

Jeffrey Blumberg, PhD, FASN, FACN, CNS
Professor, Friedman School of Nutrition Science and Policy
Director, Antioxidants Research Laboratory
Jean Mayer USDA Human Nutrition Research Center on Aging
Tufts University

Dr. Blumberg is a senior scientist and director of the Antioxidants Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. His research efforts are focused on the biochemical basis for the role of antioxidant nutrients and their dietary requirements in health promotion and disease prevention during the aging process via their modulation of oxidative stress status and inflammation.

As professor in the Friedman School of Nutrition Science and Policy at Tufts University, Dr. Blumberg teaches graduate students, trains post-doctoral fellows, and participates in activities relevant to the incorporation of sound nutrition science into public health policy. Prior to accepting his position at Tufts, he was an Associate Professor in the College of Pharmacy and Allied Health Professions at Northeastern University and served as Head of the Section of Pharmacology and Director of the Program in Toxicology, which he incepted.

Dr. Blumberg has served on the FDA Food Advisory Committee, Certification Board for Nutrition Specialists, U.S. Olympic Committee Task Force on Dietary Supplementation, ACN Cardiovascular & Geriatric Health Council, and Scientific Advisory Board of the Rosenthal Center for Complementary & Alternative Medicine at Columbia University. He has also served on the DHHS Year 2000 Health Objectives Committee, Surgeon General's Workshop on Health Promotion and Aging, ASN National Task Force on Food Labeling, ASN Public Affairs Committee and Public Information Committee, Board of the American Aging Association, WHO/FAO Consultation on Preparation and Use of Food-Based Dietary Guidelines, and the WHO Expert Consultation on the Development of Nutrition Guidelines for the Elderly. He has testified before the IOM/NAS Food and Nutrition Board, Subcommittee on Health and the Environment at the U.S. House of Representatives, FDA Conference on Antioxidant Vitamins and Cancer and Cardiovascular Disease, and First UN/WHO Conference on Healthy Ageing.

Dr. Blumberg is a member of numerous professional organizations including the American College of Nutrition, American Society for Nutrition, The Oxygen Society, International Society for Free Radical Research, Gerontological Society of America, American Association for the Advancement of Science, and Sigma Xi Scientific Research Society.

Dr. Blumberg has published over 300 scientific articles and has served on the Editorial Board of the *Journal of the American College of Nutrition*; *Tufts Health & Nutrition Letter*; *Journal of Environmental Pathology, Toxicology and Oncology*; *Nutrition in Clinical Care*; *Free Radical Biology & Medicine*; *Journal of Medicinal Food*; *Nutrition*; *Antioxidants & Redox Signaling*; *Arbor Clinical Nutrition Updates*; *The Open Bioactive Compounds Journal*; *Nutrition and Aging*; and *Journal of Nutrition in Gerontology and Geriatrics* .

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Johanna Dwyer, D.Sc, RD
Senior Nutrition Scientist, OD/ODS/NIH
Tufts University and NIH Office of Dietary Supplements

Dr. Johanna Dwyer is Professor of Medicine (Nutrition) and Community Health at the Tufts University Medical School, and Adjunct Professor of Nutrition at Tufts University Friedman School of Nutrition Science and Policy. She is also Senior Scientist at the Jean Mayer/USDA Human Nutrition Research Center on Aging at Tufts University. She is the Director of the Frances Stern Nutrition Center at Tufts Medical Center. From 2003-2011 Dr. Dwyer served part time as Senior Nutrition Scientist Office of Dietary Supplements, National Institutes of Health, and she continues there as a consultant where is was responsible for several large projects, including studies of dietary supplement motivation and use, development of an analytically substantiated dietary supplement database and other dietary supplement databases, development of research on the assessment of dietary supplement intake, a study of flavonoid intakes and health outcomes in NHANES, and other topics.

Dr. Dwyer is an accomplished researcher, having authored and coauthored more than 250 research articles and 300 review articles published in scientific journals. She focused on topics including dietary treatment of end-stage renal disease, the role of dietary flavanoids in health; preventing diet-related disease in children and adolescents; maximizing quality of life and health in the elderly; vegetarian and other lifestyles, and databases for bioactive substances other than nutrients. She also serves as the editor of *Nutrition Today*.

Dwyer received her D.Sc. and M.Sc. from the Harvard School of Public Health, an M.S. from the University of Wisconsin, and completed her undergraduate degree with distinction from Cornell University.

Dr. Dwyer has served on many committees, including the 2000 Dietary Guidelines Committee, served as a member of the Food and Nutrition Board of the National Academy of Sciences, is an elected member of the Institute of Medicine National Academy of Sciences and served as Councilor of the Institute of Medicine. She received the Conrad V Elvehjem Award for public service in 2005 from the American Society for Nutrition Sciences, the Alumni Award of Merit from the Harvard School of Public Health in 2004, the WO Atwater award in 1996, the Medallion Award of the American Dietetic Association in 2003, the Dean's Medal from the Tufts University Friedman School of Nutrition Science and Policy, and is a fellow of the American Society for Nutrition and the American Society for Parenteral and Enteral Nutrition..

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Alan Crozier, PhD
Senior Research Fellow School of Medicine,
College of Medical, Veterinary & Life Sciences
University of Glasgow

Former Professor of Plant Biochemistry and Human Nutrition, Alan Crozier is now a Senior Research Fellow at the University of Glasgow. While his research has involved studies on plant hormones and purine alkaloids, for the last 15 years Crozier's activities have focused on flavonoids and other protective dietary phenolic compounds in fruits, vegetables and beverages.

Crozier obtained his PhD at the University of London. Before his work at the University of Glasgow, he held appointments at the University of Calgary in Canada and The University of Canterbury in Christchurch, New Zealand. Currently, his research group is using a number of approaches to investigate the bioavailability of dietary phenolics, principally those occurring in berries, tea, chocolate, teas, coffee and fruit juices.

Recognized for his internationally distinguished achievements in the field of plant hormones and secondary metabolites, in 1999 Crozier was awarded the title "Eminent Scientist of RIKEN" by the Institute of Physical and Chemical Research (RIKEN), Wako-shi, Saitama, Japan. He has also published more than 250 research papers and edited nine books.

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John van Duynhoven, PhD
Expertise Team Leader at Unilever,
Professor (part-time) at Wageningen University and
Project Leader at the Netherlands Metabolomics Centre

Dr. John van Duynhoven obtained his PhD in biophysical chemistry, and was an assistant professor at the University of Twente where he pursued NMR applications in supramolecular and polymer chemistry. In 1996 he moved to Unilever R&D Vlaardingen (The Netherlands) where deployed a wide range of NMR/MRI techniques in food and nutrition R&D programmes. At Unilever R&D Vlaardingen he is now heading the spectroscopy and microscopy group.

In 2010 was appointed as part-time professor at Wageningen University. His current research activities are in resolving complex food compositions and structure and assessment of the metabolic impact of diet on humans. In these areas he has initiated and led a range of academic-industrial collaborative projects (National and European) and this has resulted in over 100 publications in international peer-reviewed journals and books.

He has been co-organizer of various national and international NMR meetings, leads the Nutrition & Health theme of the Netherlands Metabolomics Centre (NMC) where he also serves on the Executive Committee. He currently serves as the chairman of the organizing committee of the 11th Conference on Applications of Magnetic Resonance in Food Science (Wageningen, The Netherlands, 2012).

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Mario Lorenz, PhD
Senior Scientist at the Department of Cardiology and Angiology
Charité Universitätsmedizin, Berlin, Germany

Dr. Mario Lorenz is currently the senior scientist at the Department of Cardiology and Angiology at the Charité – University Medicine Berlin where he was previously a scientific assistant at the Institute for Pathology. His main area of work is focused on the effects of tea and individual tea compounds on cardiovascular health.

Dr. Lorenz received his PhD at the Institute for Biology (Dept. of Genetics), Humbolt University Berlin. Prior to that Dr. Lorenz studied agriculture and plant breeding at the Martin-Luther-University Halle-Wittenberg.

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Lenore Arab, PhD
Professor, Department of Medicine
David Geffen School of Medicine at UCLA

Lenore Arab is a professor of internal medicine at the David Geffen School of Medicine at UCLA. Prior to this position she established and chaired the global epidemiology department at Amgen, a leading biotech company. She has served as professor of epidemiology and nutrition in the Departments of Epidemiology and Nutrition at the University of North Carolina at Chapel Hill for 12 years prior to moving to California. Dr. Arab's main research interests are anticarcinogens in foods, nutrients and brain function, antioxidant nutrients and multi-media approaches to dietary assessment.

Dr. Arab, as Professor and Director, chaired the department of Social Medicine and Epidemiology at the Bundesgesundheitsamt in Berlin for 7 years prior to being recruited to UNC, and worked an additional 7 years at the Heart Disease Research Institute of the University of Heidelberg. During that time she served as a nutrition advisor to the World Health Organization (WHO) for 10 years and was the founding director of the WHO Collaborating Center for Nutritional Epidemiology in Berlin. She was the founding North American Editor of the journal Public Health Nutrition, Associate Editor of Nutrition and Cancer and sits on numerous other editorial boards.

At UNC Dr Arab was the program director for nutritional epidemiology and leader of a training program and NCI-sponsored training grant in that field. She is served as the director of the Clinical Nutrition Research Core for Nutritional Epidemiology at UNC. Dr Arab has also served as a member on multiple NIH study sections in various capacities including permanent member. Having served on the National Academy of Science committees that developed the most recent dietary recommendations, she is particularly interested in seeing nutritional knowledge widely implemented in disease prevention across populations, and enhancing the nutritional knowledge of medical graduates. Director, Training Grant On The Nutritional Biochemistry and Epidemiology of Carcinogenesis Director, Nutritional Epidemiology Core of the University of North Carolina at Chapel Hill Head of the Nutritional Epidemiology Program in the Epidemiology Department Former Member National Academy of Science NRC Committee On The Toxicological Effect of Methylmercury

Dr. Arab earned her PhD in Nutrition and Epidemiology from Justus Liebig University in Geissen, Germany; her MS in Nutrition from Harvard University; and her BS in Biology from Colgate University, Hamilton, New York.

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Claudio Ferri, MD
Full Professor of Internal Medicine
Director – Division of Internal Medicine 1 and Hypertension and Cardiovascular
Prevention Outpatient Unit
University of L'Aquila – San Salvatore Hospital

Claudio Ferri is currently Director of the Division of Internal Medicine 1 and of the Hypertension and Cardiovascular Prevention Unit at the University of L'Aquila – San Salvatore Hospital. He is also Full Professor of Internal Medicine and the Director of both the School and the Post Doc School of Internal Medicine. Beginning this year, he is also the President of the College of Clinicians of his University.

Professor Ferri received his degree in Medicine and his specialty in Internal Medicine (both cum laude) at the University of Rome “La Sapienza,” where he began his studies on hypertension and its vascular consequence.

Dr. Ferri has published over 500 journal articles including more than 150 on international peer reviewed ones on endothelial function, insulin sensitivity, foods and their relationships with the cardiovascular system. He is also the co-author of some medical textbooks, including the last one (2011) on nutraceuticals and human health.

Ferri is currently the vice-president of the Italian Forum of Internal Medicine and Treasurer of the Italian Society of Hypertension. He is the Secretary of the International Society of Chocolate and Cocoa in Medicine. He is also member of the board of the Journal of Hypertension and of Clinical Science and Editor-in-Chief of *The Cardiorenal Journal and of Food Lifestyle and Health*.

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Joshua D. Lambert, Ph.D.
Assistant Professor of Food Science
Pennsylvania State University

Dr. Joshua D. Lambert is currently an Assistant Professor in the Department of Food Science at the Pennsylvania State University. Dr. Lambert's research interests are in the prevention of chronic diseases by dietary polyphenols.

Lambert received a B.S. in Biochemistry from the Pennsylvania State University and a Ph.D. in Pharmacology and Toxicology from the University of Arizona. He conducted post-doctoral research in the Integrative Medicine Service at the Memorial Sloan-Kettering Cancer Center and in the Department of Chemical Biology at Rutgers University.

Currently, his laboratory research is focused on studying the efficacy and underlying mechanisms of action of green tea catechins, alone and in combination with other agents for the prevention of cancer, the efficacy of dietary polyphenols for the prevention of obesity and obesity-related inflammation, and the potential hepatotoxicity of high dose oral EGCG.

The overall goal of Dr. Lambert's research is to establish the efficacy of dietary components for the prevention of disease, and to provide necessary data on the safety of these compounds when they are administered in non-dietary dosage forms. Dr. Lambert has published more than 50 peer-reviewed papers and book chapters on the prevention and treatment of cancer and obesity by phytochemicals. His research is currently supported by the National Center for Complementary and Alternative Medicine and the American Institute for Cancer Research.

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Jian-Min Yuan, MD, PhD
Professor and Associate Director for Cancer Control and Population Sciences
University of Pittsburgh Cancer Institute

Dr. Jian-Min Yuan is a cancer epidemiologist. An accomplished investigator, Dr. Yuan is recognized for his contributions in the area of cancer epidemiology and the role of dietary and other environmental exposures, genetic variations and gene-environment interaction in the cause and prevention of the lung, liver, colon, rectum, breast and urinary bladder. The ultimate goal of his research is to develop cancer prevention strategies including chemopreventive agents against the development of cancer.

He received his M.D. in 1983 from the Shanghai Medical University, China, and Ph.D. in epidemiology in 1996 from the University of Southern California (USC). He was recruited to the Masonic Cancer Center in 2005 from the USC/Norris Comprehensive Cancer Center in Los Angeles. Dr. Yuan actively mentored graduate students. Prior to joining the University of Pittsburgh, he was Director of the Nutrition and Cancer Training Program, a multi-disciplinary cross-college training program at the University of Minnesota.

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Rick Hursel, PhD
Department of Human Biology
Maastricht University

Rick Hursel is currently working as a post-doctoral at the department of Human Biology for which he acquired a Kootstra Talent Fellowship from Maastricht University Media Centre+ (MUMC) to continue his work on the role of thermogenic ingredients in affecting metabolic targets for treatment of overweight or prevention of obesity.

He studied Health Sciences at Maastricht University, for which he received his BSc in 2006, and his MSc in Physical Activity and Health specialization Metabolism and Nutrition in 2007.

In 2011 he obtained his PhD at the department of Human Biology of the Faculty of Health, Medicine and Life Sciences of Maastricht University under supervision of Prof. Dr. MS Westerterp-Plantenga. Hursel's research during this period was mainly focused on triggers for energy expenditure, especially thermogenic ingredients & circadian aspects.

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Chwan-Li (Leslie) Shen, PhD, CCRP
Associate Professor of Pathology
School of Medicine
Texas Tech University Health Sciences Center

Dr. Chwan-Li (Leslie) Shen is an Associate Professor of Pathology and Physiology, School of Medicine and a researcher at the Laura W. Bush Institute for Women's Health, Texas Tech University Health Sciences Center, Lubbock. She obtained her B.S. degree from Taiwan, her MS degree from Texas Tech University, and her PhD degree from Purdue University.

She has been working on bone pathology for over 15 years, using cells, animals, and human subjects to investigate management of chronic bone diseases, particularly osteoporosis and osteoarthritis, through complementary and alternative medicine, such as green tea supplement and Tai Chi mind-body exercise. She has successfully translated her animal study results into human clinical trials. Her research on bone health in postmenopausal women was selected as a feature project by the National Institute of Health and a national conference, and is now highlighted on over seven million websites.

Dr. Chwan-Li Shen has published more than 50 peer-refereed articles, served as an editorial board member of 6 journals in the area of nutrition and bone, and served on study sections for national, federal, private, and foreign funding agencies. She has become a fellow of United States Bone and Joint Decade in 2006 and received a Chancellor's Council Distinguished Research Award in 2011.

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Suzanne Einöther, MSc
Research Scientist
Unilever Research & Development Vlaardingen
Olivier van Noortlaan 120, Vlaardingen, The Netherlands

Suzanne Einöther works as a research scientist at Unilever Research & Development Vlaardingen (The Netherlands). She has been involved in internal and external studies on the effects of food products and food ingredients on human cognitive performance and mood since 2007.

During her education at the University of Maastricht, Einöther studied psychology with a specialization in Cognitive Psychology. In 2005, she graduated with an MSc degree.

Throughout Einöther's time at Unilever she has been involved in several studies investigating the effects of tea and tea ingredients on attention. Furthermore, she was involved in a study on tea consumption in relation to work performance and recently completed a study on the tea consumption experience and creativity. She will publish an overview chapter on tea and attention in October 2012.

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