



## Timetable

### Day 1 Wednesday 18/10/2023 Networking afternoon and evening

13:00 Golf tournament Golf spa  
 15:00 Historic guided tour Visit Spa  
 16:00 Golf initiation Golf spa

18:30 - 20:30 Welcome walking dinner Pouhon Pierre le Grand

\* Welcome by director Visit Spa and deputy mayor for tourisme of Spa

### Day 2 Thursday 19/10/2023

9:00-10:00 Registrations

#### Session 1 Economical context and regulatory and legislative challenges for food supplements

10:00 Welcome and opening statement Paul Coussement and Valerie Vercaemmen be-sup  
 10:15 Evolution of the market of food supplements Thomas Lochot IQVIA  
 10:45 Regulatory challenges Livia Menichetti EHPM  
 11:15 Legislative challenges: a legislative potpourri Paul-Emile Mousin, Allister Zuinen M2Z legal assistance  
 Grégory Sorreaux Thales

12:00-13:00 Lunch

#### Session 2 Towards an optimal legal status of food supplements

13:00 "A graded approach for evaluating botanical health Claims" Hélène Kergosien and Elodie Veyret Synadiet  
 13:45 "Towards an optimal legal status for food supplements: the canadian model" Marie-Sophie Gensolen Pharma Inside

#### Session 3 Targeted micronutrition

14:30 The 'nutrition and consumers' survey carried out in 2023 by the Wagralim competitiveness center Guillaume Hulin and Catherine Malingreau Wagralim  
 15:15 The vision of a dietetician Hella Van Laer

15:45-16:15 Networking break

16:15 Every year younger? How to slow aging... or reverse it. Professor Reginald Deschepper  
 16:45 Measuring and assessing patient needs Dr. Jean-Michel Philippart de Foy  
 17:30 Masterclass Media Coverage Food Supplements Paul Coussement

18:15 End of day 2

19:30 Apero

20:00 Gala dinner

### Day 3 Friday 20/10/2023

#### Session 4 Epigenetic perspectives on health and nutrition

09:30 How the past can determine your future: can food reverse the epigenetic clock age to promote healthy ageing? Professor Wim Vanden Berghe  
 10:15 Nutrition and epigenetics: application to personalized nutrition Professor Emeritus Josiane Cillard

11:00-11:30 Networking break

#### Session 5 Micronutrition and oxidative status

11:30 Oxidative stress assessments in human medicine: the expertise of Liège University Hospital. Focus on COVID-19. Dr.Sc Pincemail

#### Conclusions

12:15 Congress conclusions Valerie Vercaemmen and Paul Coussement

13:00 End of congress

13:15 Optional lunch