

## Probiotics in Practice: A Workshop for Dietitians & Nutritionists

### PROGRAMME

- 9:00 - 9:20      **Arrival & Refreshments**
- 9:20 – 9:30      Introductions & Overview of the Day  
Dr Louise Wilson
- 9:30 – 10:05     An Introduction to the Gut Microbiota and Factors Affecting It  
Amy Smith
- 10:05 – 10:40    An Introduction to Probiotics & Mechanisms of Action  
Victoria Avery
- 10:40 – 11:00    **Break**
- 11:00 – 11:30    Guidance & Evidence for Probiotic Use in Practice: Gastrointestinal Health  
Amy Smith
- 11:30 – 12:00    Guidance & Evidence for Probiotic Use in Practice: Infectious Disease & Immunity  
Victoria Avery
- 12:00 – 12:35    Summary of the Evidence Behind Emerging Areas of Research  
Dr Louise Wilson
- 12:35 – 13:05    **Lunch**
- 13:05 – 13:50    Practical Support and Safety Considerations  
Victoria Avery
- 13:50 – 14:20    The Future for Probiotics  
Dr Louise Wilson
- 14:20 – 14:30    **Reflection & Close**

*BDA and AfN endorsement applies only to the educational content of the learning activity.*

### SPEAKERS

Louise Wilson RD PhD (Assistant Science Manager, Yakult UK)

Victoria Avery ANutr (Science Officer, Yakult UK)

Amy Smith (Science Intern, Yakult UK)