issn
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 14.0

**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**<br>**Moderator: Guillermo Escalante DSc FISSN** |
| **12:00 pm – 12:20 pm** | Breaking the Boundaries: The Latest Evolution of the ENHANCED Games<br>A brief update<br>**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<br>**Scott Forbes PhD FISSN** |
| **12:50 pm – 1:20 pm** | Common Questions and Misconceptions About Many Things: Protein, Creatine, Caffeine, Energy Drinks<br>**Darren Candow PhD FISSN** |
| **1:20 pm – 1:50 pm** | Flexing the Facts: Accuracy of Body Composition Assessment in Muscular Resistance-Trained Individuals<br>**Grant Tinsley PhD CISSN** |
| **Quick Break** | |
| **2:00 pm – 2:30 pm** | Nutraceuticals for Sleep and Relaxation<br>**Jeremy Townsend PhD CISSN** |
| **2:30 pm – 2:45 pm** | Data and Dogma: Animal-Sourced Protein for Health<br>**David Church PhD** |
| **2:45 pm – 3:00 pm** | HMB – Its Role in Skeletal Muscle<br>**Chad Kerksick PhD,** sponsored by TSI |
| **3:00 pm – 3:15 pm** | Whole-body Proteostasis and Effects on Skeletal Muscle<br>**Arny Ferrando PhD FISSN** |
| **3:15 pm – 3:30 pm** | The Future of Sports Nutrition Research ***in*** Development: The d9-Caffeine and C4 Alpha Bomb Case for a More Effective Industry Model<br>**Chris Lockwood PhD,** sponsored by Nutrabolt |
| **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<br>Muscle Building Supplements - What are These, Do They Exist?<br>**Douglas Kalman RD PhD FISSN** |
| **9:30 am - 10:00 am** | Weight Cutting Trends in Professional Mixed Martial Artists: Impacts on Fight Outcomes<br>**Brett Grelle MS and Glenn Castro RD**<br>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<br>**Matthew Stratton PhD CISSN** |
| **10:45 am - 11:15 am** | Testosterone Unveiled - Real-World Data<br>**Michael Sagner MD** |
| **Lunch Break**<br>**11:15 pm - 12:45 pm** | **Lunch on your own**<br>  |
| | **Moderator of the President's Lecture: Chad Kerksick PhD FISSN** |
| **12:45 pm – 1:15 pm** | President's Lecture<br>Winning With Nutrition: Maximizing Performance & Recovery Strategies<br>**Matthew Frakes PhD RD LD CSSD** |
| **1:15 pm - 1:45 pm** | ISSN's Data Blitz - 60 seconds of pure science fun<br>**Judges: Jeff Stout PhD, Tim Ziegenfuss PhD, Lia Jiannine PhD, Tobin Silver PhD, Antonella Schwarz PhD**<br>**Moderator: Guillermo Escalante DSc FISSN** |
| | **Moderator: Tim Ziegenfuss PhD FISSN** |
| **1:45 pm - 2:00 pm** | Optimizing Exercise Recovery with Astaxanthin Supplementation<br>**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).<br>**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<br>**Katie Emerson MS RD CISSN,** Sponsored by Kyowa |
| **2:30 pm - 3:40 pm** | **Visit the Exhibitors** |
| | **Moderator: Jose Antonio PhD FISSN** |
| **3:40 pm – 4:00 pm** | **In Memory of Roger Harris PhD**<br>A true giant in the field of sports nutrition<br>**Jeffrey Stout PhD FISSN** |
| | **Moderator: Chad Kerksick PhD FISSN** |
| **4:00 pm - 4:50 pm** | **Keynote Presentation**<br>**The Roger Harris Memorial Address**<br>Celebrating 60 Years of Mechanistic Skeletal Muscle Hypertrophy Research<br>**Michael Roberts PhD** |

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| **5:00 pm – 6:15 pm** | **Happy Hour and Poster Presentations**<br>**Location: Outside of the Conference Hallway - You'll see numbered posters**<br><br>**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.**<br><br>Poster Judges: Gerseli Angeli PhD, Victoria Burgess PhD, Darren Candow PhD FISSN, David Church PhD, Jamie Deitrick 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, Trisha VanDusseldorp PhD, Katie Vasenina PhD, Dante Xing PhD |

| **Day 3: June 25 Wed** | **Room: Salons DEF** |
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| | **Moderator: K. Michelle Singleton PhD** |
| **8:45 am - 9:15 am** | Contraceptives and the Athlete: Knowns and Unknowns<br>**Madelin R. Siedler PhD** |
| **9:15 am – 9:45 am** | Pistachios and Peak Performance: Unlocking Nutritional Benefits for Athletes<br>**Emily Zorn MS RD & Catherine Sebastian MS RD**<br>sponsored by Wonderful Pistachios |
| **9:45 am-10:15 am** | What's the Talk with Quercetin? Potential Benefits for Exercise Performance and Recovery<br>**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<br>**Richard Swinbourne PhD** |
| **10:55 am - 11:25 am** | Bone Appétit: Nutritional strategies for optimizing bone health in female athletes<br>**Jennifer Fields PhD** |
| **11:25 am - 11:55 am** | From Intentions to Actions: The Role of Behavioral Theories in Shaping Athletes' Dietary Behavior<br>**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<br>**Ross Peterson PhD**, sponsored by Helaina |
| **12:10 pm - 1:35 pm** | **Lunch Break on your own**<br>  |
| **1:35 pm – 2:00 pm** | **ISSN Updates and Awards -** You must be present to win your award or prize. Chad Kerksick 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<br>**Antonella Schwarz PhD** |
| **2:15 pm – 2:30 pm** | Strategies for Improving Body Composition in Elite Athletes: A Practitioner's Insight<br>**Patrick McCarthy MS CISSN SENr** |
| **2:30 pm – 2:55 pm** | Collagen protein and peptides - It doesn't do sh#$ except when it does<br>**Katie Vasenina PhD CISSN** |

| | **Michael Greenwood PhD Memorial Student Presentations**<br>**Please support our student presenters! They have a tough job.**<br>**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.<br>**Gianna F. Mastrofini MS** |
| **3:10 pm - 3:20 pm** | Extreme Dieting in Mid-Life Females<br>**Landon Shannahan MS** |
| **3:20 pm - 3:30 pm** | Reverse Dieting in Resistance-Trained Males and Females<br>**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<br>**Kworweinski Lafontant MS** |
| **3:40 pm - 3:50 pm** | Exploring the Utility of Yoga Nidra and Body Scan as Therapeutic Interventions for Chronic Pain<br>**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<br>**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).***



**Jose Antonio PhD FISSN, Guillermo Escalante DSc FISSN, and Michael Sagner MD**

**BIO**s: *Jose Antonio* is the CEO and co-founder of the ISSN, a 501c3 academic non-profit. Guillermo Escalante DSc is the current VP of the ISSN. *Michael Sagner*, MD, FRSM, FRCP, FESPM, is a medical doctor and researcher specializing in sports and preventive medicine. He completed his MD at the Technical University of Munich and is a certified nutritionist. Dr. Sagner served as the medical director at Europe's first university medical center section for preventive and lifestyle medicine, overseeing an interdisciplinary team and working with top-tier athletes. *Guillermo Escalante* is the current VP of the ISSN and faculty at Cal State University-San Bernardino.

**Title of Talk**: Breaking the Boundaries: The Latest Evolution of the ENHANCED Games

**Talk Description**: The Enhanced Games' "Safer Sports" initiative emphasizes athlete safety through comprehensive medical profiling, including advanced imaging, biomarker analysis, musculoskeletal assessments, cognitive evaluations, etc. thus providing insights to optimize performance. The Program aims to safely push the limits of human performance by partnering with athletes and personalizing assessments based on individual needs and disciplines. Plenty of data will be generated.

Disclosure: Jose Antonio PhD and Michael Sagner MD serve on the Enhanced Medical and Scientific Commission; however, they are external consultants. They are not employed by Enhanced.

**Darren Candow PhD FISSN**

**BIO**: Dr. Darren Candow, PhD, is a Full Professor and Director of the Aging Muscle and Bone Health Laboratory at the University of Regina. He specializes in exercise physiology, nutrition, and aging, with a focus on creatine monohydrate and resistance training. Dr. Candow has published over 120 peer-reviewed manuscripts and supervised numerous graduate students. He serves on several editorial boards and has received significant research funding. His work aims to improve musculoskeletal health and reduce the risk of falls and fractures through lifestyle interventions. Dr. Candow is also a renowned consultant in sports science.

**Title of Talk**: Common Questions and Misconceptions About Many Things: Protein, Creatine, Caffeine, Energy Drinks

**Talk Description**: This talk addresses common misconceptions about protein, creatine, caffeine, and energy drinks. It clarifies their benefits and interactions, debunking myths like creatine and caffeine interference. The discussion highlights caffeine's performance-enhancing effects, creatine's role in muscle recovery, and the importance of understanding each supplement's unique benefits and potential interactions.

**David Church PhD**

**BIO**: Dr. David Church is an assistant professor at the University of Arkansas for Medical Sciences and the Director for the Center for Translational Research in Aging & Longevity. Dr. Church completed his post-doctoral training under Dr. Arny Ferrando and Dr. Robert Wolfe. His research focus is on reversing catabolic and pathological conditions.

**Title of Talk**: Data and Dogma: Animal Sourced Protein and Health

**Talk Description**: Interest in diets lacking animal protein is increasing due to perceived health benefits. There has been a large amount of evidence on this topic, with the majority of negative finds being from epidemiologic research.

I will briefly outline the difference in quality of evidence between epidemiology and RCT research and flaws with nutrition research. Next, I will present where there is agreement in the epidemiology literature and how that is perfectly replicated in trials. Finally, I will illustrate how overoptimization to one health outcome based off epidemiology findings compromises other physiological systems. My talk be topical in nature but include **original unpublished data** from our lab.

**Katie Emerson MS RD**

**BIO**: Katie Emerson, MS, RD/LDN, is a Senior Manager of Scientific Affairs at Kyowa Hakko USA. She is a registered and licensed dietitian with extensive experience in nutrition and dietetics, specializing in sports nutrition. Emerson has worked in various roles, including Manager of Scientific Affairs at Nutrition21, where she oversaw preclinical and clinical studies. She is currently pursuing a PhD in Exercise Science and Sports Performance at Rocky Mountain University of Health Professions. Emerson is active in professional organizations such as Women in Nutraceuticals and the International Society of Sports Nutrition.

**Title of Talk**: Setria Glutathione is here to PUMP you UP! Explore the benefits GSH has on increasing NO production

**Talk Description**: Setria Glutathione is a powerful antioxidant that protects cells from oxidative stress and supports immune function. It is produced via fermentation, ensuring high purity and effectiveness. Setria Glutathione helps increase blood glutathione levels, enhancing detoxification and antioxidant defenses.

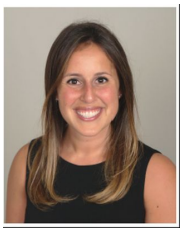
**Arny Ferrando PhD FISSN**

**BIO**: Dr. Ferrando's work has focused on the preservation of skeletal muscle and includes investigations utilizing exercise, pharmacological, and nutritional interventions to ameliorate muscle loss. His many investigations have spanned diverse circumstances of muscle loss, including space flight, kidney disease, heart failure, burn injury, trauma, post-surgical rehabilitation, aging, and sustained military operations. Much of his work focuses on optimal nutritional/protein intake in these circumstances, and he holds three patents on a nutritional formulation designed to improve muscle recovery. His current work focuses on optimal nutrition during aging and nutritional supplementation to enhance soldiers' performance and both cognitive and physiological resiliency. He has career-long funding from both federal and industry sources, and has over 170 peer-reviewed publications, invited reviews, and book chapters.

**Title of Talk**: Whole-body proteostasis and effects on skeletal muscle

**Talk Description**: This talk will highlight the importance of maintaining whole-body proteostasis on skeletal muscle protein metabolism. A brief description of methodologies will be presented, with a focus on the loss of whole-body proteostasis during periods of metabolic stress, including caloric deficit. Data on nutritional interventions to maintain both muscle and whole-body proteostasis during metabolic stress will be presented. The take-home message is that whole-body proteostasis must be maintained, or nutritional effects on muscle will be mitigated.

COI: Dr. Ferrando is an inventor on three patents concerning EAA administration and muscle recovery. He also receives funding from commodity, industry, and DoD sources.



**Jennifer Fields PhD**

**BIO**: Dr. Jen Fields is an Assistant Professor in the Department of Nutritional Sciences at the University of Connecticut and the Director of the Sport Nutrition & Body Composition Lab. She earned her PhD in 2020 in Kinesiology from George Mason University, where her research focused on optimizing athlete health through comprehensive load monitoring programs in NCAA Division I athletes. Jen's research explores the role of nutrition in improving body composition, recovery, and athletic performance, with a particular emphasis on bone health and low energy availability. Jen is the Co-Founder of the Athlete Sport Performance Initiative for Research and Education, a program dedicated to advancing evidence-based sports nutrition and sport science practices. practice, and loves to work with athletes to optimize their nutrition and fueling strategies.

**Title of Talk**: Bone Appétit: Nutritional strategies for optimizing bone health in female athletes

**Talk Description**: Optimal bone health is essential for female athletes, yet it is often compromised by factors like low energy availability (LEA) and suboptimal nutrition. This talk will highlight our research in athletes 1) examining the prevalence of LEA, body image concerns, and disordered eating, and 2) evaluating bone mineral density (BMD) and potential screening tools for early detection of bone maladaptation. We will also provide evidence-based, **practical strategies for fueling and supplementation** to mitigate bone loss and support **long-term skeletal health and performance** in female athletes.

**Scott Forbes PhD FISSN**

**BIO**: Dr. Scott Forbes is an Associate Professor and Chair of the Department of Physical Education Studies at Brandon University. He is also an adjunct professor at the University of Regina. Dr. Forbes holds certifications as a Certified Sports Nutritionist (CISSN) and Clinical Exercise Physiologist (CEP). His research focuses on nutritional and exercise interventions to enhance muscle, bone, and brain function in athletes and older adults. He has published over 110 peer-reviewed manuscripts and five book chapters, contributing significantly to the fields of sports nutrition and exercise physiology.

**Title of Talk:** Alternative Forms of Creatine: Is Monohydrate Still the King or Does it Make You Bald

**Talk Description**: Creatine monohydrate is a widely studied sports supplement used to enhance athletic performance and increase muscle mass. It works by boosting anaerobic energy capacity, allowing for improved strength and power output during high-intensity activities. Dr Forbes will cover a recent RCT on whether it makes you bald!

**Matthew Frakes PhD RD CSSD**

**BIO**: Dr. Matt Frakes is the Director of Performance Nutrition for the New York Football Giants, where he leads the development and execution of nutrition strategies to optimize player performance, recovery, and longevity. With a PhD in Nutrition & Hospitality Management, Dr. Frakes is a Registered Dietitian and Certified Strength and Conditioning Specialist, bringing a comprehensive approach to athlete care. His expertise spans behavioral change, supplementation, hydration strategies, and injury rehabilitation nutrition. As a former Division I collegiate student-athlete, his interests include building upon a sports nutrition and clinical nutrition background and focusing on the impact of nutrition and dietary intake on the recovery rate of concussions. His mission is to develop and educate athletes for performance, recovery, and longevity through 4 pillars of performance nutrition excellence: choices, consistency, preparation, and timing. Before joining the Giants, Dr. Frakes was the Assistant Athletic Director for Sports Nutrition for Football at Louisiana State University.

**Title of Talk:** Winning With Nutrition: Maximizing Performance & Recovery Strategies
**Talk Description**: This presentation delivers a practical, research-driven approach to enhancing on-field performance and recovery for elite athletes. Tailored for practitioners working in high-performance environments, it covers a transdisciplinary strategy for team support, emphasizing the role of performance nutrition in behavior change, hydration management, supplementation, and injury rehabilitation. Dr. Frakes explores how to apply cutting-edge technology in nutrition monitoring and the importance of individualized fueling strategies for training and competition. Attendees will gain actionable insights into integrating performance nutrition seamlessly within athletic development and sports medicine frameworks to elevate athlete readiness and recovery.

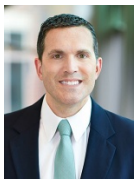
**Violette Gibbs, Doctoral Student**
**BIO:** Violette J. Gibbs is currently a PhD student in Kinesiology at the University of Central Florida. She earned a Bachelor of Science in Biology and a Master of Science in Kinesiology from the University of Central Florida. Violette is an E-RYT200 registered yoga instructor and teacher trainer through Yoga Alliance, a certified meditation and yoga nidra practitioner, licensed massage therapist, and a certified sports nutritionist. Under the mentorship of Dr. Abigail Anderson, Violette is investigating mind-body approaches in pain rehabilitation and treatment. Her current focus is on the methods and mechanisms of mind-body interventions, aiming to bridge the gap between clinical research and practical applications for pain management.
**Title of Talk**: Exploring the Utility of Yoga Nidra and Body Scan as Therapeutic Interventions for Chronic Pain
**Talk Description**: Chronic pain is a biopsychosocial experience affecting 1 in 5 adults in the United States. Mind-body interventions (MBIs), including Yoga Nidra and Body Scan, have shown promise in alleviating pain intensity and enhancing mental well-being. Yoga Nidra employs a structured relaxation process, including breath awareness, body scanning, and visualization, while Body Scan focuses on somatic awareness by directing attention to distinct body regions. This talk will explore a recent quasi-experimental preliminary study comparing the immediate effects of these two MBIs on pain-related outcomes, including pain intensity, well-being, pain anxiety, and optimism. The findings highlight the potential of both interventions to reduce pain and anxiety, with Yoga Nidra uniquely improving well-being post-intervention. This session will discuss the methods, results, and implications for integrating MBIs into chronic pain management strategies, emphasizing their role in promoting psychological resilience and overall quality of life.

**Brett Grelle, MS, CSCS & Glenn Castro, RD**
**BIO**s: Brett Grelle is a highly skilled and accomplished Sport Scientist with a Master of Science degree in Exercise and Nutritional Sciences. As a Certified Strength and Conditioning Specialist (CSCS), Brett has dedicated his career to designing and implementing cutting-edge training programs for athletes across various levels and sports. Currently serving as a Sport Science Manager at the UFC Performance Institute in Las Vegas, NV. Brett leads and assists the delivery and coordination of an extensive portfolio of sports science services, technology interfaces, and applied science applications that are aligned to support and impact the health, wellbeing, and performance of combat athletes. Brett also administers energy system diagnostics and the monitoring of a variety of critical physical and physiological parameters in his role; including cardiovascular function, cognition, biological markers, neuromuscular activity, energy system profiling, and factors relating to recovery and regeneration. This includes conducting bespoke research projects to directly address key questions/hypotheses relating to athlete health, wellbeing and performance enhancement which requires proactively collaborating and seeking optimal cross-discipline initiatives within the Performance Institute.
Glenn Castro is the Performance Nutrition Manager at the Ultimate Fighting Championship. Glenn and his team support the UFC's global rostered athletes in all phases of their preparation cycle utilizing cutting edge technologies

and services offered at the UFC Performance Institute (UFCPI) in Las Vegas Nevada. Prior to working at the UFCPI, Glenn was a Clinical Dietitian for Adventist Health Simi Valley and White Memorial in addition to Los Robles Regional Medical Center. Glenn was also a NCAA collegiate wrestler at Saint John's University.
**Title of Talk**: Weight Cutting Trends in Professional Mixed Martial Artists: Impacts on Fight Outcomes
**Talk Description**: Weight cutting is a defining aspect of combat sports, but how does it truly impact fight outcome? In this presentation, we'll break down key trends from the largest weight-tracking dataset ever compiled, revealing how fighters manage their cuts and what patterns emerge across divisions. We'll explore the relationship between weight management, fight preparation, and fight outcomes—offering insights that could reshape approaches to weight cutting. Whether you're a practitioner or athlete this session will provide valuable takeaways on optimizing fight week strategies. Don't miss this deep dive into one of MMA's most critical factors!


**Susan Hamrahi ND**
**BIO**: Dr. Hamrahi serves as the Scientific Communications Specialist at AstaReal, Inc., where she oversees a wide range of scientific education initiatives, including nutritional training, publications, and content development. Her efforts are dedicated to providing professionals with accurate, up-to-date scientific information. As a Naturopathic Doctor with over 18 years of industry experience, Dr. Hamrahi is deeply committed to creating and executing impactful educational campaigns. Her work focuses on raising awareness of astaxanthin as a powerful antioxidant, emphasizing its therapeutic applications and its contributions to overall health and well-being.
**Title of Talk**: Optimizing Exercise Recovery with Astaxanthin Supplementation
**Talk Description**: This seminar will explore the research on astaxanthin, a powerful antioxidant, and its role in enhancing exercise recovery. Key areas of focus include its effects on muscle damage, exercise-induced inflammation, sensation of soreness, and mental fatigue. This will include the following key concepts. 1) Understand the mechanisms through which astaxanthin may aid in muscle repair and reduce recovery time. 2) Explore how astaxanthin combats exercise-induced inflammation and oxidative stress. 3) Gain insights into how it affects the sensation of soreness and promotes overall comfort post-exercise. 4) Delve into its benefits for managing cognitive fatigue to promote recovery.


**Douglas Kalman PhD RD FISSN**
**BIO**: Doug Kalman PhD is the co-founder of the ISSN and is considered one of the leading authorities in the field of dietary supplements. He serves as an Adjunct Faculty member at NSU Florida.
**Title of Talk**: Mel Williams Memorial Lecture on Ergogenic Aids: Muscle Building Supplements - What are These, Do They Exist?
**Talk Description**: This session will serve to help define what "muscle building" is and allow for a deeper understanding of what it takes to accrue muscle. There are many facets that influence the ability to "muscle build" or "build muscle"; the operational definition matters just as much as what occurs on the cellular and macro levels in humans. Douglas S. Kalman is a co-founder of the International Society of Sport Nutrition. He also serves as a co-editor of the JISSN. Dr. Kalman is a Clinical Associate Professor at Nova Southeastern University (Davie, FL.), has a Sports Nutrition practice and is active with a Consultancy.



**Chad Kerksick PhD FISSN, ISSN President (2024-2026)**

**BIO**: Dr. Chad Kerksick is an Associate Professor of Exercise Science at Lindenwood University, where he directs the Exercise and Performance Nutrition Laboratory. He holds a PhD in Exercise, Nutrition, and Preventive Health from Baylor University. Dr. Kerksick is a Fellow of the American College of Sports Medicine and the International Society of Sports Nutrition. His research focuses on exercise and nutrition interventions impacting health, performance, and recovery. He has published over 100 peer-reviewed articles and serves on the Board of Directors for the NSCA Foundation.

**Title of Talk:** HMB – Its Role in Skeletal Muscle

**Talk Description**: HMB supplementation can modestly increase lean body mass, particularly in untrained individuals and older adults. Studies show that HMB may enhance fat-free mass gains during resistance training, with a mean difference of a few hundred grams compared to placebo groups. In older adults, HMB supplementation significantly increases fat-free mass. However, its effectiveness in trained athletes is less clear, with some studies indicating minimal impact on strength or body composition. HMB's benefits are attributed to its anticatabolic properties, reducing muscle protein breakdown and potentially aiding in muscle preservation during catabolic states.

**Jennifer A. Kurtz PhD CISSN**

**BIO**: Dr. Jennifer A. Kurtz, Assistant Professor of Kinesiology-Exercise Physiology and Nutrition, Director of Departmental Honors in Exercise Science and the Sports Nutrition and Performance Laboratory. Her research investigates the impact of dietary interventions on sports performance, recovery, and blood biomarkers, focusing on nutrient timing and hormonal influences to optimize health and performance.

**Title of Talk**: What's the talk with Quercetin? Potential Benefits for Exercise Performance and Recovery

**Talk Description:** Quercetin (QCT), a flavonol found in foods like berries, onions, and buckwheat tea, has been studied for its antioxidant, anti-inflammatory, and cardioprotective properties [1-3]. While QCT may help reduce oxidative stress and inflammation in exercise, research on its effectiveness for endurance, anaerobic performance, and muscle recovery remains mixed [4]. This presentation will examine randomized controlled trials on chronic QCT ingestion (>14 days) in athletes, which show more promising effects on muscle damage reduction and aerobic performance, likely due to its neuromuscular and mitochondrial benefits. Additionally, I will discuss how QCT's bioavailability may be enhanced when combined with other compounds like EGCG, vitamins, and minerals [2,5-7]. Key findings on QCT combined with L-citrulline for 20-km time-trial performance will be discussed [8], along with its effects on nitric oxide metabolites and antioxidant biomarkers in trained cyclists [9]. Lastly, I will present preliminary data on QCT's potential to mitigate exercise-induced muscle damage, particularly in lower-body exercise, with only limited supporting evidence in upper-body exercises [10-12]. In conclusion, while QCT shows promise, more research is needed to confirm its benefits for performance and recovery.

**Kworweinski Lafontant MS**

**BIO**: Kworweinski Lafontant is an NSCA certified strength coach and an ACSM certified exercise physiologist and personal trainer from Orlando, FL. He graduated from Hope College ('21) with a bachelor's degree in Exercise Science and from the University of South Florida ('23) with a master's in Exercise Science, where he served as the research coordinator for the Physique & Performance Enhancement Lab under the mentorship of Dr. Bill Campbell. He is currently completing his PhD in Kinesiology at the University of Central Florida as a McKnight Doctoral

Fellow under the mentorship of Dr. David Fukuda and Dr. Jeffrey Stout. Outside of research, Kworweinski is an avid exerciser, speaker of metaphors, and Arizona Iced Tea connoisseur.
**Title of Talk**: A Closer Look at Body Composition, Dietary Habits, and Supplement Use Among High-Intensity Functional Training Athletes
**Talk Description**: High Intensity Functional Training has boomed in popularity through brands like CrossFit and F45. This presentation will dive into the world of HIFT and discuss what the typical athlete looks like, how they eat, and the supplements they use, and their reasons for supplementation.

**Christopher Lockwood PhD**

**BIO**: Dr Lockwood possesses one of the most diverse and accomplished careers within sports nutrition. He currently serves as Vice President of Scientific Affairs for Nutrabolt (maker of C4® Energy, Cellucor®, and XTEND®) and Executive Director of Nutrabolt Performance Labs. He has over 80 scientific publications and presentations, has raised over $5.3MM in cash donations and contributions toward experimental and applied research, is the recipient of 3 research awards, including *Best Original Research* by the American Nutrition Association, and he is the lead inventor on six patents and two pending applications. Previously, Dr Lockwood served as Chief Scientific Officer of 4Life Research, Senior Category Director of the Diet, Energy, Food and Beverage category of GNC, Editor-in-Chief of *Muscle & Fitness* and *M&F Hers* magazines, Senior Brand Manager of American Body Building (ABB), Adjunct Science Editor at Bodybuilding.com, and Assistant Professor in the School of Exercise & Sports Science at the University of Mary Hardin-Baylor. Over the course of his almost 30-yr industry career, Dr Lockwood has provided R&D services for 100s of leading companies, served as Lead Nutritionist for the critically acclaimed HBO® MAX series, WINNING TIME: The Rise of the Lakers Dynasty, and developed customized nutrition and supplements for Academy Award winning actor Matthew McConaughey [*Magic Mike*; *True Detectives (Season 1)*], Adrien Brody [*WINNING TIME* (Season 2)], and Grammy Award nominated singer Ciara Harris (*Basic Instinct*), just to name a few.
**Title of Talk**: The Future of Sports Nutrition Research ***in*** Development: The d9-Caffeine and C4 Alpha Bomb Case for a More Effective Industry Model
**Talk Description**: In an industry ripe with borrowed science, knockoff ingredients and formulas, and assumed efficacy and safety of formulations barked by self-applauded geniuses with no legitimate expertise, it's of little wonder why the sports nutrition industry is such an easy target for criticism and lawfare by its detractors. Laws enacted and proposed within such states as NY, NJ, NH, and CA to restrict the sale of sports nutrition products and other dietary supplements; newly appointed HHS Secretary, Robert F. Kennedy, Jr, looking to close what he describes as a grossly abused GRAS Self-Affirmation process; the FDA itself claiming it will soon publish its Final Rule for what it deems a New Dietary Ingredient (NDI) and the substantiation of safety that will be necessary under the new rule. All because of a general opinion that much of what is sold as dietary supplements are untested for safe use. I will present, instead, case study evidence of a more innovative, research-substantiated, and sustainable business model that has already achieved its return on investment within less than 18 months of operation.

**Gianna Mastrofini MS CSCS**

**BIO**: Gianna Mastrofini is a doctoral candidate in Exercise Science at the University of South Carolina. Under the mentorship of Dr. Shawn Arent in the Sports Science Laboratory, she conducts research to optimize the physical and cognitive performance of military personnel, athletes, and first responders through nutrition, supplementation, and training interventions. As an advocate for applied research, she collaborates with USC athletes and ROTC members, facilitating the integration of sport science testing, monitoring techniques, and education opportunities.
**Title of Talk**: Comparative Effects of High-Intensity Functional Training, Traditional Strength Training, and Concurrent Training on Body Composition and Performance in Tactical Populations.

**Talk Description**: This talk explores the importance of comprehensive physical fitness and optimal body composition in sustaining operational readiness among tactical personnel. It will compare the unique effects of high-intensity functional training, traditional strength training, and concurrent training, emphasizing the potential advantages and limitations of each approach. The research methodology employed to assess whether one program is superior to the others will be detailed. Preliminary results will be shared, followed by a discussion of the findings. The session will wrap up with consideration of potential future directions for this area of research.

**Dr. Jamie McAllister-Deitrick**

**BIO:** Dr. McAllister-Deitrick is currently an Associate Professor in Sport and Exercise Psychology at Coastal Carolina University in the Conway Medical Center College of Health and Human Performance, Department of Kinesiology. She teaches courses on sport and exercise psychology, the psychology of sport-related injury, including chronic illnesses and injuries, and research methods, as well as advises students in research. Dr. Deitrick's research interests include mental performance interventions focusing on a mindfulness approach, athletes' attitudes regarding sport psychology, the psychosocial considerations of sport-related injury and return to play, including chronic injury and illness, and nutritional interventions in collegiate athletes. She has also begun to explore the psychosocial impact of the Covid-19 pandemic on collegiate athletes.

**Title of Talk**: From Intentions to Actions: The Role of Behavioral Theories in Shaping Athletes' Dietary Behavior

**Talk Description**: This talk explores how the Theory of Planned Behavior (TPB) and Social Cognitive Theory (SCT) provide a comprehensive framework for understanding the dietary behaviors of athletes. We delve into the psychological and social factors that influence dietary decision-making. By connecting theory to practice, we highlight strategies for promoting healthier eating habits among athletes. This talk offers valuable insights for coaches, nutritionists, and researchers aiming to enhance athletic performance through tailored dietary interventions rooted in behavioral science.

**Patrick McCarthy MS, BS, PgDip, CISSN (c), SENr (c)**

**BIO**: Director of Sport Science and Performance Nutrition at Impact Basketball (1yr), Nutrition Specialist at O2X Human Performance (3 yrs - over 100 keynote presentations delivered), Director of Performance Nutrition Clare GAA (1yr), Sports Nutritionist at Team Biolayne (1yr), Performance Nutritionist at daveynutrition (1yr), self-employed performance nutritionist (4 yrs), 2500 coaching hours

**Title of Talk**: Strategies for Improving Body Composition in Elite Athletes: A Practitioner's Insight

**Talk Description**: Body composition improvement is the most highly sought-after goal during and after the competitive season in elite athletics. These are often goals pushed by coaches and the athletes, both of whom have little to no nutrition knowledge. This leads to frustration felt by performance staff when their goal is to ensure the safety and optimal performance of the athlete. It also gives way to friction between the performance and coaching staff. I will endeavor to provide evidence-based, safe, and proven strategies that help performance dietitians and nutritionists to foster body composition improvements, while ensuring the health, safety, and performance of their athletes.

**Ross Peterson PhD**

**BIO**: Ross Peterson is the Director of Regulatory and Scientific Affairs at Helaina Inc. A nutrition scientist with deep expertise in food innovation, nutritional biochemistry, and global health, he has over a decade of experience in regulatory affairs. Throughout his career, he has led the approval of novel food ingredients, including precision-fermented human milk proteins, and has overseen clinical and preclinical research to establish their safety and efficacy. Ross began his career at Abbott Nutrition, where he supported both infant and adult nutrition portfolios. In 2022, he joined Helaina and played a pivotal role in demonstrating the safety of the first human lactoferrin approved for use in food and dietary supplements. His work has been instrumental in advancing nutrition science through translational research, claims substantiation, and strategic engagement with regulatory agencies.

**Title of Talk:** Human Lactoferrin: The Clinically Studied Ingredient Taking Women's Health and Performance Nutrition by Storm

**Talk Description**: Dr. Peterson will introduce effera, the world's first clinically studied human lactoferrin for adult supplementation, to a group of elite sports and performance nutrition scientists; Share clinical and preclinical results; Build excitement for sports-related clinical trial end points that have been scoped for Helaina's 2025 clinical; Open the conversation to assess the best ways to accelerate the world's best sports nutrition scientists' (many of whom will be in the audience!) to study of effera.

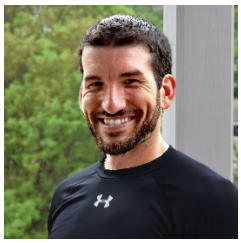
**Valentina Rodriguez, M.S.**

**BIO**: Valentina Rodriguez earned a B.A. in Molecular Biology and Nutrition Science from the University of Pennsylvania and an M.S. in Exercise Science from the University of South Florida, where she currently serves as the research coordinator for Dr. Bill Campbell. Additionally, she is an adjunct professor at USF, an IFBB Professional Bodybuilder, and an online physique coach. Through her research and outreach, Valentina launched a podcast, The VALidity Podcast, that aims to bridge the gap between scientific discovery and practical application, empowering individuals to optimize their health through scientific principles.

Her current research investigates how 'Reverse Dieting' compares to other post-dieting strategies in mitigating weight regain after intentional weight loss. Now, as a professor, researcher, and coach, Valentina is dedicated to uncovering the molecular

**Title of Talk**: Reverse Dieting: Investigating post-dieting strategies to mitigate weight regain after intentional weight loss.

**Talk Description**: Valentina will be presenting on the current findings of a massive 400+ subject study looking at how different nutritional interventions after intentional weight loss affect various factors including body weight, dieting experience, quality of life, and more.



**Brandon Roberts, PhD, MBA, CISSN**

**BIO:** MAJ Roberts is the Director of Translational Research in the Military Performance Division at the U.S. Army Research Institute of Environmental Medicine. Through a combination of cell culture, animal models, clinical trials,

and field studies, he investigates how the body responds to exercise, injury, extreme environments, and the effects of pharmaceutical and nutritional interventions. His mission is to optimize Warfighter health and performance.
**Title of Talk**: The physiological and psychological demands of the U.S. Army Combat Diving Qualification Course (CDQC).
**Talk Description**: This presentation will discuss findings from an observational study investigating the physiological and psychological demands of the U.S. Army Combat Diving Qualification Course (CDQC). The six-week course is an intense training program designed to prepare Special Operations Forces for subsurface combat operations, yet little is known about how this training impacts participants' physical and mental health. This study characterized changes in energy expenditure, hydration status, respiratory physiology, and stress responses using a combination of physiological biomarkers (e.g., S100β, BDNF, HIF-1α, ) and psychological assessments (e.g., RESTQ-S, POMS, DALDA). These findings will contribute to developing targeted interventions to mitigate injury risk and enhance operational readiness among combat divers.


**Michael Roberts PhD**

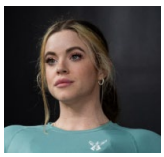
**BIO**: Dr. Roberts received his undergraduate and Masters degree at Baylor University, his PhD at the University of Oklahoma, and his postdoctoral fellowship at the University of Missouri-Columbia. He is currently an Auburn University Alumni Professor in the School of Kinesiology at Auburn University where he serves as the Director for the Nutrabolt Applied and Molecular Physiology Laboratory. Dr. Roberts' laboratory primarily examines how nutrition, supplementation, and different modes of exercise training affect skeletal muscle hypertrophy. He currently has over 220 publications in several preeminent physiology and nutrition journals, has served senior editor roles for various physiology journals, and has given numerous lectures at regional, national, and international scientific conferences and venues.
**Title of Talk**: The Roger Harris Memorial Address - Celebrating 60 years of mechanistic **s**keletal muscle hypertrophy research
**Talk Description**: Dr. Roberts will first discuss some of the historical papers instrumental in formulating this field. Next, he will outline the current thoughts as to the mechanisms that regulate skeletal muscle hypertrophy. Finally, he will end the lecture discussing the interface between nutrition as well as nutritional supplements and skeletal muscle hypertrophy.


**Michael Sagner MD**

**BIO**: Dr Sagner is the Ageing Research at King's (ARK) Clinical Advisor in longevity and preventive medicine. He is a clinician and researcher specializing in sports medicine and preventive medicine. He is a Certified Nutritionist and completed his MD at Technical University Munich. He specializes in Sports Medicine, Endocrinology and Preventive Medicine, and had an affiliation with the College of Applied Health Sciences, University of Illinois at Chicago. He is the Editor-in-Chief of Longevity, Lead Editor of Lifestyle Medicine, Fellow of the Royal Society of Medicine, and Fellow of the European Society of Preventive Medicine.
**Title of Talk**: Testosterone Unveiled - Real-World Data
**Talk Description**: Testosterone offers numerous benefits for individuals with low testosterone levels, including increased muscle mass, improved bone density, and enhanced energy levels. It can boost mood, reduce symptoms of depression, and improve cognitive function. Many men experience a resurgence in libido and sexual performance. Dr. Sagner will edify the audience on the clinical application of this amazing hormone.


**Antonelle Schwarz PhD**

**BIO**: Antonella Schwarz is an Assistant Professor of Exercise Science at Barry University in Miami, specializing in skeletal muscle physiology and strength training. With a PhD in Exercise Science, her research focuses on innovative resistance training methods and sports nutrition to enhance performance and recovery. She brings a unique blend of academic rigor and practical application to the study of human movement and training efficiency. As an avid runner and weightlifter, she has a deep understanding of the physiological demands of athletic performance. Antonella is dedicated to translating cutting-edge research into actionable strategies for optimizing health and performance.
**Title of Talk**: Myo-reps: much ado about something
**Talk Description**: This talk introduces myo-reps, an innovative training method that leverages strategic rest intervals and high-threshold motor unit activation to optimize muscle hypertrophy. While the conceptual foundation for myo-reps exists in anecdotal sources, its evidence base remains sparse. This presentation bridges that gap by synthesizing parallels from well-studied methods like rest-pause, cluster sets, and blood flow restriction training, and presenting updated insights from muscle physiology.


**Landon Noelle Shannahan, MS, CSCS, ACSM EP-C**

**BIO**: Landon is a master's graduate of USF and Research Coordinator for the Physique & Performance Enhancement Lab under Dr. Bill Campbell. She is also an NPC Wellness Competitor & a coach working with both lifestyle and competitive athletes. Her areas of interest involve physique enhancement, fat loss, muscle growth, and the influence of hormones on these factors, particularly in females.
**Title of Talk**: Rapid Fat Loss in Women Across the Menopause Transition
**Talk Description**: Landon will be presenting the data from our case series study investigating a Rapid Fat Loss protocol in women who are premenopausal, perimenopausal, and postmenopausal. This study is based on previous research utilizing a similar protocol, which I also present as support for the concept of our study. It will be a broad presentation on the theory of this Rapid Fat Loss approach.


**Madelin R. Siedler, MA, Ph.D.**

**BIO:** Dr. Siedler is an assistant professor of exercise science at the College of Saint Benedict and Saint John's University in Minnesota. Her research interests include energy availability, body composition, metabolism, and the unique needs of the female athlete, as well as systematic review methodology.
**Title of talk:** Contraceptives and the athlete: Knowns and known unknowns.
**Talk Description**: This tutorial will aim to provide a helpful crash-course for practitioners and researchers alike by summarizing the ways in which commonly used contraceptives affect the menstrual cycle; discussing the disparate range of hormonal formulations available, including androgenic, estrogenic, and progestogenic effects; presenting the current research on the influence of contraceptive use on frequently used markers of athletic performance and health status; and finally, indicating future avenues of research that are ripe for exploration.
Conflicts of Interest/Sponsors - The speaker declares no financial conflicts of interest. This talk is not funded in whole or in part by any entity.

**K. Michelle Singleton PhD**

**BIO**: Dr. Singleton is currently a Lecturer of Exercise and Sport Science at Coastal Carolina University in the Conway Medical Center College of Health and Human Performance, Department of Kinesiology. She has a diverse background in athletic training, sport nutrition, and human performance. She teaches a variety of courses, including Functional Kinesiology, Exercise and Sport Nutrition, Injury Management, Corrective Exercise Techniques, and Directed Undergraduate Research in Exercise and Sport Science. Dr. Singleton's research interests include sports nutrition education interventions among the athletic population, dietary and recovery strategies following exercise and injury, psychosocial aspects of sport-related injuries, psychological interventions associated with prevention and treatment of sport-related injuries, and body image and body dissatisfaction among the athletic population.
**Title of Talk**: From Intentions to Actions: The Role of Behavioral Theories in Shaping Athletes' Dietary Behavior
**Talk Description**: This talk explores how the Theory of Planned Behavior (TPB) and Social Cognitive Theory (SCT) provide a comprehensive framework for understanding the dietary behaviors of athletes. We delve into the psychological and social factors that influence dietary decision-making. By connecting theory to practice, we highlight strategies for promoting healthier eating habits among athletes. This talk offers valuable insights for coaches, nutritionists, and researchers aiming to enhance athletic performance through tailored dietary interventions rooted in behavioral science.

**Jeffrey Stout PhD FISSN**

**BIO**: Dr. Stout is a Fellow of the NSCA and ISSN. He is a Professor at the University of Central Florida and is one of the most prolific scientists in sports science. He has been cited 29,000 times and has an h-index of 81.
**Title of Talk**: In Memory of Dr. Roger Harris - This talk will outline the amazing contributions of Dr. Roger Harris.
**Talk Description:** This talk explores significant developments in sports nutrition from the 1960s to the early 1990s, highlighting select researchers and beginning with the foundational work of Drs. Jonas Bergström and Eric Hultman tracing the development of the muscle biopsy technique and blood glucose measurement methods. Their collaborative efforts established a crucial connection between diet and exercise performance, laying the groundwork for modern sports science. The review then explores subsequent investigations into muscle energetics, which are crucial for understanding fatigue regulation. It culminates with **Dr. Roger Harris' 1992** discovery that creatine monohydrate (CrM) supplementation could increase plasma and intramuscular creatine levels. Subsequent research has repeatedly shown that CrM increases muscle and exercise performance measures. Additionally, emerging evidence suggests potential benefits of CrM for aging populations and in certain clinical contexts, underscoring its broader relevance beyond sports performance. This historical summary highlights these achievements and how they have improved our understanding of muscle metabolism, sports nutrition, and exercise physiology.

**Matthew Stratton PhD CISSN**

**BIO**: Dr. Stratton is an Assistant Professor of Exercise Science at the University of South Alabama. His research focuses on nutritional supplementation, specialty diets, and their effects on muscular strength, power, and body composition. He is also a certified sports nutritionist (CISSN), exercise physiologist (EP-C), and strength and conditioning specialist (CSCS).

**Title of Talk**: Brain Power for Peak Performance: The Science of Nootropics for Sport
**Talk Description**: In recent years, there has been a growing trend of nutritional supplements targeting athletes and active individuals seeking to enhance mental focus and cognition—commonly referred to as nootropics. These compounds have also begun to be commonly incorporated into products such as pre-workouts and energy drinks with the goal of aiding mental focus and acuity throughout someone's workout or daily life. Some popular examples include huperzine A, vinpocetine, phosphatidylserine, N-acetyl-L-tyrosine, acetyl-L-carnitine, and choline derivatives like alpha-glycerylphosphorylcholine (α-GPC) and citicoline. However, the literature regarding the efficacy of these compounds varies. For instance, research on α-GPC has shown promising effects on mental focus, as well as intriguing benefits beyond cognition, such as increased force production and enhanced growth hormone responses. On the other hand, studies on huperzine A and vinpocetine have yielded more mixed or inconclusive results. This presentation will examine the current body of literature surrounding the use of nootropics for both athletic and cognitive performance. Additionally, we will explore how and when integrating nootropics into a clients' routine may be beneficial. For instance, late afternoon or evening workouts in which traditional stimulants, like caffeine, may be contraindicated due to caffeine's well-documented negative impacts on sleep.


**Danielle Sterner PhD(c)**

**BIO**: Danielle Sterner is currently a doctoral student in the School of Kinesiology and Rehabilitation Sciences at the University of Central Florida. She holds a Bachelor of Science degree in Exercise Science from West Chester University of Pennsylvania and a Master of Science degree in Exercise Physiology from the University of North Carolina at Charlotte. During her master's program, she conducted research on the impacts of training interventions on state and trait anxiety, as well as depression levels. Now, under the guidance of Dr. Jeffrey Stout, Danielle is furthering her research in the field of exercise physiology. Her current focus is on studying physical working capacity thresholds using cycle ergometry, as well as exploring muscle fatigue and pain perception.
**Title of Talk**: Breaking the Pain Barrier: Evaluating the Reliability and Validity of Physical Working Capacity at Pain Threshold
**Talk Description**: The physiological response to exercise has fascinated researchers for centuries, particularly with the use of physical working capacity (PWC) tests to evaluate endurance capacity. Recently, we have developed the physical working capacity at pain intensity threshold (PWCPIT), a novel method to assess the maximal power output that can theoretically be sustained without an increase in perceived pain during cycling. The PWCPIT, based on Cook et al. (1997) pain intensity scale, may offer insights into pain's role in performance limitations. However, research on the reliability and validity of PWCPIT is lacking, limiting its application in research and practice. This session will highlight this gap in research for PWC testing.


**Richard Swinbourne BSc, BCApSc, PG Dip Diet (NZ), PhD**

**BIO**: Dr Swinbourne trained as a clinical dietitian through the University of Otago, New Zealand, and completed his Sport Dietitian course with Sport Dietitians Australia. While working with the New Zealand Rugby Union as their High-Performance Nutritionist for National All Black Teams between 2007-2014, Dr Swinbourne stepped sideways to explore the world of sleep among elite athletes, completing his doctorate at Auckland University of Technology. Upon completion of his PhD, he worked as the team lead of sport nutrition and led the sleep science program at the Singapore Sport Institute between 2016-2022.
**Title of Talk**: Food for Thought - Brain and Ocular Nutrition for High-Performing Humans
**Talk Description**: Please join Dr Richard Swinbourne, PhD, as he provides an update on the literature in this fascinating space and learn more about how you can effectively apply the latest nutritional science to improve your athlete's ocular performance, cognitive functioning and sleep-based recovery.

**Grant Tinsley PhD CISSN**

**BIO**: Dr. Grant Tinsley is a tenured Associate Professor of Exercise Physiology in the Department of Kinesiology & Sport Management at Texas Tech University. He directs the Energy Balance & Body Composition Laboratory, where his research focuses on body composition assessment techniques, energy balance manipulations (such as intermittent fasting and overfeeding), and sports nutrition strategies to improve performance and body composition.

**Title of Talk:** Flexing the Facts: Accuracy of Body Composition Assessment in Muscular Resistance-Trained Individuals

**Talk Description**: Most body composition assessment techniques are developed in the general population, and it is often unclear how accurate these methods are in lean, muscular adults. This presentation will discuss original data and key results from the ATLAS study (Evaluation of **A**ccessible **T**echnologies and **L**aboratory **A**ssessments in Muscular Resistance-trained **S**ubjects), which was conducted in adult males and females with a sustained resistance training history and who met objective inclusion criteria for body fat percentage and fat-free mass index. These individuals underwent a full complement of laboratory body composition assessment methods (e.g. dual-energy X-ray absorptiometry, air displacement plethysmography, professional bioimpedance, deuterium dilution, and more), alongside more accessible technologies like consumer bioimpedance and phone-based 3D scanning. This presentation will make sense of this rich dataset to provide information about which body composition assessment methods may be most appropriate, and least appropriate, for use in this population.

**Sponsors:** Support for the study above was provided, in part, by an unrestricted research donation from Renaissance Periodization. Additional support was provided by the Texas Tech University Graduate School.

**Conflicts of Interest:** GMT has received support for his research laboratory through research funding or in-kind gifts from nutrition and sports nutrition companies, manufacturers of body composition assessment devices, and professional organizations. He is an inventor on the international patent “Compositions and methods of use of beta-hydroxy beta-methylbutyrate (HMB) associated with intermittent fasting.” GMT is the Owner of Tinsley Consulting LLC, which provides paid consulting services to dietary supplement manufacturers. He is also a Scientific Advisor for Prism Labs, a smartphone 3D scanning company, and Chief of Science at Vineyard, a virtual health clinic.

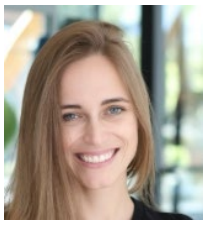
**Jeremy Townsend PhD**

**BIO**: Jeremy Townsend is currently the Senior Research Manager at AG1 and an Adjunct Professor at Concordia University Chicago. Townsend holds a PhD in Exercise Physiology has published over 80 peer-reviewed research studies focusing on sport nutrition, exercise performance, skeletal muscle physiology, and dietary supplementation.

**Title of Talk**: The REMedy for Rest & Recovery: Supplements for Sleep

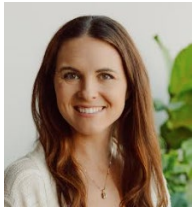
**Talk Description**: This scientific session explores the latest advancements in novel ingredients designed to support and optimize sleep. Through an in-depth review of clinical research and emerging scientific insights, attendees will gain a comprehensive understanding of the mechanisms by which these ingredients influence sleep physiology. The session will examine how specific bioactive compounds contribute to relaxation, sleep onset, and sleep quality.

Conflicts of Interest: I have conducted sponsored research on dietary supplements and received honoraria to speak at various professional conferences. I am an employee of AG1.



**Katie Vasenina PhD**

**BIO**: Katie Vasenina earned her PhD at the School of Kinesiology and Rehabilitation Sciences at the University of Central Florida. She received her M.A. in Global Sustainability and her M.S. in Exercise Science from the University of South Florida, where she studied skeletal muscle adaptations to resistance exercise, the effects of blood flow restriction on muscle size and strength, and low-load alternatives to traditional resistance exercise. She is a Certified Sports Nutritionist (CISSN) through the International Society of Sports Nutrition, a member of the American College of Sports Medicine, and a United States Professional Tennis Association (USPTA) certified tennis coach.
**Title of Talk**: Collagen Protein and Peptides - It doesn't do sh$%, except when it does.
**Talk Description**: Collagen protein is beneficial because it supports skin health, joint function, and overall body strength. As the most abundant protein in the body, collagen provides structure to skin, bones, tendons, and ligaments. Supplementing collagen can improve skin elasticity, hydration, and reduce wrinkles (maybe). This talk will edify the audience on the latest science vis-à-vis collagen.



**Emily Zorn MS RD**

**Catherine Sebastian MS RD**

**BIO**: Catherine Sebastian is a communications leader and Registered Dietitian with expertise in nutrition, public relations, and strategic communications. She leads the Nutrition Communications Team at The Wonderful Company, where she develops initiatives that promote healthy eating and enhance brand awareness. With a Master's in Entrepreneurial Nutrition, she combines clinical knowledge, industry insight, and a creative approach to make complex science accessible. Her experience spans national consumer packaged goods, commodity boards, and international category awareness, and she is frequently featured as a nutrition expert in media and industry events.
**BIO**: Emily Zorn is a registered dietitian currently serving as the Associate Manager of Nutrition Communications at The Wonderful Company. She is the co-founder and co-host of *RDs vs BS Podcast*, where she dives deep into nutrition trends, breaking down the science behind popular myths to provide listeners with reliable, evidence-based information.
Emily earned her Bachelor of Science degree from Syracuse University and completed her Master of Science and Dietetic Internship at The Ohio State University, specializing in Sports Nutrition. With nine years of experience as a sports dietitian, Emily has worked with top-tier athletes at prestigious organizations including The Ohio State University, the University of Illinois, and the Chicago Cubs. Her expertise spans performance nutrition, wellness, and evidence-based health practices, positioning her as a trusted voice in the nutrition space. Emily is passionate about empowering individuals to make informed, science-backed dietary choices that support long-term health and wellness.
**Title of Talk:** Pistachios and Peak Performance: Unlocking Nutritional Benefits for Athletes
**Talk Description**: Discover how pistachios can help athletes achieve peak performance and optimize recovery. This presentation highlights cutting-edge research identifying pistachios as the highest-protein snack nut, as measured by the Protein Digestibility-Corrected Amino Acid Score (PDCAAS). We'll explore pistachios' leucine content, which supports muscle building, and their complete protein profile, rich in essential amino acids that aid recovery. Additionally, we will highlight pistachios' electrolyte content, which promotes hydration and replenishment after intense activity. Join us to learn why pistachios are gaining popularity among athletes and fitness enthusiasts as a natural choice for enhancing performance and overall health.

On behalf of the International Society of Sports Nutrition, I want to extend copious thanks to our **vendors, speakers, moderators, and attendees** for helping make this year's conference more fun than ever.

- To our **speakers**, thank you for sharing your expertise and funny stories. Oh, and data too. Apparently, some attend the ISSN for data. Go figure.
- To our **vendors and sponsors**, we are grateful for your continued support. Your presence is highly appreciated by all of us. And many of us like free stuff. Especially poor PhD students.
- To our **attendees**, thank you for your energy and curiosity. Never stop questioning folks on TikTok and Instagram.
- And finally, many thanks to **Dr. Chad Kerksick** (President for one more year) and **Dr. Guillermo Escalante** (soon-to-be President in 2027) for doing the grunt work of making sure the conference was smooth and successful. My apologies if I was a pain in the a$$ with my constant reminders😊. But my patience runs thin when I'm decaffeinated, and I find a hole in my paddleboard.

Cheers, until next year!
**Jose Antonio PhD** – CEO and Co-Founder of the International Society of Sports Nutrition
***See you next year, June 15-17, 2026, at the Westin in Fort Lauderdale Beach, Florida.***