

# Dietary supplements – where do they fit in human health and performance?

Royal Irish Academy, Dublin 2.  
Thursday, 5<sup>th</sup> September 2019

The dietary supplement market is vast and ranges from highly specialised clinical feeds to simple nutrients and undefined cocktails of botanicals, enzymes or hormones. As dietitians and nutrition scientists are key opinion leaders on the efficacy of their use, this symposium aims to provide the latest insights on the science of nutritional supplements in human health.

This is a CPD event.

## AGENDA

- 5.30 pm**    **Arrival and Registration**  
Canape and Wine Reception
  
- 6.15 pm**    **Chairperson's Introduction**  
**Prof Mike Gibney**  
Emeritus Professor of Food and Health, University College Dublin
  
- 6.30pm**    **Whole foods versus supplements**  
**Dr Michelle McKinley**  
Centre for Public Health, Queen's University Belfast
  
- 7.00 pm**    **Sports nutrition – can supplements really give an edge?**  
**Dr Sharon Madigan**  
Sport Ireland Institute
  
- 7.30 pm**    **Dietary Supplements – are they safe and how are they regulated?**  
**Dr Clare O'Donovan**  
Food Safety Authority of Ireland
  
- 8.00 pm**    **Panel Discussion**
  
- 8.30 pm**    **Close**