



Where: Nutrabolt HQ, 332 Grace Lane, Austin, Texas 78746

When: March 21, 2026, Saturday

Register for this amazing event at ISSN.net



10:00 – 10:10 am **Chris Lockwood PhD**, Nutrabolt – Kickoff



10:10 – 10:30 am **Jose Antonio PhD FISSN**– Muscle Hustle: All About Protein – [Nova Southeastern University](#), Department of Health and Human Performance, Davie, Florida USA



10:30 – 10:50 am **Darren Candow PhD FISSN**– Much Ado About Creatine – [University of Regina](#), Kinesiology and Health Studies, Regina, Saskatchewan, Canada



10:50 – 11:10 am **Jeff Stout PhD FISSN** – Buffer Up! Beta-Alanine and Sodium Bicarbonate – [University of Central Florida](#), College of Health Professions and Sciences, Orlando, Florida USA



11:10 – 11:30 am **Tim Ziegenfuss PhD FISSN** – From Beet Juice to Buzz Juice: Nitrates, Caffeine, Teacrine™, and Dynamine™ - [The Center for Applied Health Sciences](#), Canfield, Ohio USA



11:30 – 11:50 am Chris Lockwood PhD & **Mike Roberts PhD** – Protein Bioactives – Beyond Amino Acids & Total Nitrogen – [Auburn University](#), Nutrabolt Molecular and Applied Sciences Lab, Auburn, Alabama USA

11:50 - 12:30 pm Ergogenic Aids Panel Discussion – Q & A



12:30 – 1:30 pm Lunch Break (Nutrabolt Café)



1:30 – 1:50 pm **Shawn Arent PhD FISSN**– Decode your Mojo: Biomarkers for Performance – [University of South Carolina](#), Arnold School of Public Health, Columbia, South Carolina USA



1:50 – 2:10 pm **Jaime Tartar PhD FISSN** – Bedtime Gains: Sleep is the Secret Sauce – [Nova Southeastern University](#), Department of Psychology and Neuroscience, Davie, Florida USA



2:10 – 2:30 pm **Cody Haun PhD** – Genetics Directed Training & Nutrition – Founder and CEO of [Fitomics](#).



2:30 – 2:50 pm **Alyssa Parten PhD** – She-Eats, She-Competes: Female Physiology and Nutrition, [University of Alabama](#), College of Education, Tuscaloosa, Alabama USA



2:50 – 3:10 pm **Bill Campbell PhD FISSN** – Chiseled by Choice: Nutrition for Physique Sports, [University of South Florida](#), College of Education, Tampa, Florida USA



3:10 – 3:30 pm **Tony Ricci EdD FISSN** – Fuel to Fight: Combat Sports – It's More than Just Pretzels and Hummus, [Nova Southeastern University](#), Department of Health and Human Performance, Davie, Florida USA



3:30 – 3:50 pm **Matt Frakes PhD RD** – Tackling Nutrition: Applied Performance Nutrition for the NY Football Giants

3:50 – 4:30 pm | Applied Performance Nutrition Discussion and Q&A

For more information on Nutrabolt, click here: [Nutrabolt | Human Performance Company | C4, XTEND & CELLUCOR](#)