



International Society for Nutraceuticals and Functional Foods

ISNFF Newsletter
June 2014

Volume 7, Issue 1

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, Yazdekhosti 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 a 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

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*
- 9:45 AM A Review of Glycine-Arginine-Alpha-Ketoglutaric Acid (GAKIC) in Sports Nutrition
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>

Sports Nutrition





International Society
for Nutraceuticals & Functional Foods

MEMBERSHIP APPLICATION 2014

Last Name: _____		First Name: _____	
Membership #: ISNFF-			
Company / Institution / University:			
Address:			
Telephone: () _____		Fax: () _____	
E-Mail Address:			

New Membership		<input type="checkbox"/>	
Renewal		<input type="checkbox"/>	
Cancel Membership		<input type="checkbox"/>	
Member	\$95	<input type="checkbox"/>	
Student Member	\$45	<input type="checkbox"/>	
Corporate Member	\$2,000	<input type="checkbox"/>	
Corporate Member (Renewal)	\$500	<input type="checkbox"/>	
Payment Method:			
Money Order:		<input type="checkbox"/>	
Credit Card:	VISA <input type="checkbox"/>	MASTERCARD <input type="checkbox"/>	
Credit Card #:	_____		
Card Holder:	_____		
Expiry Date:	_____		
<p>Please complete form and return to:</p> <p>ISNFF, P.O. Box 29095, 12 Gleneyre Street, St. John's, NL, A1A 5B5 Canada Or scan and forward to Email: ISNFFsecretary@gmail.com</p>			



International Society for Nutraceuticals and Functional

2014 Annual Conference & Exhibition
Functional Foods, Nutraceuticals, Natural Health Products
and Dietary Supplements
October 14-17, 2014
Military Museum, Istanbul, Turkey

International Advisory Board

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- Dr. Liangli Yu (China & USA)
- Dr. Jerzy Zawistowski (Canada)

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)

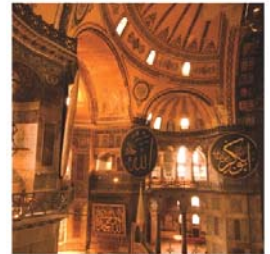
Scientific Topics

- 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 Naczki 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



Organization Office

Phn: +90 312 441 0700
 Fax: +90 312 441 0701
www.arber.com.tr
arber@arber.com.tr

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**

Categories	Early Registration Before August 15, 2014	Normal Registration After August 15, 2014
Member	\$ 445	\$ 525
Non-Member	\$ 525	\$ 595
Student Member (with proof of status)	\$ 205	\$ 255
Student Non-Member (with proof of status)	\$ 255	\$ 315
Conference Registration & Membership	\$ 540	\$ 620
Accompanying Person	\$ 100	\$ 150

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).

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).

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
24-26. International Scientific Conference on Probiotics and Prebiotics – IPC2014; Budapest, Hungary
26-28. Healthplex & Nutraceutical China 2014; Shanghai, China
20-21. Joint IFT– ISNFF Short Course on “*Nutraceuticals and Functional Foods in Enhanced Sports Performance, Exercise and Muscle Building*”; New Orleans, LA, USA
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
23-25. Probiotics 2014 – 3rd International Conference and Exhibition on Probiotics, Functional and Baby Foods; Hotel Royal Continental, Naples, Italy
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

- 25-28. 28th EFFoST International Conference – 7th International Food Factory for the Future Conference: Innovations in Attractive and Sustainable Food for Health; Uppsala, Sweden



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.”



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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 **HWSDZZOA**. *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.**

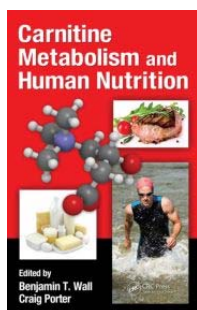
Discount is not transferable and is not applicable to prior sales or to distributors/resellers.

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

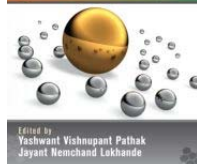
If you would like to participate, please contact David McDade: david.mcdade@wiley.com



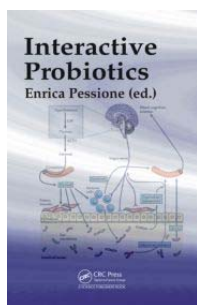
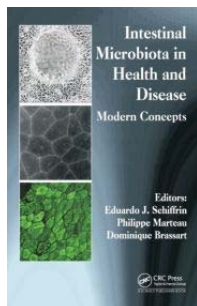
Carnitine Metabolism and Human Nutrition, Editors: Benjamin Toby Wall & Craig Porter, CRC Press, 2014, pp 186.



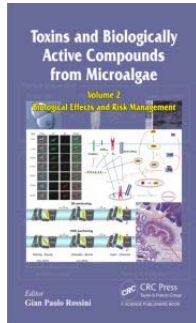
Handbook of Metalionutraceuticals, Editors: Yashwant Vishnupant Pathak & Jayant Nemchand Lekhande, CRC Press, 2014, pp 350.



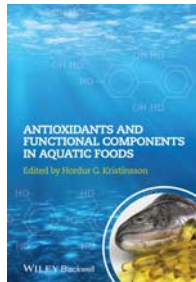
Intestinal Microbiota in Health and Disease. Modern Concepts Editors: Eduardo J. Schiffrin, Philippe Marteau & Dominique Brassart, CRC Press, 2014, pp 344.



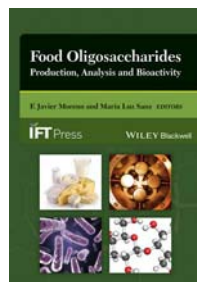
Interactive Probiotics, Editor: Enrica Pessione, CRC Press, 2014, pp 274.



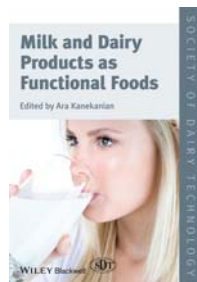
Toxins and Biologically Active Compounds from Microalgae, Volume 2: Biological Effects and Risk Management, Editor: Gian Paolo Rossini, CRC Press, 2014, pp 700.



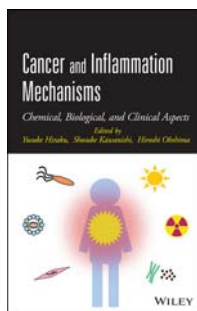
Antioxidants and Functional Components in Aquatic Foods, Editor: Hordur G. Kristinsson, Wiley-Blackwell, 2014, pp 344.



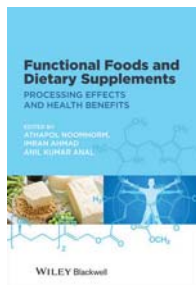
Food Oligosaccharides. Production, Analysis and Bioactivity, Editors: F. Javier Moreno & María Luz Sanz, Wiley-Blackwell, 2014, pp 552.



Milk and Dairy Products as Functional Foods, Editor: Ara Kanekanian, Wiley-Blackwell, 2014, pp 404.



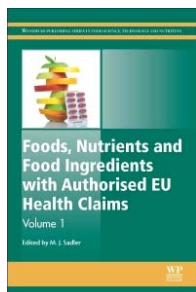
Cancer and Inflammation Mechanisms. Chemical, Biological, and Clinical Aspects, Editors: Yusuke Hiraku, Shosuke Kawanishi & Hiroshi Ohshima, Wiley-Blackwell, 2014, pp 400.



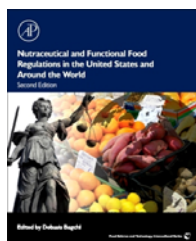
Functional Foods and Dietary Supplements. Processing Effects and Health Benefits, Editors: Athapol Noomhorm, Imran Ahmad & Anil Kumar Anal, Wiley-Blackwell, 2014, pp 510.



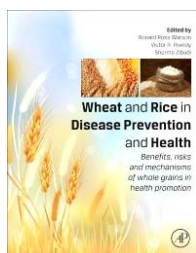
Marine Microbiology. Bioactive Compounds and Biotechnological Applications, Editor: Se-Kwon Kim, Wiley-Blackwell, 2013, pp 580.



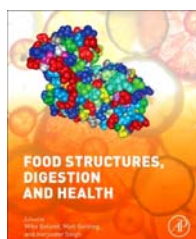
Foods, Nutrients and Food Ingredients with Authorised EU Health Claims. Volume 1, Editor: Michele Jeanne Sadler, Woodhead Publishing, 2014, pp 444.



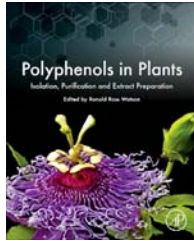
Nutraceutical and Functional Food Regulations in the United States and Around the World. Second Edition, Editor: Debasis Bagchi, Academic Press, 2014, pp 592.



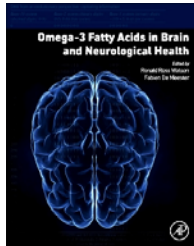
Wheat and Rice in Disease Prevention and Health, 1st Edition. Benefits, Risks and Mechanisms of Whole Grains in Health Promotion, Editors: Ronald Watson, Victor Preedy & Sherma Zibadi, Academic Press, 2014, pp 576.



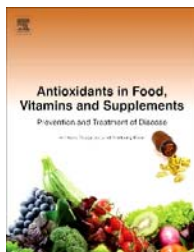
Food Structures, Digestion and Health, Editors: Mike Boland, Matt Bolding & Harjinder Singh, Academic Press, 2014, pp 544.



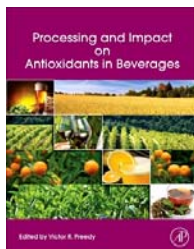
Polyphenols in Plants. Isolation, Purification and Extract Preparation, Editor: Ronald Ross Watson, Academic Press, 2014, pp 360.



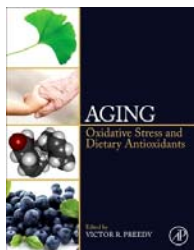
Omega-3 Fatty Acids in Brain and Neurological Health, Editors: Ronald Watson & Fabien De Meester, Academic Press, 2014, pp 496.



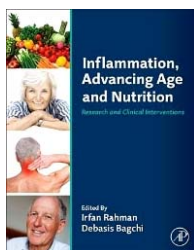
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