



Part of **Barentz.**

HEALTH & NUTRITION SUMMIT

Biological Based Nutrition WOMEN'S HEALTH

2024 CONFERENCE PROGRAM





Biological Based Nutrition – Women’s Health

Women have specific health needs that encompass various life stages. As a result, nutritional considerations should be given to menstrual health, pre- and post-natal health in addition to the perimenopause, menopause and post menopause stages.

In this seminar we will identify what we know (or don’t know) about women's health, what are the latest scientific developments and of course what implications this has on product development. Furthermore, we’ll explore how brands are looking to develop communities and platforms that are attitudinal based, offering solutions not just for specific needs identified but for broader applications such as the brain (mood and sleep), skin, the microbiome and sport.

TUESDAY JANUARY 23 rd		
18:30	Welcome Reception and Dinner - Le Grand Chalet	
WEDNESDAY JANUARY 24 th		
09:00	Biogredia/Barentz Presentation	Bengt Hansson/Barentz Team
09:15	Conference Introduction	Nick Morgan
09:45	An Independent Overview on Women’s Health	Dr Philippa Kaye
10:30	Keynote #1 - Guud	Jan Deruyck
11:00	Supplier Briefing	Two suppliers
11:30	Meet The Suppliers	Break Out Session/coffee
12:00	Keynote Speaker#2 - Writer and Nutritionist	Suzie Sawyer
12:45	Supplier Briefing	Two suppliers
13:15	Closing Remarks and Social Reminders	Nick Morgan/Bengt Hansson
13:20	Lunch	
15:00	Social Activity (Curling/Spa/Horse Sleigh)	
19:00	Dinner	
THURSDAY JANUARY 25 th		
09:15	Welcome	Nick Morgan
09:30	Women’s Health Overview - A Research Perspective	Monica Maria Olivares
10:00	Keynote #3 - The Hut Group	Brett Hamer
10:30	Supplier Briefing	Two suppliers
11:00	Meet The Suppliers	Break Out Session/coffee
11:30	Keynote #4 - Inspiriko- Think Organic	Andra Raju
12:00	Supplier Briefing	Two suppliers
12:30	Lunch	
14:00	Speed Networking	
14:30	Expert Panel	Nick Morgan + Keynote Speakers
15:30	Closing Remarks and Feedback	Bengt Hansson and Nick Morgan
15:45	Conference closes	
19:00	Optional informal Supper	

KEYNOTE SPEAKERS



Nick Morgan

Nick is Director of Sports Integrated and is in addition to being a speaker also chairing the Conference. He is a leading voice on the sports and active nutrition category and in particular its evolution and the role of innovation. Nick has previously worked with elite athletes as an Exercise Physiologist, and managed applied nutrition research programs at GSK.



Brett Hamer

Currently working as Product Director for The Hut Group's Nutrition and Wellness division Brett has a decade of experience within the nutrition industry across a variety of different markets and channels. Having been involved as both a brand and supplier Brett is able to offer a unique perspective from both sides whilst also providing a global view of the market from his current role.



Suzie Sawyer

IN THE WORKPLACE - creating tailored nutrition and wellness programmes via flexible interactive and highly motivational workshops & seminars.

REGULATORY EXPERT - Independent consultant within the food supplement industry. Highly competent in all aspects of UK/EU food law.

HEALTH WRITER - for consumer & trade health titles and provide expert nutritional comment, plus weekly blogger



Dr Philippa Kaye

A GP, author, journalist and mother. She has always been fascinated by science and by people and medicine is a career which thankfully combines the two. She grew up in a very large and noisy family, where everyone knows everything about everybody. This may have led to her becoming quite nosy, some people may prefer the term 'interested', but the truth is, she is nosy, but as a doctor this can be a great thing because a bit of nosiness helps to find out about people which may in turn affect their health.



Andra Raju

Inspiriko started with a mission to help women meet their health goals through plant-based nutrition goodness. They aspire to be a platform which inspires women from all walks of life to adopt a healthy mindset towards nutrition. The Inspiriko Love Thy Gut is a prebiotic and superfood blend specially made for women. After extensive research, the brand decided they want to create an easy way for busy women to nourish their bodies with the cleanest sources of plant-based nutrients, anywhere and anytime.



Mónica Olivares Martin

Mónica graduated in Pharmacy from the University of Granada, PhD in molecular biology at the Spanish National Research Council (CSIC). She has more than 20 years of R&D experience in functional ingredients specially in probiotic strains isolated from human milk, botanicals and omega-3. She authors 80 scientific publications and 8 patents, highlighting studies related to the application of probiotic strains in the treatment and prevention of lactational mastitis, as well as the studies on babies that demonstrate the benefits of probiotic strains naturally present in breast milk. Mónica leads Kerry's innovation for women's and infant's health.



Jan Deruyck

With a background in technology, and passionate about women's health innovation, Guud was launched in 2020. Guud is a women's health company that helps women to improve their menstrual cycle.

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