Moderator: Douglas Kalman PhD RD FISSN Each science geek gets 1 minute (that's 10 seconds in dog years). So sit back and get your popcorn and beer ready.	
5:30pm-7:15pm	Happy Hour in the Exhibit Hall – Drinks and Hors d'oeuvres	

Day 3: Saturday, June 15	Research Track Cohiba 8	Practical Application Track Cohiba 9
MORNING SESSION	Moderator: Cassandra Carson CISSN	Moderator: Madaline Kenyon CISSN
9:00AM – 9:50AM	Hector Lopez MD FISSN Topic: The Endocannabinoid System in Health, Disease and Human Performance Sponsored by CV Sciences	Felipe Donatto PhD RDN Nutritional Strategies and Nutrients to Boost the Athlete's Immune System: Practical Applications
9:50AM – 10:00AM	10 MIN BREAK	10 MIN BREAK
10:00AM – 10:50AM	Susan J Hewlings PhD RD Douglas Kalman PhD RD FISSN Whey protein: Achieving Optimal Protein Synthesis and Muscle Function: Less Processing May be Beneficial Sponsored by Lactalis	Andy Galpin PhD CSCS*D FNCSA 6 Nutrition Lessons Learned from Elite Athletes

10:50AM – 11:00AM	10 MIN BREAK	10 MIN BREAK
11:00AM - 11:50AM	Neil Schwartz PhD Looking Small to Get Big: the Role of microRNAs in Muscle Size and Strength Sponsored by BANG/VPX	Matteo Capodaglio MS PharmD Combat Sports and Weight Management: A Rational Approach
12:00PM – 2:00PM	View the Poster Presentations in the Exhibit Hall Authors must be present at their Posters!	Go to Exhibit Hall for Ice Cream
AFTERNOON SESSION	Moderator: Lacy Puttuck MS RD CISSN	Moderator: Jonathan Mike PhD
2:00PM – 2:50PM	Karen Hecht PhD Astaxanthin: Performance, Recovery, and Endurance Sponsored by AstaReal	Susan Kleiner PhD RD FISSN Grain Brain? Wheat Belly? Not in this Loaf: The Science, Processing, and Culinary Art of Heritage Grains
2:50PM – 3:00PM	10 MIN BREAK	10 MIN BREAK
3:00PM-3:50PM	William Llewellyn The End Zone: Rethinking this Omega-6 Fat May be Your Ticket to Greater Muscle Gains	David Sandler MS FISSN From Concept to Shelf: The Evolution and Development of Sports Nutrition Products

Join us again for the ISSN Conference in 2020.

When: June 18-20

Where: Daytona Beach Florida Florida USA





Shawn M Arent PhD CSCS*D FACSM FISSN

Shawn is an Associate Professor in the Department of Kinesiology & Health at Rutgers University. He is the Director of the Rutgers Center for Health & Human Performance and Director of the Graduate Program in Kinesiology & Applied Physiology. His research focuses on the relationship between physical activity and stress and the implications for health, performance, and recovery. He was named the 2017 William J. Kraemer Outstanding Sport Scientist of the Year by the National Strength & Conditioning Association (NSCA). He is a

Certified Strength & Conditioning Specialist with Distinction as well as a Fellow in the American College of Sports Medicine (ACSM) and the International Society of Sports Nutrition (ISSN). Additionally, he is the current President of ISSN. Shawn has worked with teams in the NHL, MLB, the US Soccer Federation, and a number of teams at Rutgers. **Description:** The PaleoKetoVeganMacroFasting Diet: Stop the Madness! There is certainly no shortage of fad diets and diet “trends” to choose from, with each one promising a new twist on how to get lean, get big, or get fit. Unfortunately, the claims typically exceed the evidence and the hype exceeds the reality. This presentation will discuss both the science and the myth surrounding some of these more popular diet trends, with a focus on theory vs reality. Practical applications will be included in an effort to help individuals identify reasonable, sustainable, and effective dietary strategies to meet their goals.



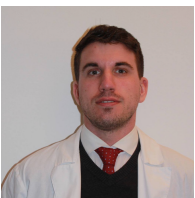
Leslie Bonci MPH RDN CSSD LDN

Board certified sports dietitian providing performance nutrition counseling and guidance to collegiate, Olympic and professional athletes and teams. Leslie was the sports dietitian for the Pittsburgh Steelers for 24 years and is currently the sports dietitian for the Kansas City Chiefs. She has also created webinars and has presented nationally at many conferences. **Description:** This session will take a deep dive into objective analysis of facts to form judgments as we communicate to our clients, our students and the public. We need to expect misperception, earn trust, and meet people where they are. Fad diets, food trends, sports nutrition strategies, super foods, the role of supplements and food bullying are topics that lend themselves to critical thinking communication.



Sara Campbell PhD FACSM

Dr. Campbell is an Associate Professor at Rutgers. She specializes in the gut microbiota. Humans live in symbiosis with clusters of microbes in various parts of the body ranging from the skin, gut, oral cavity, vagina and other areas exposed to the environment. These bacterial communities are primary constituents of the microbiome which encompasses the complete genetic potential of a bacterial population as well the products of the microbiota (microbial taxa) and host environment. Balance in the gut regulates dietary energy harvest as well as the metabolism of microbial and host derived chemicals. Thus, any perturbations in the microbiota may interrupt intestinal homeostasis. The most common contributor to microbial changes is human behavior, through diet and exercise. **Description:** Dr. Campbell’s seminar will of course focus on the gut microbiota.



Matteo Capodaglio PharmD

Matteo is the Director of Performance, CapoNutrition Inc and holds a Doctor of Pharmacy degree. **Description:** Combat Sports and Weight Management: A Rational Approach - This talk will focus firstly on the electrolytes’ influence on the renin angiotensin aldosterone axis, on refueling strategies to optimize the time window between weigh-ins and the competition, on the main differences between adaptation and performance and the increasing evidence that microbiome plays an instrumental role in determining performance and health. The

second part will consist of a case study from a UFC athlete’s training camp for his fight and how elements of evidence based science were used to tailor a protocol according to two main principles: periodization and personalization.



Katie C. Carpenter PhD

Dr. Carpenter received her PhD in Kinesiology from the University of Houston, then went on to complete a postdoctoral fellowship at the University of Minnesota. Her research has primarily been focused on the effects of obesity and exercise on the immune system. **Description:** The use and popularity of probiotics in dietary supplements and functional foods is rising with an increased number of these products being marketed to athletes. This session will review what is currently known on the

effects of probiotic use in athletes, suggested guidelines for athletes and possible future directions.



Mike Dahlinghaus PhD

Mike Dahlinghaus is an assistant professor of Kinesiology at St. Ambrose University in Davenport, Iowa. He has a PhD in Health Professions Education and holds numerous fitness related certifications through the NSCA, ACSM, and ISSN. His research interests are in sport nutrition and exercise psychology.

Description: The world of sport and exercise has long been associated with a variety of psychiatric conditions related to eating disorders. The most common of these being anorexia and bulimia.

However, in recent decades disordered eating behaviors such as orthorexia nervosa (an obsession with healthy eating) have become more prevalent in fitness and sport. A key characteristic of disordered eating is a preoccupation with food. Arguably many common practices such as counting calories, fixating on “clean eating”, bulking, cutting, and fad dieting may predispose certain individuals to disordered eating patterns. In this presentation we will examine current research on disordered eating, signs and symptoms, as well provide tips on how to coach clients in a way that avoids potential issues.



Felipe Fedrizzi Donatto PhD RDN

Dr. Donatto received his PhD in Molecular Biology (ICB-USP), and M.S Physical Education (UNIMEP). He is the ISSN Brazil coordinator. He has studied the effects of diet on the immune system, and performed research on the effects of strength training in cancer patients. **Description:** How do we protect and modulate an athlete’s immune system? Science- based information is presented for prescribing specific macronutrients and supplements (colostrum, vitamin D, B-glucan, carbohydrate, vitamins and minerals) supported by real case studies of elite Brazilian athletes.



Leia Flure MS RD LDN

Known as Moderation Maven on social media, she is passionate about helping people learn how to incorporate favorite foods into a balanced lifestyle as well as understand modern agriculture and food science. She is an independent consultant and also coordinates a school nutrition grant with University of Illinois Extension.

Description: Social media platforms such as Facebook, Twitter, and Instagram are crowded with influencers sharing information that is not scientifically supported and can potentially lead to disordered diet and exercise

behaviors. Fitness and nutrition professionals have an opportunity to combat misinformation through these channels and share evidence-based information about healthy foods, grocery shopping, meal prep, and supplementation.



Andy Galpin PhD CSCS*D FNCSA

Dr. Galpin is the Director of the Center for Sport Performance and the Biochemistry and Molecular Exercise Physiology Lab at CSU Fullerton where he studies muscle performance, function, and adaptation of athletes from the whole muscle, single cell, and even genetic levels. He implements his findings in his work with professional athletes from numerous sports. **Description:** 6 Nutrition Lessons From Elite Athletes: The talk will feature 6 short stories that highlight nutrition lessons I’ve learned in my career working with elite athletes. Some will be from the

scientific/research perspective and others from my personal and coaching career. I will mix in a few high-level conceptual concepts with several practical, applicable, and tangible tips.



Karen Hecht PhD

Scientific Affairs Manager, AstaReal Inc. Dr. Hecht worked as a postdoctoral associate in algal molecular biology. She earned her Ph.D. in Biology, B.Sc. in Biochemistry. Dr. Hecht has spoken at conferences, on radio shows, and podcasts on the subject of natural astaxanthin as an ingredient for endurance and muscle recovery, on behalf of AstaReal. **Description:** Astaxanthin emerged from nature as a salmon's secret to stamina, and has been elevated over the course of 30 years of research into a powerful, clinically proven nutrient for sports performance.



Susan J Hewlings PhD RD

Dr. Susan Hewlings received her PhD in nutrition her BS in nutrition and her MS in exercise physiology, from Florida State University. She is a Registered Dietitian, a full-time professor at Central Michigan University, and Director of Scientific Affairs for Nutrasource. She is Co-Founder of Substantiation Sciences LLC where she provides science and nutrition consulting services and medical writing for the dietary supplement, CBD, cannabis and medical industries. She was formerly an assistant professor at The University of Central Florida College of Medicine where she was responsible for integrating nutrition into a new medical school curriculum. She is currently living with her 5 dogs in the Florida Keys. She is also a competitive ultrarunner and adventure racer. **Description:** In this session, Drs. Kalman and I will summarize research on high quality leucine rich protein on muscle protein synthesis in different populations and discuss the maximal amount of protein needed for max muscle protein synthesis and understand why some groups may find this intake challenging.



Lia Jiannine PhD CSCS ACSM-CEP

Dr. Jiannine's research interests focuses on the relationship between physical fitness and sexual functioning. She has investigated how supplementation affects memory, mood, and sexual functioning, as well as examining both body composition methodology and the effectiveness of training programs for professional athletes. She is currently an Assistant Professor at NSU Florida (www.nova.edu). **Description:** This session is designed to examine the effects of physical fitness and self-concept on sexual functioning. The second half is dedicated to the medicinal claims regarding the efficacy of Maca root which has been linked to improvements fertility, sexual functioning, energy, stamina, and physical performance.



Carl Jones PhD

Dr. Jones received his Ph.D. in Genetics from University of California. He is the Global Head of Innovation and New Technologies at Bayer and sits on the Vegetable Seeds Research Leadership Team of Bayer Crop Science. His teams are responsible for Consumer and Sensory Sciences, Global Crop Innovations, Gene Editing, Accelerated Breeding Technologies and Intellectual Property. He currently serves as Co-Chair of the USDA Capsicum (peppers) Crop Germplasm Committee. **Description:** Are organic foods really more nutritious, or safer? What factors in agriculture impact human nutrition? What is gene editing and will it bring enhanced nutrition? This session will feature a dynamic panel of experts to engage with you and cover hot topics in nutrition and agriculture.



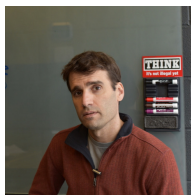
Douglas Kalman PhD RD FISSN

Dr. Kalman has been involved in over 250 clinical trials and projects within the pharmaceutical, medical and exercise – nutrition related fields. He has published over 75 abstracts and more than 40 peer-reviewed manuscripts. He is a Co-founder of The ISSN, a Co-editor of the JISSN, a researcher and educator and an Adjunct Professor at NSU Florida. **Description:** in this session, Drs. Hewling and I will summarize research on high quality leucine rich protein on muscle protein synthesis in different populations and discuss the maximal amount of protein needed for max muscle protein synthesis and understand why some groups may find this intake challenging.



Susan Kleiner PhD RD FISSN FACN

Dr. Kleiner is the owner of High Performance Nutrition, LLC, a consulting firm in Mercer Island, Washington, and the Director of Science and Communication for Vitargo, Inc. She is currently the High Performance Nutrition Consultant to the Seattle Storm. Dr. Kleiner has consulted with many other professional teams and team members, including the Seattle Reign, Seattle Seahawks, Seattle Mariners, Seattle Thunderbirds and Seattle Supersonics, the Cleveland Browns and Cleveland Cavaliers, the Miami Heat, Olympians and elite athletes in countless sports. **Description:** The practice of sports nutrition is at a crossroads. Carbohydrate is an essential fuel for high intensity athletic training. Yet many of our clients are retreating from including our most convenient food sources of carbohydrate and other essential nutrients. This session will introduce the participants to the visionary evidence-based work occurring in plant breeding and nutrition science, grain processing and baking of heritage grains, with the purpose of enlightening and educating, tasting and bringing actionable recommendations to consult with clients and the sports nutrition industry.



William Llewellyn - William is sports nutrition researcher, with a primary interest in muscle-building substances. One of the co-founders of Molecular Nutrition, he is credited with developing several novel ingredients since its inception in 2001. William is also the author of *ANABOLICS* and the *SPORT SUPPLEMENT REFERENCE GUIDE*. In recent years, his work has focused heavily on the role omega-6 fats play in muscle hypertrophy. **Description:** Arachidonic acid (ARA), an omega-6 fatty acid could be the most misunderstood sports nutrition. Emerging studies are shining a whole new light on this fat. ARA appears to be important to many areas of human health. Learn about the latest research.



Lonnie Lowery PhD RDN

Associate Professor at the University of Mount Union, and co-host of the longstanding podcast IronRadio.org. He has 20 years' experience in teaching and research and has presented/ published primarily on dietary protein and on coffee as an ergogenic aid prior to non-fatiguing resistance exercise. **Description:** Coffee/caffeine consumption is common among athletes as an ergogenic aid. Inter-individual genotypical differences exist that affect caffeine breakdown and health risks. Physiological mechanisms underpinning coffee's/caffeine's ergogenic qualities, caffeine metabolism, the effects of exercise, birth control, and the menstrual cycle on caffeine breakdown are covered.



Hector Lopez MD FISSN. Co-Founder, Supplement Safety Solutions, LLC. / THR Biosciences, LLC. CMO, Center for Applied Health Sciences, LLC. Dr. Lopez is recognized for applying his diverse background in sports medicine, exercise science, nutritional biochemistry and clinical research; he has transitioned away from clinical medicine to focus on nutra-biosciences, dietary supplements and functional foods as research scientist, safety & regulatory key opinion leader. **Description:** The recent tsunami of interest in the areas of Hemp/Cannabis from scientists, coaches, politicians, industry and health & human performance consumers is driving a conversation about the role of the ECS in health, disease and human performance. Learn about the latest research.



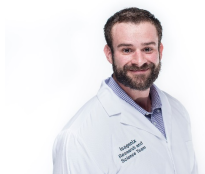
Jonathan Mein PhD

Dr. Mein received his Ph.D. in Biochemical and Molecular Nutrition and M.S. in Nutritional Biochemistry at Tufts University focusing on the impact of carotenoid metabolism on human health and disease. Jonathan is currently the Vegetable Commercial Lead for the Southeast U.S. In this role, Jonathan leads a team of territory sales reps who service vegetable growers across six southeastern states. **Description:** Are organic foods really more nutritious or safer? What factors in agriculture impact human nutrition? What is gene editing and will it bring us enhanced nutrition? This session will feature a dynamic panel of experts to engage with you and cover hot topics in nutrition and agriculture.



Jonathan Mike PhD CSCS*D

Jonathan Mike, PhD, CSCS*D, NSCA-CPT*D, USAW, NKT-2, currently teaches in the Exercise Science and Sports Performance program at Grand Canyon University in Phoenix, AZ. He has been a Professor in Kinesiology at University of Southern Mississippi, and an Assistant Professor at Lindenwood University in St. Charles, MO. He earned his PhD in Exercise Science at the University of New Mexico (Albuquerque). He received his bachelor's and master's degrees in Exercise Science from Western Kentucky University in Bowling Green, Kentucky while also serving as a strength and conditioning assistant. He also worked for the University of Louisville as a strength coach and has been a frequent contributor and guest host of several websites and radio shows. He has been a member of the NSCA Certification Exam Developing Committee (NSCA-CPT) and Job Analysis Committee, and a current member of the Personal Trainers Special Interest Group. He has spoken at numerous NSCA local, state, regional and national conferences including the 2014, 2015, and 2016, and 2017 NSCA Personal Trainers Conference, and other organizations. **Description:** This session examines the science of eccentric training and extends this science by focusing on practical recommendations for all abled bodied and athletic populations.



Alex Mohr

Receiving both his BSc and MSc degrees in Kinesiology at the University of Nevada, Las Vegas, Alex is currently a PhD student in the College of Health Solutions at Arizona State University. His research includes investigating the effects of gut microbiota changes on inflammatory markers and pathways.

Description: The use and popularity of probiotics in dietary supplements and functional foods is rising with an increased number of these products being marketed to athletes. This session will review what is currently known on the effects of probiotic use in athletes, suggested guidelines for athletes and

possible future directions.



James Morton PhD

James is a Professor of Exercise Metabolism & Nutrition at Liverpool John Moores University. James' specific research interests focus on the molecular and cellular responses of human skeletal muscle to acute and chronic exercise and the impact of diet and nutrition on modulating these responses. To date, he has authored over 120 research publications in the fields of sports nutrition, physiology and metabolism as well as numerous books on these topics. In addition to research, James also works in elite professional sport in both sports physiology and nutrition support roles.

Description: The concept of ensuring high carbohydrate availability before, during and after competition in order to promote performance and recovery is well documented. However, in the last decade, our laboratory has consistently demonstrated that deliberately training in conditions of reduced CHO availability augments oxidative adaptations of human skeletal muscle. This session will focus on achieving the nutritional objectives of CHO periodization as outlined above. **Dr. Morton will be giving the Roger Harris Honorary Keynote Address at the conference. Don't miss this one!**



John Purcell PhD

Dr. John Purcell has dedicated over three decades to helping farmers safely and sustainably grow food. He currently serves as the Vegetable Seed R&D Lead, Senior Vice President and Distinguished Science Fellow for Bayer Crop Science. In this role he works closely with teams of researchers and scientists looking at ways to breed and cultivate vegetables that are more appealing, nutritious and can be grown using fewer resources.

Description: Fruits and vegetables are a well-known source of energy and nutrients that assist in training and recovery. Dr. John Purcell will give you a window into how high-tech innovations are helping plant researchers develop improved fruits and vegetables that serve everyone from the farm to fitness fanatic.



Eric Rawson PhD FACSM

Dr. Rawson is a Professor and Chair at Messiah College. Dr. Rawson received his Ph.D. from the University of Massachusetts, Amherst where he studied under the direction of Dr. Priscilla Clarkson. Over the past two decades, Dr. Rawson's research has focused on the interactions between nutrition and skeletal muscle. In particular, Dr. Rawson has studied the effects of the dietary supplement creatine on muscle and brain function. Dr. Rawson is currently an Associate Editor for Applied Physiology, Nutrition, and Metabolism, Amino Acids, and the Journal of

Strength and Conditioning Research. Dr. Rawson has delivered more than 100 professional presentations, is co-editor of the text Nutrition for Elite Athletes, co-author of the 11th Edition of Nutrition for Health Fitness and Sport, and has authored/co-authored numerous articles and book chapters. His research has been funded by the National Institutes of Health National Center for Complementary and Alternative Medicine, Bloomsburg University, and various foundations. Dr. Rawson is a member of the Board of Trustees and is a Fellow of the American College of Sports Medicine (FACSM). **Dr. Rawson will be giving the President's Lecture at the ISSN. Description:** He will give you the lowdown on the GOAT: creatine! If you're not currently supplementing with creatine, then you ought to start.



Mike Roberts PhD

Dr. Roberts earned his PhD in 2010 from the University of Oklahoma. He is currently an Associate Professor at Auburn University. His research interests include: Determining how different exercise modalities and nutritional strategies affect physiological outcomes; Examining the physiological effects of whey protein supplementation; Determining the physiological effects of dairy exosomes; Examining how exercise affects the aging muscle transcriptome. **Description:** Dr. Roberts will edify you on the molecular mechanisms of skeletal muscle hypertrophy.



Nicole Rodriguez RDN NASM-CPT

Nicole serves as Social Media chair for Nutrition Entrepreneurs, one of the largest practice groups within the Academy of Nutrition and Dietetics. She's also the in-house dietitian for NavaFit, an app that connects workout partners throughout the country. She offers in-home nutrition and fitness services in NY. **Description:** Social media platforms such as Facebook, Twitter, and Instagram are crowded with influencers sharing information that is not scientifically supported and can potentially lead to disordered diet and exercise behaviors. Fitness and nutrition professionals have an opportunity to combat misinformation through these channels and share

evidence-based information about healthy foods, grocery shopping, meal prep, and supplementation.



David Sandler MS FISSN

David is the Chief Operating Officer at ProSupps USA, LLC. He has been a leader in the fitness and nutrition industry for over 25 years acting as a product scientist, strength and conditioning coach, and sports and fitness consultant. David has published 6 books, dozens of videos, and more than 500 articles in nutrition and supplementation, power, strength and fitness training for various magazines and literature. Sandler has been the lead exercise and sports physiologist for more than 50 episodes of television for National Geographic, Discovery

Channel, History Channel, Fox Sports and Spike TV. He is currently involved in the R&D and Business Development worlds

developing new sports supplements, analyzing data, and helping people transform their lives. Facebook:

<https://www.facebook.com/david.sandler42> Instagram: @sandlerstrength Twitter: @sandlerstrength **Description: The Evolution**

and Development of Sports Nutrition Products - After spending the last two decades on the backside of the Sports Nutrition Industry, formulating products for some of the industry's top supplement companies, performing R&D for major ingredient suppliers, and improving manufacturing processes, Sandler gives you a bird's eye view of the industry from product conception to consumer consumption.



Neil Schwarz PhD

Dr. Schwarz received his Ph.D. in Exercise, Nutrition, and Preventative Health at Baylor University under the mentorship of Dr. Darryn Willoughby. He is currently an Assistant Professor of Exercise Science at the University of South Alabama. His research interests include the effects of exercise and nutrition on whole-body adaptations and skeletal muscle gene expression and signaling cascades. **Description:** This session will provide an overview of the literature regarding skeletal muscle microRNAs and their potential role in regulating skeletal muscle size and

strength. Particular attention will be given to how resistance exercise alters microRNA expression and whether evidence exists for manipulation of microRNAs via dietary or supplementation strategies.



Trisha Stavinoha MS RD CSCS TSAC-F

Trisha is a retired Army Dietitian, spending most of her career in a performance nutrition capacity. She has a BS in Nutrition and a MS in Sports Nutrition. She has maintained her CSSD and CSCS since 2007. Since retiring, she added lifeguard, swim instructor, and TSAC-F to her credentials. **Description:** The market is flooded with sport drinks and electrolyte replacement beverages. They are not all alike. The qualities that make for a high quality product are overshadowed by fancy marketing and misinformation. My presentation will educate attendees on

the distinct differences between an Oral Rehydration Solution (ORS) and a sport drink, when each should be used, and what qualities they should look for in an ORS versus a sports drink. Disclosure, while I am a consultant for Cera Products, I am a dietitian first. My objective for this presentation is to educate attendees on critical and often overlooked qualities of sport drinks to make better choices to meet the hydration needs of themselves or the athletes they support.



Jaime Tartar PhD

Dr. Tartar is a Professor of Behavioral Neuroscience at Nova Southeastern University. She earned her Ph.D. in the Behavioral Neuroscience program at the University of Florida and completed Postdoctoral Training at Harvard Medical School. She earned a certificate in Sleep Medicine from Harvard Medical School Division of Sleep Medicine. Dr. Tartar is also the President and CEO of the Society for NeuroSports (www.neurosports.net).

Description: Sleep is critical to human health, emotional processing, and cognitive function. This session will review what happens in the brain during sleep and the most recent findings on the consequences of sleep loss and

sleep disorders. We will explore findings on the extent and mechanisms through which sleep loss affects exercise and sports performance and provide evidence-based guidelines to improve sleep health for athletes.



Annette Zapp CSCS TSAC-F CISSN

M.A Biochemistry and Molecular Biology. A 15-year veteran of the fire service, Zapp holds the rank of Lieutenant on a busy suburban Chicago engine company and has over 25 years' experience in fitness coaching and training. She owns and operates FireSQFitness, a coaching business dedicated to the physical and mental health and wellness of first responders. **Description:** For decades, firefighter line of duty deaths (LODDs) averaged around 100 per year. Suicide rates are on the rise which can be attributed to a combination of sleep deprivation, exposure to repeated trauma, insufficient coping mechanisms, lack of meaningful exercise and extremely poor nutritional habits. In this session, we

will explore the topic of firefighter nutrition and best practices for working with this unique demographic.

Please visit our Vendors at the Exhibit Hall

VENDOR	Booth #
PlusCBD Oil	113
Power Lift	110
Bayer	200, 101
FrieslandCampina	103
Nutrition21	105
NOW Sports	203
InBody	216, 217
Journal of Exercise and Nutrition	Table
Chemi Nutra	205
Society for NeuroSports	104
AstaReal	202, 204
Iovate	207
Lactalis	107, 109
Fortifeye Vitamins	201
Banned Substances Control Group	106
Blueprint for Athletes	206
TS Medical USA	209
Gencor Pacific	Table
AZUR G.N. LLC	208
Glanbia	111
Informed-Choice	210
Dominate Your Game	Table
Fuelogics	212
Cera Products	211
Rock Cuff	213
SpinLabel Technologies	215
Kyowa	112
Medi Lazer	114
PNOE Analytics	Table
BANG/VPX	102



Join us for Science, Sun and Surf on June 18-20, 2020 @ **DAYTONA BEACH FLORIDA!** If you register now for the ISSN-Daytona Beach Conference, use this coupon code to get 50% off. ISSNBEACHPARTY – this coupon code is good until July 1, 2019.

