



# The 21<sup>ST</sup> 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, NSCA 1.1, ISSN 14, ACSM 11 CECs, AFAA 1.1

**(Note: RDs will need to apply individually for continuing education credits).**

TUESDAY, June 18 - 11:00 am—4:00 pm: Registration is open. Exhibitor set-up is 9:00 am - 12:00 noon. Exhibit hours are 12:00 pm to 5:00 pm. Visit our vendors all afternoon in Calusa EFGH.

WEDNESDAY, June 19 - 7:00 am - 3:00 pm: Registration is open  
Exhibit hours are 10:00 am to 5:00 pm  
5:00 pm – 7:00 pm: Happy Hour + Poster Presentations are in the Exhibit area

THURSDAY, June 20, 8:00 a.m. – 12 noon: Registration is open. Exhibit hours are 9:00 a.m. to 1:00 p.m., and the exhibitor breakdown will be from approximately 1:00 pm to 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 at 6:00 pm (by invitation only)

Poor Ph.D. Student Dinner, hosted by Dr. Jose Antonio, Ibis Room, June 18 at 6:00 pm (by invitation only).

|                                    |  |
|------------------------------------|--|
| <b>Day 1: June 18,<br/>Tuesday</b> | <b>Room: Calusa ABCD</b>   |
| <b>12:55 pm - 1:00 pm</b>          | <b>Moderator: Guillermo Escalante DSc FISSN</b>  |
| <b>1:00 pm - 1:30 pm</b>           | Low Energy Availability Awareness and Prevention in Adolescent Female Athletes<br><b>Melanie Sulaver MS RD CISSN</b>   |
| <b>1:30 pm – 2:00 pm</b>           | GLP-1 Receptor Agonists in Practice - A Patient, Physician, Athlete and Sports Nutritionist Perspective<br><b>Maureen Gibbons MD CISSN</b>   |
| <b>2:00 pm - 2:30 pm</b>           | Cognizin: A Game Changer in Athlete Brain Health and Concentration<br><b>Katie Emerson MS RD CISSN</b><br><b>sponsored by Kyowa</b>  |
| <b>2:30 pm - 2:45 pm</b>           | Unlocking the Power (or Not) of Turkesterone: Effects on Body Composition and Sexual Behavior<br><b>Lia Jiannine PhD CISSN</b>   |
|                                    | <b>Break</b>   |
| <b>2:55 pm - 3:25 pm</b>           | Pyramid of Anabolism: What Really Matters for Protein and Muscle Growth<br><b>David Church PhD</b>   |
| <b>3:25 pm – 3:55 pm</b>           | Effects of Fucoxanthin-containing Microalgae Supplementation on Body Composition and Markers of Health in Overweight Women Participating in an Exercise and Weight loss Program<br><b>Jonathan Maury PhD</b> |
| <b>3:55 pm – 4:25 pm</b>           | Challenges and Opportunities in Optimizing Body Composition Among Female Dancers<br><b>Ann Brown PhD CISSN</b>   |
| <b>4:25 pm – 4:35 pm</b>           | Velositol – An Ingredient Designed to Enhance the Effects of Protein<br><b>Arny Ferrando PhD FISSN</b><br><b>sponsored by FIT FOODS</b>  |

|   |   |
|---|---|
| <b>Day 2: June 19,<br/>Wednesday</b>      | <b>Room: Calusa ABCD</b>  |
|   | <b>Moderator: Anthony Ricci DSc FISSN</b>   |
| <b>9:00 am - 9:40 am</b>                  | <b>President's Address</b><br>Emerging Research from NSU Florida's Fight<br>Science Lab<br><b>Corey Peacock PhD FISSN</b>   |
| <b>9:40 am - 10:10 am</b>                 | Data Analysis in Sports Science: Utilizing SPSS<br>and ChatGPT<br><b>Gabriel J. Sanders PhD CISSN</b>   |
| <b>10:10 am - 10:40 am</b>                | Melatonin - Melarkey or Miracle?<br><b>Jaime Tartar PhD FISSN</b>   |
|   | <b>Moderator: Katie Emerson MS RD CISSN</b>   |
| <b>10:45 am - 11:15 am</b>                | Microbial Enzymes and Dietary Protein: A<br>Winning Combination for Performance<br>Nutrition<br><b>Sean Garvey PhD, Sponsored by Bio-Cat</b>  |
| <b>11:15 am - 11:45 am</b>                | How to Use Science for Purposes Other Than<br>Academic<br>Industry/Academic Discussion<br><b>Susan Hewlings RD PhD, Dave Slagle, Katie<br/>Emerson MS RD CISSN</b>  |
| <b>Lunch Break<br/>11:45 pm - 1:00 pm</b> | <b>Lunch on your own</b>  |
| <b>11:45 am – 12:30 pm</b>                | <b>Graduate Student Round Table: Choosing a<br/>mentor for your PhD is the most important<br/>decision of your academic life</b><br>Jeff Stout PhD FISSN, Richard Kreider PhD<br>FISSN, Arny Ferrando PhD FISSN, and Darryn<br>Willoughby PhD FISSN |
|   | <b>Moderator: Arny Ferrando PhD FISSN</b>   |
| <b>1:00 pm - 1:30 pm</b>                  | Lactoferrin Improves Athletic Performance<br>Through Regulating Iron and Inflammation<br><b>Vanessa Castagna PhD</b>  |
| <b>1:30 pm - 2:00 pm</b>                  | The Athletic Microbiome: Understanding the<br>Impact of Pre and Probiotics in a Complex<br>System<br><b>Renata Korczak PhD RDN CSSD LD</b>  |

|                          |   |
|--------------------------|---|
| <b>2:00 pm - 2:30 pm</b> | Dietary Supplement Adulteration: Divorcing Fiction from Fact<br><b>Chris Lockwood PhD</b>   |
| <b>2:30 pm - 3:00 pm</b> | The Latest on HMB<br><b>Douglas Kalman PhD RD FISSN</b><br>sponsored by TSI   |
| <b>3:00 pm - 3:10 pm</b> | YESTEIN Yeast Protein as a Source of High-Quality Vegan Protein<br><b>Ted Chamberlain</b> - Sponsored talk by NURAUSA   |
| <b>Break</b>             |   |
| <b>3:20 pm - 3:50 pm</b> | <p style="text-align: center;"><b>ISSN's Data Blitz</b></p> <p style="text-align: center;">60 seconds to present Original Unpublished Data</p> <p><b>Moderator: Guillermo Escalante DSc FISSN</b><br/>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.</p>  |
| <b>4:00 pm - 4:50 pm</b> | <p style="text-align: center;"><b>The Hultman-Harris Keynote Address</b></p> <p style="text-align: center;">Evolution of Creatine Supplementation Research</p> <p style="text-align: center;"><b>Darren Candow PhD</b><br/>Sponsored by the ISSN</p> <p><b>Moderator: Chad Kerksick PhD FISSN</b></p>   |
| <b>5:00 pm – 7:00 pm</b> | <p style="text-align: center;"><b>Happy Hour and Poster Presentations</b></p> <p style="text-align: center;"><b>Location: Calusa EFGH</b></p> <p><b>Student authors, please be present at your poster until 7:00 p.m. We will award prizes for the best Poster (UG, MS, and Ph.D. students) the following day. If you are absent, the award will go to the next person. You'll miss out on cash and a super-cool souvenir.</b></p> <p>Poster Judges: Darren Candow PhD, David Church PhD, Jason Curtis PhD, Scott Forbes PhD, Adam Gonzalez PhD, Sue Graves PhD, Lia Jiannine PhD, Kelly Kennedy PhD, Tobin Silver PhD, K. Michelle Singleton PhD, Jeff Stout PhD FISSN, Matthew Stratton PhD, Trisha VanDusseldorp PhD, Tim Ziegenfuss PhD FISSN</p> |

|                                     |  |
|-------------------------------------|--|
| <b>Day 3: June 20,<br/>Thursday</b> | <b>Room: Calusa ABCD</b>   |
|                                     | <b>Moderator: Trisha VanDusseldorp PhD FISSN</b>   |
| <b>9:00 am - 9:40 am</b>            | <b>Melvin Williams PhD Memorial Address on<br/>Ergogenic Aids</b><br>Unlocking Human Performance: Unveiling the<br>Reality of Ergogenic Aids<br><b>Chad Kerksick PhD FISSN</b><br>sponsored by the ISSN  |
| <b>9:45 am-10:15 am</b>             | The Probiotic Playbook: Utilizing Microbes to<br>Improve Athlete Health and Performance<br><b>Jeremy Townsend PhD CISSN</b>  |
|                                     | <b>Break</b>   |
|                                     | <b>Moderator: Tim Ziegenfuss PhD FISSN</b>   |
| <b>10:25 am - 10:55 am</b>          | Geranylgeraniol: The Essential Nutrient You've<br>Never Heard Of<br><b>Barrie Tan PhD</b><br>sponsored by American River Nutrition   |
| <b>10:55 am - 11:25 am</b>          | The Enhanced Games - Why We Need It<br><b>Michael Sagner MD</b><br>sponsored by the Enhanced Games   |
| <b>11:25 am - 11:55 pm</b>          | Sports Nutrition for Professional Fighters: Things<br>They Don't Teach You in School<br><b>Jackie Kaminski MS RD CISSN</b>   |
| <b>11:55 am - 1:30 pm</b>           | <b>Lunch Break on your own</b>   |
| <b>1:30 pm – 2:00 pm</b>            | <b>ISSN Updates and Awards - You must be<br/>present to win your prize.</b><br><br>Chad Kerksick PhD FISSN (Poster and Blitz<br>awards), Rick Kreider PhD FISSN (JISSN<br>update), Douglas Kalman PhD RD FISSN (New<br>FISSN), and Bill Campbell PhD FISSN (Position<br>Stands update) |
|                                     | <b>Moderator: Flavia Pereira MS CISSN</b>  |
| <b>2:00 pm - 2:10 pm</b>            | Introduction to d9-Caffeine: a New Form of<br>Caffeine<br><b>Bruce Lavin MD MPH, Sponsored: d-9<br/>caffeine</b>   |

|                          |   |
|--------------------------|---|
| <b>2:15 pm – 2:45 pm</b> | Old But Fit: Dietary Insights from World Class Master Athletes<br><b>Scott Forbes PhD</b>   |
| <b>2:45 pm - 3:10 pm</b> | The impact of Semaglutide on body composition, physical performance, and overall health in military personnel<br><b>Brandon Roberts MBA PhD CISSN</b>   |
|                          | <b>Michael Greenwood PhD Memorial Student Presentations</b><br><i>Please support the future science minds of sports nutrition</i><br><b>Moderator: Richard Kreider PhD FISSN</b>  |
| <b>3:20 pm - 3:30 pm</b> | Tongkat Ali - T Booster or T Loser<br><b>Flavia Pereira MS CISSN</b><br>Rocky Mountain University/Nova Southeastern University  |
| <b>3:30 pm - 3:40 pm</b> | NEW-tropics: An Emerging Tool in Cognitive Performance<br><b>Megan Leonard MS</b><br>Texas A & M  |
| <b>3:40 pm - 3:50 pm</b> | Surveying Reverse Dieting Strategies in Lifestyle and Physique Coaches<br><b>Gretchen Shelton</b><br>University of South Florida  |
| <b>3:50 pm - 4:00 pm</b> | Effects of Supplementation with Microalgae Extract from <i>Phaeodactylum Tricornutum</i> Containing Fucoxanthin<br><b>Broderick Dickerson MS CISSN</b><br>Texas A & M   |
| <b>4:00 pm - 4:10 pm</b> | Running Economy and Muscle Function Recovery Following Downhill Running in Recreationally-Trained Participants with Habitual Vegan versus Omnivore Diets<br><b>Katie Vasenina MS CISSN</b><br>University of Central Florida |
| <b>4:10 pm - 4:20 pm</b> | BIVA vs. BMI: How Should We Screen for Obesity?<br><b>Kworweinski Lafontant MS</b><br>University of Central Florida   |
| <b>Closing Remarks</b>   | Drs. Kerksick and Escalante   |

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



The ISSN was “founded” in 2003 at a sushi restaurant in San Francisco while attending an ACSM conference.

#### **The ISSN Founders**

Jose Antonio PhD FISSN – Chief Executive Officer (Nova Southeastern University)

Douglas Kalman RD PhD FISSN (Nova Southeastern University)

Richard Kreider PhD FISSN (Texas A & M)

Susan Kleiner RD PhD FISSN (High Performance Nutrition)

#### **Past Presidents of the ISSN**

Trisha VanDusseldorp PhD FISSN – 2021-2023 (Bonafide®)

Shawn Arent PhD FISSN – 2018-2020 (University of South Carolina)

Bill Campbell PhD FISSN – 2015-2017 (University of South Florida)

Lem Taylor PhD FISSN – 2012-2014 (University of Mary Hardin-Baylor)

Tim Ziegenfuss PhD FISSN – 2009-2011 (The Center for Applied Health Sciences)

Jeff Stout PhD FISSN – 2006-2008 (University of Central Florida)

Darryn Willoughby PhD FISSN – 2003-2005 (University of Mary Hardin-Baylor)

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



**d9 Designs™** AMERICAN RIVER NUTRITION 



Cognizin®



**KYOWA**



*sage®*  
Food Products

**NURA** Better Ingredients True Partner



**Gencor™**  
Lifestage Solutions

Fortifeye®  
Performance Nutrition



**Nutrihealth**  
Transforming lives through the power of healthy choices

**nutrabolt®**



**GBR**  
MEDICAL

**THE RIGHT STUFF**  
NASA  
certified

**GUZEN**  
DEVELOPMENT  
Ingredient Innovation and Sales

**MAYPRO®**



**NIHTEK Levelle**  
Nature's Innovative Health Technologies NUTRITION

**GELITA** NSU | NOVA SOUTHEASTERN UNIVERSITY  
Florida

**IPB** INTERNATIONAL PROTEIN BOARD

**Creapure®**

**FIT FOODS**  **create**

ELECTROLYTE **BOOST®**

**AUSTRADE**  
INGREDIENTS

**HiDow**  
Dedicated to Pain-Free Living



**MEDICAL DEVICES**  
NON-SURGICAL SOLUTIONS

**NUTRITIONAL**  
COACHING INSTITUTE