



The 21ST Annual ISSN Conference and Expo

June 18-20, 2024

Hyatt Regency Coconut Point Resort and Spa,
5001 Coconut Road, Bonita Springs, Florida, USA 34134

EARN your CEUs: NASM 14 CEUs, CDR 14, NSCA 1.4, ISSN 14, ACSM 14 CECs

TUESDAY, June 18 - 11:00 am—4:00 pm: Registration is open. Exhibitor set-up is 9:00 am - 12:00 noon. Visit our vendors all afternoon in Calusa EFGH.

WEDNESDAY, June 19 - 7:00 am - 3:00 pm: Registration is open
5:00 pm – 7:00 pm: Drinks and Poster Presentations

THURSDAY, June 20, 8:00 a.m. – 12 noon: Registration is open; the exhibitor breakdown will be at 2:00 p.m.

Restaurants on-site: Tanglewood, Tarpon Bay

Restaurants off-campus:

Flippers on the Bay (2.4 miles away) – waterfront view; excellent seafood and steak
Coconut Jack's Waterfront Grille (4.6 miles away) – waterfront view; seafood and steak
Braxton's – (0.6 miles away) – overlooking a golf course – American food
That BBQ place – (within four blocks) – Lots of meat!

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)

Vice-President Guillermo Escalante DSc FISSN

Staff Office - Great Egret Room

VIP Dinner hosted by Dr. Chad Kerksick - Blue Heron Room - June 18 (by invitation only)

Poor Ph.D. Student Dinner, hosted by Dr. Jose Antonio, Ibis Room, June 18 (by invitation only).

Day 1: June 18, Tuesday	Room: Calusa ABCD
12:55 pm - 1:00 pm	Moderator: Guillermo Escalante DSc FISSN
1:00 pm - 1:30 pm	Low Energy Availability Awareness and Prevention in Adolescent Female Athletes Melanie Sulaver MS RD CISSN
1:30 pm – 2:00 pm	GLP-1 Receptor Agonists in Practice - A Patient, Physician, Athlete and Sports Nutritionist Perspective Maureen Gibbons MD CISSN
2:00 pm - 2:30 pm	Cognizin: A Game Changer in Athlete Brain Health and Concentration Katie Emerson MS RD CISSN, sponsored by Kyowa
15-min Break	
2:45 pm - 3:15 pm	Unlocking the Power (or Not) of Turkesterone: Effects on Body Composition and Sexual Behavior Lia Jiannine PhD CISSN
3:15 pm - 3:45 pm	Pyramid of Anabolism (What Really Matters for Protein and Muscle Growth) David Church PhD
3:45 pm - 4:15 pm	Effects of fucoxanthin-containing microalgae supplementation on body composition and markers of health in overweight women participating in an exercise and weight loss program Jonathan Maury PhD
4:15 pm - 4:45 pm	Challenges and Opportunities in Optimizing Body Composition Among Female Dancers Ann Brown PhD CISSN

Day 2: June 19, Wednesday	Room: Calusa ABCD
	Moderator: Anthony Ricci DSc FISSN
9:00 am - 9:40 am	President's Address Emerging Research from NSU Florida's Fight Science Lab Corey Peacock PhD FISSN
9:40 am - 10:10 am	Data Analysis in Sports Science: Utilizing SPSS and ChatGPT Gabriel J. Sanders PhD CISSN
	Moderator: Jonathan Mike PhD
10:15 am - 10:45 am	Melatonin - Melarkey or Miracle? Jaime Tartar PhD FISSN
10:45 am - 11:15 am	Microbial Enzymes and Dietary Protein: A Winning Combination for Performance Nutrition Sean Garvey PhD, Sponsored by Bio-Cat
11:15 am - 11:45 am	How to Use Science for Purposes Other Than Academic Industry/Academic Discussion Susan Hewlings RD PhD, Dave Slagle, and Katie Emerson MS RD CISSN

Lunch Break 11:45 pm - 1:00 pm	Lunch on your own
11:45 am – 12:30 pm	Graduate Student Round Table: Choosing a mentor for your PhD is the most important decision of your academic life Jeff Stout PhD FISSN, Richard Kreider PhD FISSN, Arny Ferrando PhD FISSN, and Darryn Willoughby PhD FISSN Moderator: Arny Ferrando PhD FISSN
1:00 pm - 1:30 pm	Lactoferrin Improves Athletic Performance Through Regulating Iron and Inflammation Vanessa Castagna PhD
1:30 pm - 2:00 pm	The Athletic Microbiome: Understanding the Impact of Pre and Probiotics in a Complex System Renata Korczak PhD RDN CSSD LD
2:00 pm - 2:30 pm	Dietary Supplement Adulteration: Divorcing Fiction from Fact Chris Lockwood PhD
2:30 pm - 3:00 pm	The Latest on HMB Douglas Kalman PhD RD FISSN sponsored by MTI Biotech
3:00 pm - 3:10 pm	YESTEIN Yeast Protein as a Source of High-Quality Vegan Protein Ted Chamberlain - Sponsored talk by NURAUSA
Break	
3:20 pm - 3:50 pm	ISSN's Data Blitz 60 seconds to present Original Unpublished Data Moderator: Guillermo Escalante DSc FISSN Judges: Erica Goldstein PhD, Lia Jiannine PhD, Jonathan Mike PhD, Douglas Kalman PhD, Susan Kleiner PhD, Jeff Stout PhD, and Darryn Willoughby PhD. Winners will be announced on Thursday.
4:00 pm - 4:50 pm	The Hultman-Harris Keynote Address Evolution of Creatine Supplementation Research Darren Candow PhD Sponsored by the ISSN Moderator: Chad Kerksick PhD FISSN
5:00 pm – 7:00 pm	Happy Hour and Poster Presentations Location: Calusa EFGH Student authors, please be present at your poster until 7:00 p.m. We will award prizes the following day for the best Poster (UG, MS, and Ph.D. students). If you are absent, the award will go to the next person. You'll miss out on cash and a super-cool souvenir. Poster Judges: Gerseli Angeli PhD, David Church PhD, Scott Forbes PhD, Sue Graves PhD, Lia Jiannine PhD, Kelly Kennedy PhD, Jonathan Mike PhD, Tobin Silver PhD, K. Michelle Singleton PhD, Jeff Stout PhD FISSN, Matthew Stratton PhD, Trisha VanDusseldorp PhD, Tim Ziegenfuss PhD FISSN

Day 3: June 20, Thursday	Room: Calusa ABCD
	Moderator: Trisha VanDusseldorp PhD FISSN
9:00 am - 9:40 am	Melvin Williams PhD Memorial Address on Ergogenic Aids Unlocking Human Performance: Unveiling the Reality of Ergogenic Aids Chad Kerksick PhD FISSN sponsored by the ISSN
9:45 am-10:15 am	The Probiotic Playbook: Utilizing Microbes to Improve Athlete Health and Performance Jeremy Townsend PhD CISSN
	Break
	Moderator: Tim Ziegenfuss PhD FISSN
10:25 am - 10:55 am	Geranylgeraniol: The Essential Nutrient You've Never Heard Of Barrie Tan PhD sponsored by American River Nutrition
10:55 am - 11:25 am	The Enhanced Games - Why We Need It Michael Sagner MD sponsored by the Enhanced Games
11:25 am - 11:55 pm	Sports Nutrition for Professional Fighters: Things They Don't Teach You in School Jackie Kaminski MS RD CISSN
11:55 am - 1:30 pm	Lunch Break on your own
1:30 pm – 2:00 pm	ISSN Updates and Awards - You must be present to win your 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: Jonathan Mike PhD
2:00 pm - 2:10 pm	Introduction to d9-Caffeine: a New Form of Caffeine Bruce Lavin MD MPH Sponsored: d-9 caffeine
2:15 pm – 2:45 pm	Old But Fit: Dietary Insights from World Class Master Athletes Scott Forbes PhD
2:45 pm - 3:10 pm	The impact of Semaglutide on body composition, physical performance, and overall health in military personnel Brandon Roberts MBA PhD CISSN
	Michael Greenwood PhD Memorial Student Presentations Moderator: Dr. Richard Kreider
3:20 pm - 3:30 pm	Tongkat Ali - T Booster or T Loser Flavia Pereira MS CISSN Rocky Mountain University/Nova Southeastern University

3:30 pm - 3:40 pm	NEW-tropics: An Emerging Tool in Cognitive Performance Megan Leonard MS Texas A & M
3:40 pm - 3:50 pm	Surveying Reverse Dieting Strategies in Lifestyle and Physique Coaches Gretchen Shelton University of South Florida
3:50 pm - 4:00 pm	Effects of supplementation with microalgae extract from <i>Phaeodactylum tricornutum</i> containing fucoxanthin Broderick Dickerson MS CISSN Texas A & M
4:00 pm - 4:10 pm	Running Economy and Muscle Function Recovery Following Downhill Running in Recreationally-Trained Participants with Habitual Vegan versus Omnivore Diets Katie Vasenina MS CISSN University of Central Florida
4:10 pm - 4:20 pm	BIVA vs. BMI: How Should We Screen for Obesity? Kworweinski Lafontant MS University of Central Florida
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

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Asta Realista PhD & Anthony Ricci EdD

*See you next year at the Opal Grand Oceanfront Resort and Spa
Delray Beach, Florida, USA. June 23-25, 2025.*

