

# 1<sup>st</sup> International GVF Symposium

Lifecourse Nutrition: Choline, Methyl Donors, Vitamin K<sub>2</sub>, and Omega-3 Fatty Acids

**DAY 1** 15<sup>th</sup> OCTOBER 2026 – Scandic Ørnen Hotel

3 p.m. to 3:30 p.m.

**Registration & Welcome coffee**

3:30 p.m. to 3:40 p.m.

**Warm welcome from GVF**

Prof. Manfred Eggersdorfer

3:40 p.m. to 4:20 p.m.

**KEYNOTE LECTURE: The importance of methyl donors and one carbon metabolism for health and disease throughout the life course**

Prof. Helene McNulty (Ulster University, UK)

4:20 p.m. to 5:00 p.m.

**KEYNOTE LECTURE: Choline an essential nutrient across the lifespan**

Prof. Rima Obeid (Saarland University Hospital, Germany)

5:00 p.m. to 5:30 p.m.

**Choline in Pediatrics - Metabolic Principles, Supplementation and Clinical Impact**

Apl. Prof. Wolfgang Bernhardt (University Hospital Tübingen, Germany)

5:30 p.m. to 6:00 p.m.

**Clinical research, industry collaboration and strengthening translational impact**

Prof. Charalampos (Haris) Tzoulis (University of Bergen, Norway)

6:00 p.m. to 6:30 p.m.

**Beyond dietary recommendations of B vitamins: how the food matrix shapes individual nutrient status**

Prof. Lynda O'Neill (Nestlé Research, Switzerland)

From 7:00 p.m.

**DINNER**

Bryggen Tracteurstes

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**DAY 2** 16<sup>th</sup> OCTOBER 2026 – University Bergen

8:30 a.m. to 9:10 a.m.

**KEYNOTE LECTURE: Marine omega-3 fatty acids for lifecourse health**

Prof. Philip Calder (University of Southampton, UK)

9:10 a.m. to 9:50 a.m.

**Omega-3 fatty acids and brain health in older adults**

Prof. Stine Ulven (University of Oslo, Norway)

9:50 a.m. to 10:20 a.m.

**COFFEE**

10:20 a.m. to 11:00 a.m.

**ω-3-Fatty acids (tba)**

11:00 a.m. to 12:00 p.m.

**LUNCH**

12:00 p.m. to 12:40 p.m.

**KEYNOTE LECTURE: Novel health effects of vitamin K**

Prof. Allan Linneberg (University of Copenhagen, Denmark)

12:40 p.m. to 1:20 p.m.

**Vitamin K in Food - Content, Bioaccessibility and Bioavailability**

Prof. Jette Jacobsen (Technical University of Denmark)

1:20 p.m. to 2:00 p.m.

**Vitamin K – a critical update**

Prof. Leon Schurgers (Maastricht University, Netherlands)

2:00 p.m. to 2:40 p.m.

**KEYNOTE LECTURE: Linking methylation and metabolism**

Prof. Andrew M. Prentice (The London School of Hygiene & Tropical Medicine, The Gambia)

2:40 p.m. to 3:00 p.m.

**CLOSING REMARKS**

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