Introduction

Gut microbiota refers to the microbe population living in our intestine and is made up of trillions of microorganisms including at least 1000 different species of known. Other species include fungi, parasites and viruses. In a healthy body, pathogenic and symbiotic microbiota coexist without problems. However, a disturbance in this balance caused for example by infectious illnesses, certain diets, or the prolonged use of antibiotics can result in dysbiosis. This can result in greater susceptibility to health problems such as irritable bowel syndrome, inflammatory bowel disease, food allergies and food sensitivities.

The microbiota plays an important role in stimulating the immune system, provide protection from pathogenic organisms that enter the body and break down potentially toxic food compounds. It is also able to synthesise certain vitamins such as vitamin B12 and vitamin K. A healthy and balanced gut microbiota is key to ensuring proper digestive functioning. It helps the body to digest certain food components such as fibre that the stomach and small intestine are not able to digest.

The species composition of the intestinal microbiota is highly personalised and largely determined by various factors include family genes, environment, medication use and the diet. Many studies have demonstrated the beneficial effects of functional components in food, eg prebiotics and probiotics on the gut microbiota. The former are certain dietary fibres that can serve as “food” for beneficial bacteria to help promote the growth and activity of some “good” bacteria, thereby improving the functioning of microbiota. Probiotic foods, present in some fermented products, contain beneficial live microbes that may help gut microbiota keep its balance, integrity and diversity.

Seminar Goal

Provide scientific and regulatory updates on prebiotics and probiotics to enable their appropriate and safe use in the promotion and maintenance of a balanced gut microbiota and human health and promote research & development of these functional components.

Objectives

• Provide scientific updates on potential health benefits of prebiotics and probiotics in promoting balanced gut microbiota for the maintenance of human health.
• Obtain in-depth understanding of the regulatory requirements for the use prebiotics and probiotics in food in Malaysia.
• Understand status of research and development on prebiotics and probiotics and identify gaps in knowledge.

Who Should Attend

All individuals having an interest in understanding the gut microbiota, its role in promoting and maintaining human health and the potential role of prebiotics and probiotics. These include all health-care professionals especially nutritionists, dietitians, physicians; food scientists, regulators, researchers.

Call for Abstract

Participants who are interested to present in the oral/poster session are invited to submit an abstract (200-300 words in MS Word format) via email no later than 7 October 2017.

Registration and Payment

Please complete the ONLINE registration form (http://nutriweb.org.my/seminar-reg/registration/ILSI2017) by 11 November 2017 to reserve your seats. All registration will only be confirmed upon receiving proof of payment. Seats are on a first-come-first-served basis.

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<td>International participants**</td>
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Registration fee covers seminar material, 2 refreshments and lunch.

*Only a limited number will be accepted; proof of student status has to be submitted with registration form.
**Refers to participants residing outside Malaysia.

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