



international society of sports nutrition
The ISSN- Why Go Anywhere Else?!

The 22nd Annual ISSN Conference June 23-25, 2025

Opal Grand Oceanfront Resort and Spa, Delray Beach, Florida USA

EARN your CEUs: NASM/AFAA 1.2, ISSN 12, NSCA 1.0, ACSM

MONDAY, June 23 – Registration is open 11:30 am - 4:00 pm; Exhibitor set-up 9 am-12 noon; exhibits open 12 noon-5 pm
TUESDAY, June 24 - 7:00 am - 3:00 pm: Registration is open; 5:00 pm – 7:00 pm: Drinks and Poster Presentations; Exhibit hours - 11 am - 5 pm.
WEDNESDAY, June 25 - Exhibitor hours - 8:00 am—12 noon: Registration is open; the exhibitor breakdown will be at 12 noon.

ISSN STAFF ONSITE – Please direct any questions to **Dr. Chad Kerksick** and **Dr. Guillermo Escalante**

President of the ISSN – Chad Kerksick PhD FISSN (2024-2026) and Vice-President Guillermo Escalante DSc FISSN

Staff Office - Palm Breeze 1

Note to Poster Presenters - Please put your poster up on June 23 (Monday afternoon) or the morning of June 24 (Tuesday). Each poster has a designated number. Make sure you place your poster in the correct spot.

Day 1: June 23 Monday	Room: Salons DEF
	Welcome and Introduction Moderator: Guillermo Escalante DSc FISSN
12:00 pm – 12:20 pm	Breaking the Boundaries: The Latest Evolution of the ENHANCED Games A brief update Jose Antonio PhD FISSN, Guillermo Escalante DSc FISSN, Michael Sagner MD
12:20 pm – 12:50 pm	Alternative Forms of Creatine: Is Monohydrate Still the King or Does it Make You Bald Scott Forbes PhD FISSN
12:50 pm – 1:20 pm	Common Questions and Misconceptions About Many Things: Protein, Creatine, Caffeine, Energy Drinks Darren Candow PhD FISSN
1:20 pm – 1:50 pm	Flexing the Facts: Accuracy of Body Composition Assessment in Muscular Resistance-Trained Individuals Grant Tinsley PhD CISSN
Quick Break	
2:00 pm – 2:30 pm	Nutraceuticals for Sleep and Relaxation Jeremy Townsend PhD CISSN
2:30 pm – 2:45 pm	Data and Dogma: Animal-Sourced Protein for Health David Church PhD
2:45 pm – 3:00 pm	HMB – Its Role in Skeletal Muscle Chad Kerksick PhD, sponsored by TSI
3:00 pm – 3:15 pm	Whole-body Proteostasis and Effects on Skeletal Muscle Arny Ferrando PhD FISSN
3:15 pm – 3:30 pm	The Future of Sports Nutrition Research <i>in</i> Development: The d9-Caffeine and C4 Alpha Bomb Case for a More Effective Industry Model Chris Lockwood PhD, sponsored by Nutrabort
3:30 pm – 5:00 pm	Visit the Exhibitors

Day 2: June 24 Tuesday	Room: Salons DEF
	Moderator: Douglas Kalman RD PhD FISSN
9:00 am - 9:30 am	Mel Williams Memorial Lecture on Ergogenic Aids Muscle Building Supplements - What are These, Do They Exist? Douglas Kalman RD PhD FISSN
9:30 am - 10:00 am	Weight Cutting Trends in Professional Mixed Martial Artists: Impacts on Fight Outcomes Brett Grelle MS and Glenn Castro RD Sponsored by the Ultimate Fighting Championship PI
	Moderator: Erik Bustillo MS RD FISSN
10:15 am - 10:45 am	Brain Power for Peak Performance: The Science of Nootropics for Sport Matthew Stratton PhD CISSN
10:45 am - 11:15 am	Testosterone Unveiled - Real-World Data Michael Sagner MD
Lunch Break 11:15 pm - 12:45 pm	Lunch on your own 
	Moderator of the President's Lecture: Chad Kerksick PhD FISSN
12:45 pm – 1:15 pm	President's Lecture Winning With Nutrition: Maximizing Performance & Recovery Strategies Matthew Frakes PhD RD LD CSSD
1:15 pm - 1:45 pm	ISSN's Data Blitz - 60 seconds of pure science fun Judges: Jeff Stout PhD, Tim Ziegenfuss PhD, Lia Jiannine PhD, Tobin Silver PhD, Antonella Schwarz PhD Moderator: Guillermo Escalante DSc FISSN
	Moderator: Tim Ziegenfuss PhD FISSN
1:45 pm - 2:00 pm	Optimizing Exercise Recovery with Astaxanthin Supplementation Susan Hamrahi ND , Sponsored by AstaReal
2:00 pm - 2:15 pm	The physiological and psychological demands of the U.S. Army Combat Diving Qualification Course (CDQC). Brandon Roberts PhD MBA CISSN
2:15 pm - 2:30 pm	Setria Glutathione is here to PUMP you UP! Explore the benefits GSH has on increasing NO production Katie Emerson MS RD CISSN , Sponsored by Kyowa
2:30 pm - 3:40 pm	Visit the Exhibitors
	Moderator: Guillermo Escalante PhD FISSN
3:40 pm – 4:00 pm	In Memory of Roger Harris PhD A true giant in the field of sports nutrition Jeffrey Stout PhD FISSN
	Moderator: Chad Kerksick PhD FISSN
4:00 pm - 4:50 pm	Keynote Presentation The Roger Harris Memorial Address Celebrating 60 Years of Mechanistic Skeletal Muscle Hypertrophy Research Michael Roberts PhD

5:00 pm – 6:15 pm	<p style="text-align: center;">Happy Hour and Poster Presentations</p> <p style="text-align: center;">Location: Outside of the Conference Hallway - You'll see numbered posters</p> <p style="text-align: center;">Student authors, please be present at your poster until 6:15 pm. Prizes will be awarded for the best Poster (UG, MS, and PhD student) the following day. If you are absent, the award will go to the next person.</p> <p>Poster Judges: Gerseli Angeli PhD, Victoria Burgess PhD, Darren Candow PhD FISSN, David Church PhD, Scott Forbes PhD FISSN, Drew Gonzalez PhD, Susan Kleiner PhD RD FISSN, Jennifer Kurtz PhD, Paul LaBounty PhD, Lonnie Lowery PhD, Mike Nelson PhD, Antonella Schwarz PhD, K. Michelle Singleton PhD, Katie Vasenina PhD</p>
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Day 3: June 25 Wed	Room: Salons DEF
	Moderator: K. Michelle Singleton PhD
8:45 am - 9:15 am	Contraceptives and the Athlete: Knowns and Unknowns Madelin R. Siedler PhD
9:15 am – 9:45 am	Pistachios and Peak Performance: Unlocking Nutritional Benefits for Athletes Emily Zorn MS RD & Catherine Sebastian MS RD sponsored by Wonderful Pistachios
9:45 am-10:15 am	What's the Talk with Quercetin? Potential Benefits for Exercise Performance and Recovery Jennifer A. Kurtz PhD CISSN
Break	
	Moderator: Cassandra Evans MS RD CISSN
10:25 am - 10:55 am	Food for Thought - Brain and Ocular Nutrition for High-Performing Humans Richard Swinbourne PhD
10:55 am - 11:25 am	Bone Appétit: Nutritional strategies for optimizing bone health in female athletes Jennifer Fields PhD
11:25 am - 11:55 am	From Intentions to Actions: The Role of Behavioral Theories in Shaping Athletes' Dietary Behavior Michelle Singleton PhD and Jamie McAllister-Deitrick PhD
11:55 am – 12:10 pm	Human Lactoferrin: The Clinically Studied Ingredient Taking Women's Health and Performance Nutrition by Storm Ross Peterson PhD , sponsored by Helaina
12:10 pm - 1:35 pm	Lunch Break on your own 
1:35 pm – 2:00 pm	ISSN Updates and Awards - You must be present to win your award or prize. Chad Kerssick PhD FISSN (Poster and Blitz awards), Rick Kreider PhD FISSN (JISSN update), Douglas Kalman PhD RD FISSN (New FISSN), and Bill Campbell PhD FISSN (Position Stands update)
	Moderator: Antonella Schwarz PhD
2:00 pm - 2:15 pm	Myo-reps: much ado about something Antonella Schwarz PhD
2:15 pm – 2:30 pm	Strategies for Improving Body Composition in Elite Athletes: A Practitioner's Insight Patrick McCarthy MS CISSN SENr
2:30 pm – 2:55 pm	Collagen protein and peptides - It doesn't do sh#\$ except when it does Katie Vasenina PhD CISSN

Michael Greenwood PhD Memorial Student Presentations Please support our student presenters! They have a tough job. Moderator: Dr. Richard Kreider	
3:00 pm - 3:10 pm	Comparative Effects of High-Intensity Functional Training, Traditional Strength Training, and Concurrent Training on Body Composition and Performance in Tactical Populations. Gianna F. Mastrofini MS
3:10 pm - 3:20 pm	Extreme Dieting in Mid-Life Females Landon Shannahan MS
3:20 pm - 3:30 pm	Reverse Dieting in Resistance-Trained Males and Females Valentina Rodriguez Da Silva MS
3:30 pm - 3:40 pm	A Closer Look at Body Composition, Dietary Habits, and Supplement Use Among High-Intensity Functional Training Athletes Kworweinski Lafontant MS
3:40 pm - 3:50 pm	Exploring the Utility of Yoga Nidra and Body Scan as Therapeutic Interventions for Chronic Pain Violette J. Gibbs MS
3:50 pm - 4:00 pm	Breaking the Pain Barrier: Evaluating the Reliability and Validity of Physical Working Capacity at Pain Threshold Danielle Sterner PhD(c)
Closing Remarks	Drs. Kerksick and Escalante

Note: If you need a certificate of attendance for CEU purposes, please email Anya Ellerbroek MPH CISSN at anyaeller@gmail.com

We look forward to seeing you next year at the 23rd Annual ISSN Conference at the Westin in Fort Lauderdale Beach, FL, June 15-17, 2026 (note the Monday-Wed schedule).

