



Board of Directors: *Seppo Salminen PhD, President; Daniel Merenstein MD, Vice President; Robert Hutkins PhD, Secretary; Treasurer; Karen Scott PhD; Members at Large: Gregor Reid PhD MBA, Eamonn Quigley MD, Glenn Gibson PhD, Colin Hill PhD, Sarah Lebeer PhD, Maria Marco PhD, Hania Szajewska MD; Mary Ellen Sanders PhD, Executive Science Officer.*

- **ISAPP 2019.** ISAPP's 2019 meeting was held in Antwerp, Belgium. See the meeting report [here](#) and a brief blog post about the meeting [here](#).
- **ISAPP 2020.** Don't miss the 2020 meeting June 1-4, in Banff, Alberta, Canada. [Information and registration](#).
- **Changes to the ISAPP board.** This year we welcomed Profs. Hania Szajewska and Maria Marco to the Board, coinciding with Dr. Michael Cabana departing after many years of outstanding service. This year marks the occasion of founding board members, Profs. Glenn Gibson and Gregor Reid, retiring from the board. Be sure to attend ISAPP 2020 to join colleagues in thanking them for their years of dedicated service to ISAPP!

Highlights of ISAPP Activities 2019

The mission of ISAPP is to advance scientific excellence in probiotics and prebiotics. ISAPP is an independent, science-based voice for the probiotic and prebiotic fields. ISAPP's core values are **Stewardship, Advancing the Science, and Education**. Below is a short summary of how ISAPP promoted these core values over the past year.

Stewardship

- **Another day, another negative headline about probiotics?** ISAPP recognizes how important it is for science to be reported in a fair and unbiased manner. To counter some of the misleading information in the media, the board has reacted to articles that overgeneralize about probiotic harms or otherwise misconstrue scientific information about probiotics. See [here](#) for a summary of ISAPP responses.
- **Putting study on *L. rhamnosus* GG bacteremia into context.** The ISAPP response provided context for understanding reports of bacteremia in ICU patients in a 2019 *Nature Medicine* paper. [Lactobacillus bacteremia in critically ill patients does not raise questions about safety for general consumers](#)
- **Helping consumers know what's in the bottle.** Mary Ellen Sanders serves as chair of the Expert Panel on probiotics for the United States Pharmacopeia (USP), working with industry and government scientists and USP staff to develop quality standards for probiotic supplements. She led the effort by this panel to publish important perspectives on probiotic quality. [Improving End-User Trust in the Quality of Commercial Probiotic Products](#).
- **Working toward global harmonization of probiotic regulations.** The topic of global harmonization of probiotics is on the agenda for the Codex Alimentarius meeting, November 24 – 29. ISAPP summarizes its perspectives [here](#), in this white paper: "[ISAPP position statement on minimum criteria for harmonizing global regulatory approaches for probiotics in foods and supplements](#)", and in this [post](#).

- **Improving scientific accuracy of resources on probiotics.** ISAPP attempted to update the Wikipedia page on probiotics. Although the current page is scientifically lacking, ISAPP was prevented from updating it due to Wikipedia procedures. This ISAPP report, developed by Dr. Mariya Petrova and Mary Ellen Sanders, is instead available as a white paper on our website [here](#).

Advancing the Science

- Two of *Nature Reviews Gastroenterology and Hepatology* most frequently downloaded papers are the ISAPP consensus statements on [probiotics](#) and [prebiotics](#). In 2019, ISAPP extended this approach of assembling panels of global experts to provide scientific clarity to the topics of synbiotics, fermented foods, and postbiotics.
 - **Consensus panel on synbiotics.** This panel, chaired by Prof. Kelly Swanson of University of Illinois, was held May 13, 2019 in Antwerp. The paper discussing the outcomes of this meeting has been submitted to *Nature Reviews Gastroenterology and Hepatology*.
 - **Consensus panel on fermented foods.** This panel, chaired by Profs. Robert Hutkins and Maria Marco, was held September 17 in London. The paper summarizing conclusions of the panel is in preparation, to be submitted to *Nature Reviews Gastroenterology and Hepatology*.
 - **Consensus panel on postbiotics.** This panel, chaired by Profs. Seppo Salminen and Hania Szajewska, will be held December 9 in London UK.
- **Adequate intake of live dietary microbes.** A discussion group, chaired by Profs. Colin Hill and Bob Hutkins, at ISAPP 2019 explored the value of an official recommendation on dietary intake of live microbes. An outcome of this group is the launch of a project to investigate the evidence available from large databases, such as NHANES.
- **Delivery matrix and probiotic/prebiotic functionality.** IAC representatives, Drs. Marla Cunningham and Roberta Grimaldi, organized and led a discussion during the IAC Learning Forum at ISAPP 2019 on *How does product formulation influence activity of prebiotic and probiotic products?* (Slides available [here](#) for 2019 meeting participants.) The outcomes are being prepared for publication.
- **Collaboration with ILSI-NA Gut Microbiome Committee.** Mary Ellen Sanders represents ISAPP on this committee. Comprising industry, government, non-profit organization and academic experts, this committee plans to organize an expert panel on assessing diet in microbiome studies.

Education

- **Launching new website designed for easier navigation by different audiences.** See [here](#) for an overview of the new website.
- **New consumer-facing FAQ page added to the website.** See [here](#).
- **Understanding microbiome data.** Dr. Gregory Gloor, Prof. of Biochemistry, University of Western Ontario, presented a webinar "[Understanding microbiome experiments: a critical assessment of methods and data analysis](#)".
- **Educational videos.** ISAPP has now updated 6 [videos](#), covering probiotics, prebiotics and fermented foods. Currently, Dr. Roberta Grimaldi is leading an effort to subtitle these videos in as many languages as possible, currently including Dutch, Spanish, Indonesian, Japanese, Italian, Dutch, French, German and Russian.
- **Translated infographics.** ISAPP has several infographics available in 12 languages. See [here](#). We encourage our industry members to share these through their communication channels and communities, to facilitate sharing science-based information with consumers.

- **ISAPP blogs.** ISAPP appreciates that its audiences are interested in viewpoints of top experts in the field. Our Board and colleagues publish regular blogs and news posts that offer perspectives and important updates about the field.
- **ISAPP's monthly newsletter.** ISAPP publishes a [monthly newsletter](#), keeping subscribers current on ISAPP activities and important developments in the probiotic and prebiotic fields. Sign up [here](#).
- **Links with Parliamentarians.** The remit, purpose and successes of ISAPP were reported in July 2019 to an All Party Parliamentary Group (APPG) in the UK ([here](#)). This is a body of MPs, Peers and other KoLs who are influential in affecting health services and Government policy. The activities of ISAPP were very well received.

Recent Papers from ISAPP Activities

- Tamang, J.P., P. Cotter, A. Endo, N.S. Han, R. Kort, S.Q. Liu, B. Mayo, N. Westerik, and R. Hutkins. 20xx. Fermented foods in a global age: east meets west. *Comprehensive Reviews in Food Science and Food Safety*. In Press.
- Scott KP, Grimaldi R, Cunningham M, Bin Sarbini S, Wijeyesekera A, Tang M, Lee J, Yau YF, Ansell J, Theis S, Yang K, Menon R, Arfsten J, Manurung S, Gourineni V, Gibson GR. Developments in understanding and applying prebiotics in research and practice – an ISAPP conference paper. *J Appl Microbiol*. 2019 Aug 25. doi: 10.1111/jam.14424.
- Sanders, M. E., D. J. Merenstein, G. Reid, G. R. Gibson, and R. A. Rastall. 2019. Probiotics and prebiotics in intestinal health and disease: from biology to the clinic. *Nat Rev Gastroenterol Hepatol*. 2019 Oct;16(10):605-616.

Helpful Links

[Full list of ISAPP Publications](#)

[18 years of annual meeting reports](#)

[Industry involvement in ISAPP](#)