AGENDA

1st International GVF Symposium

Lifecourse Nutrition: Choline, Methyl Donors, Vitamin K_2, and Omega-3 Fatty Acids

DAY 1 15th OCTOBER 2026 – Scandic Ørnen Hotel

3 p.m. to 3:30 p.m.
Registration & Welcome coffee
Chair: Administrative Office

3:30 p.m. to 3:40 p.m.
Warm welcome from GVF
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)
Chair: Adrian McCann & Manfred Eggersdorfer

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)
Chair: Adrian McCann & Manfred Eggersdorfer

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

5:30 p.m. to 6:00 p.m.
NAD Augmentation Therapy as a Disease-Modifying Approach for Neurodegeneration
Prof. Charalampos (Haris) Tzoulis (University of Bergen, Norway)
Chair: Klaus Krämer & Adrian McCann

6:00 p.m. to 6:30 p.m.
Beyond dietary recommendations of B vitamins: how the food matrix shapes individual nutrient status
Dr. Lynda O'Neill (Nestlé Research, Switzerland)
Chair: Klaus Krämer & Adrian McCann

From 7:00 p.m.
DINNER
Bryggen Tracteurstes

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DAY 2 16th OCTOBER 2026 – University Bergen

9:00 a.m. to 9:40 a.m.
KEYNOTE LECTURE: Novel health effects of vitamin K
Prof. Allan Linneberg (University of Kopenhagen, Denmark)
Chair: Lena Leder & Maria Witt-Wallert

9:40 a.m. to 10:10 a.m.
COFFEE

10:10 a.m. to 10:50 a.m.
Vitamin K in Food - Content, Bioaccessibility and Bioavailability
Prof. Jette Jacobsen (Technical University of Denmark)
Chair: Lena Leder & Maria Witt-Wallert

10:50 p.m. to 11:30 a.m.
Vitamin K – a critical update
Prof. Leon Schurgers (Maastricht University, Netherlands)
Chair: Lena Leder & Maria Witt-Wallert

11:30 a.m. to 12:30 p.m.
LUNCH

12:30 p.m. to 1:10 p.m.
KEYNOTE LECTURE: Marine omega-3 fatty acids for lifecourse health
Prof. Philip Calder (University of Southhampton, UK)
Chair: Klaus Krämer & Manfred Eggersdorfer

1:10 p.m. to 1:50 p.m.
Omega-3 fatty acids and brain health in older adults
Prof. Stine Ulven (University of Oslo, Norway)
Chair: Klaus Krämer & Manfred Eggersdorfer

1:50 p.m. to 2:30 p.m.
KEYNOTE LECTURE: Linking methylation and metabolism
Prof. Andrew M. Prentice (The London School of Hygiene & Tropical Medicine, The Gambia)
Chair: Klaus Krämer & Manfred Eggersdorfer

2:30 p.m. to 3:00 p.m.
CLOSING REMARKS
Manfred Eggersdorfer

4:00 p.m.
Optional SOCIAL EVENT
Leprosy Museum, St. Jørgen's Hospital

From 7:00 p.m.
Optional DINNER
Olivia Zachariasbryggen

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