Nutrients 2026 Program Overview

Please note that all times indicated in the program overview are in CEST (Central European Summer Time), corresponding to the local time in Barcelona, Spain.

	Thursday, 22 October 2026 8:00 AM – 6:30 PM CEST	Friday, 23 October 2026 9:00 AM– 6:30 PM CEST	Saturday, 24 October 2026 9:00 AM – 4:30 PM CEST
Morning	Opening Ceremony (Check-in from 8:00 AM CEST)		
	Plenary Lecture & S6. Lifestyle and prevention of chronic diseases (Part 1)	S1. Personalized nutrition based on diet-gene interactions (Part 1)	S3. Novel dietary recommendations for specific chronic diseases (Part 1)
	Coffee Break	Coffee Break	Coffee Break
	S6. Lifestyle and prevention of chronic diseases (Part 2)	S1. Personalized nutrition based on diet-gene interactions (Part 2) & S5. The potential role of AI in clinical practice	S3. Novel dietary recommendations for specific chronic diseases (Part 2)
	Lunch Break & Poster Session A	Lunch Break & Poster Session B	Lunch Break & Poster Session C
Afternoon	S6. Lifestyle and prevention of chronic diseases (Part 3)	S2. Innovations in Clinical Nutrition (Part 1)	S4. Understanding the role of microbiota in clinical practice (Part 1)
	Coffee Break & Poster Session A	Coffee Break & Poster Session B	Coffee Break & Poster Session C
	S6. Lifestyle and prevention of chronic diseases (Part 4)	S2. Innovations in Clinical Nutrition (Part 2)	S4. Understanding the role of microbiota in clinical practice (Part 2)
	Conference Dinner (7:30 PM CEST)		Closing & Award Ceremony

Nutrients 2026 Detailed Program

Please note that all times indicated in the detailed program are in CEST (Central European Summer Time), corresponding to the local time in Barcelona, Spain.

Day 1 – Thursday, 22 October 2026

from 08:00	**Check-In**	
09:00-09:20	**Opening Ceremony & Welcome Remarks**	
09:20-10:00	**Prof. Dr. Carlo La Vecchia** **Plenary Speaker**	**Whole Grains, Healthy and Sustainable Diets and Gastric Cancer: Pooled Analyses of the Stomach Cancer Pooling (StoP) Consortium**
Session 6: Lifestyle and prevention of chronic diseases (Part I) chaired by **Prof. María Luz Fernández**		
10:00-10:05	**Prof. Dr. María Luz Fernández** **Session Chair**	**Introduction**
10:05-10:20	**Kalliopi Georgakouli**	Effects of Structured Lifestyle Counseling Combined with a Low-Glycaemic Index Hypocaloric Diet on Weight Loss, Blood Pressure, and Quality of Life: A Pilot Randomized Controlled Trial
10:20-10:35	**Maria Belen Gutierrez-Barrutia**	A Functional Biscuit Formulated with Brewers' Spent Grain Attenuates Postprandial Glycemia in Healthy Adults: A Proof-of-Concept Crossover Trial
10:35-10:50	**Nikolay Andreevich Safonov**	Dietary Antioxidant Potential, Serum Micronutrient Status and ABSI-Based Risk in Older Adults
10:50-11:05	**Rosa Casas**	Daily Peanut Consumption Improves Attention, Processing Speed and Executive Function in Preadolescents: A Translational Nutrition Approach
11:05-11:35	**Coffee Break**	
11:35-11:50	**Mami Fujibayashi**	Determinants of Cardiovascular Risk in Master Athletes: The Critical Role of Adiposity Management

11:50-12:05	**María Fernanda López-Padilla**	Associations Between (Poly)phenols' Intake, and Lipid Profile and HDL Functionality in EPIC-Spain Cohort
12:05-12:20	**Anna Sanjuan-Clavaguera**	Exposomic Insights into Exercise in Young Adults: Integrating Metabolic Profiling and Dietary Status
12:20-12:35	**Dalia El Khoury**	Supplement Use, Patterns and Determinants in Gay, Bisexual, Transgender, Two-Spirit, Queer (GBT2Q+) Men and Non-Binary Individuals in Canada
12:35-13:55	**Group Photo, Lunch Break & Poster Session A**	
Session 6: Lifestyle and prevention of chronic diseases (Part II) chaired by **Prof. María Luz Fernández**		
14:00-14:30	**Dr. María Dolores del Castillo Keynote Speaker**	**Coffee-Derived Novel Foods and Metabolic Health: From Sustainable Practices to Preventing Chronic Diseases**
14:30-14:45	**Laura Cismaru**	Eating Behaviour and Exposure to Food-Related Social Media Content among Generation Z University Students in Romania
14:45-15:00	**Elsa Blanco-Ferran**	The Effects of a Maternal Diet High in Fiber and Polyphenols on the Gut-Brain Axis of Dams and Their Offspring
15:00-15:15	**Rana Abdel Sater**	Mediterranean Diet Adherence and its Association with Anxiety and Depression Among Lebanese University Students: A Cross-Sectional Study
15:15-15:30	**Lucía Riggioni Saborío**	Maternal Fruit and Vegetable Intake During Pregnancy and Childhood Overweight: A Prospective Cohort Study
15:30-15:45	**Josep C. Jiménez Chillarón**	Developmental versus Diet-Induced Obesity: Similar Fat Expansion, Divergent Molecular Fingerprints in Adipocyte Progenitors
15:45-16:25	**Coffee Break & Poster Session A**	
16:25-16:40	**Agata Jabłońska-Trypuć**	Evaluation of the Anticancer and Antimicrobial Potential of *Chlorella vulgaris* Algae Extract: Preliminary Study

16:40-16:55	**Wilna Oldewage-Theron**	Beyond the Pill: Whole Soybeans Outperform B-Vitamins in Increasing HDL-C Among Older South Africans
16:55-17:10	**Jacinta Brasil**	Water Sources and Hydration Status in Healthcare Professionals: A Cross-Sectional Study Using Urine Osmolality and Free Water Reserve
17:10-17:25	**Sara Baldassano**	GLP1 Receptor Modulation Directly Regulates Adipogenic and Thermogenic Fate of Human Adipose-Derived Stem Cells in a Depot-Specific Manner
17:25-17:40	**Sonya Vasto**	A Dietary Biofortification Strategy for Cardiovascular Risk Reduction: Effects of Ecklonia maxima-Enriched Vegetables on Small Dense LDL Cholesterol
17:40-17:50	**Prof. Dr. María Luz Fernández** **Session Chair**	**Closing Remarks**
Starting at 19:30	**Conference Dinner at Arrosseria Gaudí Restaurant** **Address: Av. de Gaudí, 44, 46, Eixample, 08025 Barcelona, Spain**	

Day 2 – Friday, 23 October 2026

Session 1: Personalized nutrition based on diet-gene interactions chaired by **Dr. Veronica A. Mullins**		
09:00-09:05	**Dr. Veronica A. Mullins** **Session Chair**	**Introduction**
09:05-09:35	**Prof. Ji-Young Lee** **Keynote Speaker**	**Dietary NAD^+ Boosters as a Strategy for Targeting Metabolic and Inflammatory Pathways in Liver Disease**
09:35-09:50	**Dr. Veronica A. Mullins**	Genetically Tailored Nutrition: Assessing the Utility of Consumer Genetic Tests
09:50-10:05	**Diana Sagués Farreras**	Higher Anthocyanin Intake Is Associated with a Lower Risk of Alzheimer's Disease Regardless of ApoE Genotype: A Case-Cohort Study Within the EPIC-Spain Dementia Cohort
10:05-10:20	**MinJae Lee**	Exploring Potential Causal Associations Between Plasma Folate Biomarkers and Prostate Cancer Aggressiveness Using Folate-Pathway Genetic Variants
10:20-10:35	**Helen Cristina Vidal**	Circulating miR-139 and miR-486 Are Associated with Plant Protein and Fiber Intake, Cardiometabolic Risk Factors, and Systemic Inflammation in Adolescents
10:35-11:05	**Coffee Break**	
11:05-11:35	**Prof. Dr. Dolores Corella** **Keynote Speaker**	**Gene-Diet Interactions on Biomarkers of Aging: Their Role in Rejuvenation Strategies and Disease Prevention**
11:35-11:50	**Dr. Lujain Zain**	Precision Nutrition for Obesity Management: Integrating Nutrigenomics, Gut Health, and Lifestyle Interventions in Clinical Practice
Session 5: The potential role of AI in clinical practice chaired by **Dr. Maria J. Rodríguez-Lagunas**		

11:50-11:55	**Dr. Maria J. Rodríguez-Lagunas** **Session Chair**	**Introduction**
11:55-12:25	**Dr. Dario Gregori** **Keynote Speaker**	**AI Driven Dietary Assessment in Clinical Practice: From Signal Based Intake Estimation to Malnutrition Detection**
12:25-12:40	**Mireia Bosch**	Extracting Digital Patient-Reported Outcomes from Social Media: Insights from Menopause and Digestive Health
12:40-14:00	**Lunch Break & Poster Session B**	
Session 2: Innovations in Clinical Nutrition chaired by **Dr. Marcela Vergara-Jimenez**		
14:00-14:05	**Dr. Marcela Vergara-Jimenez** **Session Chair**	**Introduction**
14:05-14:35	**Dr. Maria Carmen Collado** **Keynote Speaker**	**Women's Nutrition in Pregnancy and Lactation: Impacts on Maternal–Infant Microbiota and Health**
14:35-15:05	**Prof. Dr. Luis Alberto Moreno Aznar** **Keynote Speaker**	**Early Development of Eating Behaviour in Relation to Obesity**
15:05-15:20	**Varol Tunali**	An AI-Designed, Microbiome-Targeted Food Bar in Prediabetes and Type 2 Diabetes: Within-Participant Glycaemic Changes in a 12-Week Single-Arm Pilot
15:20-15:35	**Kimia Jalali**	Ultra-High-Pressure Homogenization Better Preserves Immunoglobulin and Cytokine Profiles of Donor Human Milk than Holder Pasteurization
15:35-15:50	**Camila Bencheluch Morales**	Integrated Dietetic and Gastronomic Care in Hospitalized Oncological Patients: Appetite Recovery, Nutritional Status Preservation, and Validation of a Novel PREMs/PROMs Instrument
15:50-16:30	**Coffee Break & Poster Session B**	

16:30-17:00	**Prof. Rafael Pérez-Escamilla** **Keynote Speaker**	**Impact of Produce Prescription Programs on Food Intake Across the Life Course**
17:00-17:15	**Karen Veronica Ayala Huaman**	Annona muricata Leaf Extract Attenuates Obesity-Associated Metabolic Dysfunction and Hepatic Steatosis in Diet-Induced Obese Mice
17:15-17:30	**Giovanna Polcaro**	Curcumin-Induced Downregulation of miR-27a-3p Promotes Immunogenic Cell Death and Enhances PD-L1 Blockade Efficacy in Triple-Negative Breast Cancer Through Low-Inflammatory Cytotoxicity
17:30-17:40	**Dr. Marcela Vergara-Jimenez** **Session Chair**	**Closing Remarks**

Day 3 – Saturday, 24 October 2026

Session 3: Novel dietary recommendations for specific chronic diseases chaired by **Prof. Lluis Serra Majem**		
09:00-09:05	**Prof. Lluis Serra Majem** **Session Chair**	**Introduction**
09:05-09:35	**Prof. Dr. Maria Luz Fernandez** **Keynote Speaker**	**Eggs and Their Controversial Pathway from a Suspicious to a Healthy Food**
09:35-09:50	**Ane Otaegui**	Towards Personalized Nutrition in Multiple Sclerosis: Baseline Biological Phenotypes Shape Response to Dietary Intervention
09:50-10:05	**Chiara Cecconello**	Effect of Fermentation-Derived Chondroitin Sulfate in Mild to Moderate Knee Osteoarthritis Symptoms Management: A Post-Hoc Analysis
10:05-10:20	**Kardelen Kandemir**	Effects of the DASH Diet Versus Turkish Dietary Guidelines-Based Medical Nutrition Therapy on Glycemic Control and Blood Pressure in Women with Gestational Diabetes: A Randomized Controlled Trial
10:20-10:35	**Martina Signorelli**	Nutritional Status and Social Vulnerability Identify a High-Risk Subgroup of Patients with Extensive-Stage Small-Cell Lung Cancer
10:35-11:05	**Coffee Break**	
11:05-11:20	**Carolina Gabriela Plazas Guerrero**	Effect of the Dieta de la Milpa on Biochemical Markers in People with End-Stage Renal Disease Receiving Hemodialysis: A Randomized Clinical Trial
11:20-11:35	**David Barry**	Synbiotic Supplementation as a Novel Nutritional Strategy for Sarcopenia: Results from a Randomized Controlled Trial in Older Adults
Session 4: Understanding the role of microbiota in clinical practice chaired by **Dr. Francisco Jose Pérez Cano**		
11:35-11:40	**Dr. Francisco Jose Pérez Cano** **Session Chair**	**Introduction**
11:40-11:55	**Hajer Chaouch**	Association Between Gut Microbiota-Oriented Nutritional Management, Resolution of Weight Loss Plateau and Body Composition Changes in Adults with Overweight or Obesity: A Prospective Real-World Observational Study

11:55-12:10	**Soonkyu Chung**	Unexpected and Atypical Gut-Brain Axis Association by Diet-Induced Weight Cycling
12:10-13:30	**Lunch Break & Poster Session C**	
13:30-13:45	**Emanuela Lavanga**	Gut Microbiota Composition in Psoriatic Arthritis Patients treated with Different Biologic Therapies
13:45-14:00	**Aylin Jafari**	Early-Life *Bacillus coagulans* Supplementation Mitigates Maternal High-Fat Diet-Induced Intestinal Dysfunction and Colitis Susceptibility in Offspring
14:00-14:30	**Dr. Francisco Jose Pérez Cano Keynote Speaker**	**Breast Milk and Infant Immune Development: From Preclinical Data to Clinical Advice**
14:30-15:10	**Coffee Break & Poster Session C**	
15:10-15:30	**Closing Remarks & Awards Ceremony**	

Poster Session A:

Session 6. Lifestyle and prevention of chronic diseases

1.	**Bilge Özerman Edis**	Dietary Polyphenol-Rich Liquid Enoant Improves Cognitive Function in Rats with Ischemia/Reperfusion
2.	**Junichi Nagata**	Study on the Immunostimulatory and Anti-Inflammatory Effects of Polyphenols from Artemisia indica Willd. var. orientalis and the Contribution of a Novel Constituent
3.	**Kyoichi Osada**	Oxidized Stigmasterol May Exacerbate Hepatic Lipid Accumulation and Promote Metabolic Dysfunction and Inflammation in High-Fat Diet-Fed Mice
4.	**Ecem Tumer**	Post-Earthquake Trauma and Diet Quality Among Adults Living in Temporary Accommodation Centers After the February 2023 Türkiye Earthquakes
5.	**Kazunori Koba**	Fermented Black Soybean Attenuates the Elevation of Blood Pressure in Spontaneously Hypertensive Rats
6.	**Montserrat Rabassa**	Dietary (Poly)phenols Are Associated with Frailty Transitions in Mediterranean Older Adults: The InCHIANTI Study
7.	**Ewa Niedzwiedzka**	Changes in Diet Quality, Body Composition, and Cardiometabolic Markers in Users of the Dietary Diary App: 10-Week and One-Year Follow-Up
8.	**Georgina Pujol-Busquets Guillén**	Effects of a Pork-Based Dietary Intervention on Dietary Behaviours, Body Composition, and Metabolic Health: A Mixed-Methods Study
9.	**Yue Xi**	Food Addiction, Ultra-Processed Food Intake, and Gastrointestinal Symptoms in Chinese Adolescents: A Multicenter, School-Based Cross-Sectional Study
10.	**Wahebah Alanazi**	Does Micronutrient Supplementation Influence Dietary Intake? A Systematic Review of Randomised Controlled Trials
11.	**Maedeh Gholami**	Mediterranean Diet Adherence and Cognitive Performance in Community-Dwelling Older Adults: Evidence from Northern Italy
12.	**Rosanna Sanseverino**	Beyond Metabolic Features: Orthorexia Nervosa, Cognitive Restraint, and Overthinking in Women with Polyendocrine-Metabolic Ovarian Syndrome (PMOS)
13.	**Lizbeth Carolina Lopez Arisaca**	Tumbo Seed Oil Modulates Cardiometabolic, Endothelial and Antioxidant Markers in Guinea Pigs with Diet-Induced Hyperlipidemia
14.	**Ioana Maria Crasan**	The Multi-Systemic Inflammatory Signature of Pediatric Obesity: Evidence for a Gut–Brain–Metabolic Axis Involving Leptin and PLA2 Type IIA
15.	**Anna Danielewicz**	Knowledge and Attitudes of Physicians Toward the Health Benefits of Dairy Products in Cardiometabolic Disease Prevention

16.	**Daniela Ceballos**	Maternal High-Fiber, Polyphenol-Rich Diet Modulates Early Immune Development in Neonatal Rat Offspring
17.	**Cristina Manuela Dragoi**	Dietary and Nutraceutical Management of Sleep in Health Sciences Students: A Cross-Sectional Survey
18.	**Marta Ros-Baró**	Effects of a Tenebrio molitor–based Cookie Combined With Physical Activity on Lipid Metabolism: A Pilot Randomized Controlled Trial
19.	**Sandra Clotet-Vidal**	Hidden Malnutrition and Micronutrient Deficiencies in Older Adults After Hospitalization for Community-Acquired Pneumonia
20.	**Daniela Ceballos**	Maternal Fiber and Polyphenol Intake in Wistar Rats Shapes Offspring's Innate Immunity and Gut–Immune Homeostasis during Adulthood
21.	**Blanca Barrau-Martinez**	Targeted LC–MS/MS Profiling of Urinary (Poly)phenol Metabolites Across Pediatric and Adult Phenylketonuria Phenotypes
22.	**Francisco J. Perez-Cano**	Milk Composition from a Transgender Woman after Induced Lactation
23.	**Cristina Jardí**	Diet Quality and Physical Well-Being in Adults with Type 2 Diabetes: The Role of Glycaemic Control
24.	**Ruth Anne Forsten**	Dietary Intervention Rich in Fiber, Plant Protein, and Fish Oil Reverses High Fat Diet-Induced Proinflammatory Plasma Lipid Profile in Rats
End of Poster Session A		

Poster Session B:

Session 6. Lifestyle and prevention of chronic diseases
Session 1. Personalized nutrition based on diet-gene interactions
Session 2. Innovations in Clinical Nutrition
Session 5. The potential role of AI in clinical practice

1.	**Karla Rio-Aige**	Weaned Lewis Rat Pups Show Modulated Mucosal Immunity Following an Early-Life Diet Rich in Fiber, Plant-Based Protein, and Fish Oil
2.	**Chelsea Amarachi Erem**	Olive Oil but Not Whole Grains: The Uneven Erosion of the Mediterranean Diet in Spanish and U.S. Adolescents
3.	**Tania Huedo-Medina**	Quality over Quantity: Perceived School-Food Quality, Not How Often It Is Eaten, Predicts Mediterranean-Diet Adherence in Spanish and U.S. Adolescents
4.	**Irache Iduriaga Platero**	Off-Target Effects of Common Drugs on Dietary Histamine Metabolism
5.	**Arnau Gonzalez-Rodriguez**	HS-SPME-GC-MS-Based Urinary Volatilomics Reveals Metabolic Alterations in Phenylketonuria
6.	**Arnau Gonzalez-Rodriguez**	Integrated Urinary Metabolomics and Volatilomics Reveal Metabolic Control-Related Signatures in Adults with Phenylketonuria
7.	**Linh Ngoc Nguyen**	A Randomized Trial of Singapore's Nutri-Grade Beverage Label on Freshly-Prepared Beverage Purchases and Diet Quality
8.	**Stavros Kavouras**	The HYDRATE Randomized Crossover Trial: Feasibility of Increased Water and Non-Sugar-Sweetened Beverages on Hydration and Health Outcomes
9.	**Silvia Canudas**	Anthocyanin-Rich Foods and Obesity: A Systematic Review and Meta-Analysis Highlighting Purple Sweet Potato as a Functional Food Matrix
10.	**Shannon Kelleher**	Precision Nutrition in Lactation: A Novel SLC30A2 Variant Links Zinc Metabolism to Breast Hypoplasia, Low Milk Supply, and Aberrant Milk Composition
11.	**Vasiliki Costarelli**	Weight Bias and Obesity-Related Perceptions in Employment Settings: Results from a Greek Population Survey
12.	**Natália Ellen Delmicon**	Circulating miR-30a Levels Are Associated with a Macronutrient Pattern and Metabolic Syndrome Burden in Brazilian Adults: A Cross-Sectional Study
13.	**Emily Alexandra Pardo Araujo**	Bioactive Compound-Enriched Functional Formulations Improve Metabolic Outcomes and Modulate Hepatic Lipid Metabolism in Diet-Induced Obesity
14.	**Graziela Biude Silva Duarte**	Genetic Variants and Zinc Status: A Polygenic Risk Score Approach and Its Association with Serum Zinc in Adults and Older Adults from the 2015 ISA-Nutrition Study

15.	**Rasheedat Lawal**	Nutritional and Genetic Risk Factors in the Progression of Mild Cognitive Impairment
16.	**Hirofumi Tachibana**	The Intake of Tomato Juice Modulates Expression of Human Plasma MicroRNAs
17.	**Chiara Cecconello**	S-Adenosyl-Methionine Supplementation Improves Cognitive Function and Sleep-Related Impairment in Postmenopausal Women: A Post Hoc Analysis of a Placebo-Controlled Study
18.	**Adriana Burrero**	The NUTRI-OBEDIGITHUM Pathway: A Clinical Framework for Integrating Personalized Exchange-Based Nutritional Prescriptions into a Digitally Enabled Obesity Care Model
19.	**Hajer Chaouch**	Association Between Reduced L-Glutathione Supplementation, Fatigue Perception and Exercise Recovery in Adults: A Prospective Real-World Observational Study
20.	**Jose M. Moran**	Beyond Food Provision: Persistent Nutritional Vulnerability and Heterogeneous Household Purchases After a Food-is-Medicine Intervention
21.	**Kaitlyn Anne Rae**	Does the Volume and Energy of Breast Milk Consumed Impact the Timing and Duration of Infant Sleep?
22.	**Víctor Pérez-Padilla**	NutrIA: Real-World AI-Based Food Leftover Estimation for Hospital Nutrition Monitoring
End of Poster Session B		

Poster Session C:

Session 3. Novel dietary recommendations for specific chronic diseases
Session 4. Understanding the role of microbiota in clinical practice

1.	**Marta Kopcewicz**	Expression of Proinflammatory Cytokine Genes in Psoriasis Patients after Prebiotic Inulin-Type Fructan Supplementation: Results of the INGUTSKIN RCT
2.	**Urszula Krupa-Kozak**	Circulating Proinflammatory Cytokines in Psoriasis Patients after Prebiotic Inulin-Type Fructan Supplementation: Results of the INGUTSKIN RCT
3.	**Miriam Partida-Perez**	Effect of Vitamin K2 Supplementation on Serum Concentrations of Undercarboxylated (ucOC) Osteocalcin, Total Growth Arrest-Specific Protein 6 (Gas6), and Cardiometabolic Risk Factors in Young Adults with Overweight or Obesity
4.	**Alina Crenguța Nicolae**	Omega-3 (DHA/EPA) Supplementation as a Nutritional Adjunct for Attention-Deficit/Hyperactivity Disorder in Children with Epilepsy: Behavioural and Urinary Catecholamine Outcomes
5.	**Sofia González las Heras**	Sex-Dependent Effects of Brown Seaweed Supplementation on Endocrine Markers and Adipose Tissue Responses in High-Fat Diet-Induced Obesity
6.	**Radoslava Vlčková**	The Effect of a Maternal Diet Rich in Alpha-Linolenic Acid on Conditions Favoring Blastocyst Implantation in Mice
7.	**Chenni Abdelkader**	In Vitro Evaluation of the Antioxidant, Antidiabetic, and Anti-Inflammatory Activities of Indian Costus (Saussurea costus) Root Extract: Implications for Chronic Disease Prevention
8.	**Ane Otaegui**	Exploring Longitudinal Changes in Plasma and Faecal Metabolomic Profiles Following a Mediterranean Anti-Inflammatory Dietary Intervention in Relapsing-Remitting Multiple Sclerosis
9.	**Varol Tunali**	Durable 12-Month Symptom Control with a Microbiome-Guided Personalized Diet versus Low-FODMAP Diet in Irritable Bowel Syndrome: A Randomized Controlled Trial
10.	**Jerzy Juskiewicz**	Functional and Metabolic Consequences of Osmotic Dehydration and Lactic Acid Fermentation of a New Onion Variety in a Rat Model
11.	**Alicia Selene Tijerina**	Gut Microbial Dysbiosis and Intestinal Barrier Dysfunction in Children with Autism Spectrum Disorder: A Retrospective Observational Study
12.	**Laura Baldomà**	Microbiota-Derived Extracellular Vesicles as Candidate Postbiotics for Gut–Brain Axis Disorders
13.	**Jose M. Moran**	Akkermansia muciniphila-Based Supplementation and Cardiometabolic Outcomes in Adults: A Systematic Review with Exploratory Meta-Analysis of Randomized Trials
14.	**Salvador Pellicer Roca**	Gut Microbiota and Intestinal Health in Histamine Intolerance

15.	**Valentina Álvarez**	Effect of Wheat Germination on Antioxidant Capacity and Short-Chain Fatty Acid Production In Vitro

End of Poster Session C