International Society for Nutraceuticals and Functional Foods

ISNFF Newsletter
June 2014

Message from the ISNFF

Once again we notice that the most popular functional food ingredient, that is omega-3 fatty acids, have come under question about their efficacy in alleviating disease risk – this time the historical validity of the premise that Greenland Eskimos benefited from the consumption of fish and seal meat in having a lower risk of coronary heart disease. The study cited below is a review entitled “Fishing” for the origins of the “Eskimos and heart disease” story. Facts or wishful thinking? Please see the review by Fodor GJ, Helis E, Yazdekhasti N, Vohnout B, Canadian Journal of Cardiology (2014), doi: 10.1016/j.cjca.20

These authors, while questioning the validity of the papers showing the better performance of Greenland Eskimos compared to the Danes, appear to have gone one step further in negating a myriad of benefits of omega-3 fatty acids and perhaps the usefulness of seafoods in health promotion and disease risk reduction. There is no question about the need for the long-chain omega-3 fatty acid docosahexaenoic acid (DHA) in brain development and in retina of the eye as well as that of eicosapentaenoic acid (EPA) in inflammatory diseases, diabetes, and many other ailments. It is rather irresponsible for scientists to emphasize one point while ignoring all other relevant facts and to expand conclusions beyond posing certain, possibly, valid questions. So, what should consumers do now? Definitely, the response is not to stop eating seafood or taking omega-3 supplements, as these are needed from before cradle to grave for humans. The ISNFF will continue to elaborate on such issues in its deliberations and keep you abreast of the latest related to this and other important topics.

Meanwhile, the ISNFF-IFT short course prior to the 2014 Annual Meeting and Exhibition of the IFT will be held later this month to discuss the role of nutraceuticals and functional foods in sports nutrition (see next page).

Finally, the ISNFF Annual Meeting and Exhibition will be held in Istanbul, Turkey, October 14-17, 2014. Information about this event will frequently be updated on the conference website <www.isnff2014.org>. We expect this to bring all parties interested in latest developments in the field to the conference and also take advantage of meeting old friends and making new ones as well as visiting the cultural heritage of the east and the west in this exciting city. There are more historical sites to walk through than you could find in other countries in the region, so mark your calendar and plan to attend.

Fereidoon Shahidi, ISNFF
IFT-ISNFF Short Course  
June 20 & 21, 2014  
Hilton New Orleans Riverside

Coordinators: Debasis Bagchi and Fereidoon Shahidi

Nutraceuticals and Functional Foods in Enhanced Sports Performance, Exercise and Muscle Building

It is well recognized that optimal nutrition plays a critical role in enhancing human performance and for overall health. There is growing body of interest in the contribution of nutraceuticals and functional foods in enhanced sports and exercise performance, as well as muscle building. With our expanding knowledge of the functioning of the human body, the changing dietary requirements and recommendations, the rapid advances in the field of nutraceutical supplements and functional foods that affect human health and performance, there is a growing need for a comprehensive appraisal of the nutritional and functional food benefits in exercise, sports performance and muscle building which will be addressed in this 2-Day Course entitled “Nutraceuticals and Functional Foods in Enhanced Sports Performance, Exercise and Muscle Building.” Furthermore, the Safety and Regulatory Approvals will be thoroughly elaborated.

This two-day course will be very beneficial for diverse Nutraceutical and Functional Food Professionals working in the University, Nutraceutical and Functional Food Industries, Research Institutions, Federal and Regulatory Agencies, Coaches in the Sports and Exercise Arena, Olympic Trainers, Wrestling Champions, and Sales and Marketing Executives.

Friday June 20, 2014

7:00 AM  On-site Registration Opens

8:00 AM  Welcome and Introductions  
Debasis Bagchi, Short course coordinator

8:10 AM  Nutrition, Nutraceuticals and Functional Foods: Principles and Applications  
Fereidoon Shahidi

8:45 AM  Consumer Trends in Enhanced Sports Performance  
Jeff Hilton

9:30 AM  Nutraceuticals and Dietary Supplements in Enhanced Sports Performance  
Sidney J. Stohs
10:15 AM  *Nutrition Break*

10:30 AM  Nutraceutical Antioxidants and Dietary Recommendations for Exercise and Body Builders  
Phillip Apong

11:15 AM  Performance Nutrition for Young Athletes  
John Eric Smith

12:00 PM  *Lunch Break*

1:00 PM  Requirements of Energy, Carbohydrates, Proteins, and Fats for Athletes  
Michelle Kulovitz Alencar

1:45 PM  Repairing Wear and Tear Caused by Sports Activity: Glucosamine and Other Bioactive  
Nutraceuticals  
Debasis Bagchi

2:30 PM  *Nutrition Break*

2:45 PM  Role of Mammalian Target of Rapamycin (mTOR) in Muscle Growth  
Sreejayan Nair

3:30 PM  Carbohydrate and Muscle Glycogen Metabolism: Exercise Demands and Nutritional Influences  
Anthony Almada

4:15 PM  Questions/Answers Wrap-Up

4:30 PM  Closing Remarks, Day 1  
Fereidoon Shahidi, Short Course Coordinator

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**Saturday June 21, 2014**

7:00 AM  On-site Registration Opens

8:00 AM  Role of Nitric Oxide on Skeletal Muscle Oxygen Saturation, Blood Nitrate/Nitrite and Upper  
Body Exercise Performance and Muscle Building  
Debasis Bagchi

8:45 AM  Physiological Basis of Creatine Supplementation in Skeletal Muscle  
Brittanie Volk

9:30 AM  *Nutrition Break*

Bruce Stevens
10:30 AM  Impact of Differing Protein Sources and Carnitine Supplementation in Muscle Building
Phillip Apong

11:15 AM  Functional Role of Fermented Papaya Preparation in Endurance Exercise and Cognitive Function
in Elite Motor Sports
Okezie I. Aruoma

12:00 PM  Lunch Break

1:00 PM  Pearl Powder, Muscle Strengthening and Sports Performance
Chin-Kun Wang

1:45 PM  Nutrition in Paralympics
Debasis Bagchi

2:30 PM  Nutrition Break

2:45 PM  Illegal Drugs in Muscle Building and Sports Performance: Consequences & Update
Tonya Dodge

3:30 PM  Regulatory Requirements in Sports Nutrition and Muscle Building Supplements
George A. Burdock

4:15 PM  Questions/Answers Wrap-Up

4:30 PM  Closing Remarks, Day 2
Debasis Bagchi and Fereidoon Shahidi, Short Course Coordinators

Please visit our link at ...
http://www.am-fe.ift.org/cms/?pid=1001274
MEMBERSHIP APPLICATION 2014

Last Name: ___________________________ First Name: __________

Membership #: ISNFF-

Company / Institution / University:

Address:


Telephone: ( ) Fax: ( )

E-Mail Address:

New Membership □ Renewal □ Cancel Membership □

Member $95 □ Student Member $45 □
Corporate Member $2,000 □
Corporate Member (Renewal) $500 □

Payment Method:

Money Order: □

Credit Card: VISA □ MASTERCARD □
Credit Card #: __________________________
Card Holder: _____________________________
Expiry Date: _____________________________

Please complete form and return to:

ISNFF, P.O. Box 29095, 12 Gleneyer Street, St. John’s, NL, A1A 5B5 Canada
Or scan and forward to Email: ISNFFsecretary@gmail.com
2014 Annual Conference & Exhibition
Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements
October 14-17, 2014
Military Museum, Istanbul, Turkey

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Conference Co-Organizers
Dr. Fereidoon Shahidi (Canada)
Dr. Chi-Tang Ho (USA)
Dr. Debasis Bagchi (USA)
Dr. Cesarettin Alasalvar (Turkey)

Local Conference Chair
Dr. Cesarettin Alasalvar (Turkey)

Scientific Topics
- Mediterranean and Asian functional foods and herbal remedies
- Processing and formulation of nutraceuticals and functional foods
- Identification and characterization of bioactives/phytochemicals from plant-derived foods
- Quality assurance and acceptability of functional food ingredients, nutraceuticals, and dietary supplements
- Analysis of nutraceuticals and functional food ingredients, and adulteration aspects
- Nutraceuticals and functional beverages
- Pre-and probiotics
- Fermented foods
- Nutraceutical lipids, biopeptides, and carbohydrates
- Marine nutraceuticals
- Nutraceuticals and functional foods in disease risk reduction (diabetes, cardiovascular, cancer heart health, cancer, and metabolic syndrome, etc.)
- Antioxidant polyphenols (sources, products, measurements, mechanisms of action, and health effects)
- Import-export issues for nutraceuticals and functional foods
- Nutraceuticals for obesity and weight control
- Regulatory issues and health claims for functional foods, nutraceuticals, and dietary supplements
- Absorption, metabolism, and action mechanism of nutraceuticals and functional food ingredients
- Delivery systems for nutraceuticals and functional food ingredients, including nanotechnology
- Nutrigenomics, proteomics, and metabolomics
- Carotenoids/xanthophylls
- Nutraceuticals and functional food ingredients from co-products and by-products
- Dietary supplements
- Nuts, seeds, dried fruits, and health benefits
- Other topics to be suggested
- Voluntary papers (oral and poster)

Special Memorial Symposium for Dr. Marian Naczk on “Polyphenols and Their Interaction with Proteins and other Food Components”

For further information: visit isnff2014.org

Disclaimer: Program details and speakers may change due to circumstances
2014 Annual Conference & Exhibition
Functional Foods, Nutraceuticals, Natural Health Products, and Dietary Supplements
14-17 October 2014, Istanbul Turkey

Conference Co-Organizers
Dr. Fereidoon Shahidi (Canada)
Dr. Chi-Tang Ho (USA)
Dr. Debasis Bagchi (USA)
Dr. Cesarettin Alasalvar (Turkey)

Local Conference Chair
Dr. Cesarettin Alasalvar (Turkey)

Important Dates
Abstract Submission Deadline: July 07, 2014
Notification of Acceptance: July 18, 2014
Early Bird Registration Deadline: August 15, 2014

Conference Venue
Istanbul Military Museum & Culture Site

www.isnff2014.org
GENERAL INFORMATION

Venue
Military Museum, Istanbul, Turkey

Important Fixed Dates for Abstract Submission
Abstract Submission Deadline: July 07, 2014
Notification of Acceptance: July 18, 2014

Abstract Submission Guidelines
All abstracts can only be submitted electronically via the online submission system (MeetingHand Congress). Other means of submissions will not be accepted and considered for evaluation.

- Abstracts should be written in a single column as justified and words should not be hyphenated. Please note that the MeetingHand Congress System will automatically provide an abstract template.
- Individuals may submit their research for consideration in one of the following presentation formats:
  - Oral presentation/poster presentation.
  - Poster presentation.
- Original abstracts should be informative (including justification, objective, brief methodology if any, results, and conclusions).
- Abstracts may be no longer than 300 words (Please note that the system will not allow more than 300 words).
- Standard abbreviations may be used without definition. Nonstandard abbreviations must be kept to a minimum, and must be placed in parentheses after the first use of the word or phrase abbreviated.
- Abstracts must not contain any references, tables, images, and figures.
- Abstracts dealing with commercial products or services must have a scientific emphasis and should not be submitted for promotion purposes.
- Keywords should be written in related keywords section.
- Abstracts will be peer-reviewed and notification of acceptance will be sent to authors on July 18, 2014.

Instructions for Poster Presentations
Posters should be prepared in size 70 x 100 cm vertical (i.e., portrait format) and contain the following:
- Title of the work/poster
- Name of author(s)
- Affiliation(s)
- Contact address and e-mail

It is recommended that a minimum font size of 24-point should be used to ensure that the poster is legible. Please see www.postersession.com/assets/powerpoint/70x100_Vertical_Template.ppt for clarification of the poster size, if required.

Students’ Poster Competition
There will be students’ poster competition at the congress. The awards are designed to encourage and highlight the outstanding research carried out by students in different aspects of functional foods, nutraceuticals, and natural health products. The first three places will be awarded and the students will receive a plaque and cheque. For eligibility, students must be members of ISNFF and be present at the conference (student’s ID must be shown at the conference when requested).

Important Dates for Registration
Early Bird Registration Deadline: **August 15, 2014**

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<tr>
<th>Categories</th>
<th>Early Registration Before August 15, 2014</th>
<th>Normal Registration After August 15, 2014</th>
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<td>$ 525</td>
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<tr>
<td>Non-Member</td>
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<td>Accompanying Person</td>
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**Accommodation Opportunities**
Various hotels in the city center are available for booking at reasonable prices. For the "**EARLY BOOKING**" rates please visit our web site ([www.isnff2014.org](http://www.isnff2014.org)). Participants have to log in to registration system for online booking.

**Exhibitor Prospectus**
An exhibitor prospectus and detailed information can be obtained at congress website ([www.isnff2014.org](http://www.isnff2014.org)). The ISNFF 2014 sponsorship team would be delighted to meet with you to discuss these promotional opportunities or any ideas you might have for promoting your products or services.

Sponsorship categories are as follows:

- Platinum          US$ 20,000
- Gold              US$ 15,000
- Silver            US$ 10,000
- Bronze            US$ 7,500
- Gala Dinner       US$ 17,500
- Welcome Cocktail  US$ 10,000
- Conference Bags   US$ 7,500
- Lunches/Daily     US$ 4,500
- Stand Area (Floor space) for 6 m² US$ 3,000
- Coffee Breaks/Daily US$ 2,500
UPCOMING NUTRACEUTICALS AND FUNCTIONAL FOODS EVENTS

June 2014
7-8. Celiac Disease Foundation National Conference and Gluten Free EXPO; Pasadena, CA
26-28. Healthplex & Nutraceutical China 2014; Shanghai, China
21-24. Institute of Food Technologists (IFT) Food Expo; New Orleans, LA, USA.

July 2014
13-15. 5th Annual Biotechnology & Human Health Symposium; Charlottetown, PEI, Canada

August 2014
17-21. 17th World Congress of Food Science & Technology (IUFoST); Montréal, PQ, Canada
24-26. Functional Beverages: Sources, Identification, Extraction, Separation & Purification; Texas A&M University, College Station, TX, USA
31-4 62nd International Congress & Annual Meeting of the Society for Medicinal Plant & Natural Product Research – GA2014; Guimarães, Portugal

September 2014
2-5. 14th International Nutrition & Diagnostics Conference – INDC 2014; Prague, Czech Republic
3-4. Vitafoods Asia World-Expo; Hong Kong
7-9. 7th International Whey Conference – IWC2014; Rotterdam, The Netherlands
17-20. Natural Products Expo East 2014; Baltimore, MD, USA
25-26. 3rd Annual Nutraceuticals Forum 2014; Mumbai, India

October 2014
6-10. SupplySide West; Las Vegas, NV, USA
14-17. ISNFF’s 7th International Conference & Exhibition on Nutraceuticals and Functional Foods; Military Museum in Istanbul, Turkey
18-21. Food & Nutrition Conference & Expo – FNCE 2014; Atlanta, GA, USA
27-29. 3rd International Conference and Exhibition on Probiotics & Functional Foods; Las Vegas, NV, USA

November 2014

December 2014
2-4. Health Ingredients Europe/Natural Ingredients; Amsterdam, The Netherlands
New Edition of Food Chemicals Codex Offers Quality Standards to Help Ensure Authenticity of Widely Used Food Ingredients

The latest specifications for the identity and purity of about 1,200 food ingredients, including test methods and key guidance on critical issues, are included in the new Food Chemicals Codex (FCC), Ninth Edition, published in March 2014.

Published by the U.S. Pharmacopeial Convention (USP), the FCC is a compendium of internationally recognized standards for a wide variety of ingredients including colorings, flavorings, nutrients, preservatives and processing aids. USP also produces physical reference materials for many of the ingredients specified in the FCC in order to obtain reliable results when the analytical procedures in the monographs are executed appropriately.

“The food industry is constantly innovating with new products and ingredients,” said Gabriel Giancaspro, Ph.D., USP vice president for food ingredients, dietary supplements and herbal medicines. “At the same time, manufacturers are increasingly sourcing their ingredients globally. Public quality standards can serve as a resource for manufacturers by providing specifications to authenticate their ingredients, and help protect our increasingly global food supply chain.”

Among the new monographs in the FCC is spirulina, a food ingredient that was just recently approved as a natural source of blue color for candy and chewing gum by the U.S. Food and Drug Administration (FDA) (http://www.gpo.gov/fdsys/pkg/FR-2013-08-13/html/2013-19550.htm). Formulators also use spirulina in specialty food bars, powdered nutritional drinks, among other products due to its non-animal protein content. FCC monographs include the function, definition, packaging and storage, labeling requirements, test procedures and other features of food ingredients.

Another monograph included in the new edition of FCC is brilliant black PN, a synthetic food color used in products requiring the color black in their formulation (jams, chocolate syrup and candy are common examples). Even though the FDA has not approved brilliant black PN as a food color in the United States, its use in food is currently approved in many other countries.

FCC is available in two-year print and online subscriptions. A subscription also grants access to three supplements that publish new entries and revisions every six months. Print and online formats. Save 20% off the print version with promo code HWSDDZOA. *Order now at http://uspgo.to/fcc-9 or call USP Customer Service at 1-800-227-8772 (U.S. and Canada) or +1-301-881-4875-5555 (Select Europe).

*Offer good through September 30, 2014.
Discount is not transferable and is not applicable to prior sales or to distributors/resellers.
NEW TITLES FOR 2014 (and some missed from 2013)

Wiley is publishing a Functional Foods Science & Technology Series of books, which are edited by Professor Fereidoon Shahidi. The series is still new and developing and we are keen to add new volumes to it. If you have an idea for a new book that would be appropriate for the series then please get in touch with us. Perhaps you would like to act as author or editor of a book but, even if not, we welcome your suggestions for topics.

You can read more about the series here: [www.wiley.com/go/functionalfoods](http://www.wiley.com/go/functionalfoods)
If you would like to participate, please contact David McDade: david.mcdade@wiley.com


