

Dietary Supplements and Cardiovascular Diseases, Aging and Performance - with a focus on Q10, selenium & ketones

Programme

Date: 8-9 October 2026

Venue: Sinatur Hotel Storebælt, Østerøvej 121, 5800 Nyborg

Thursday, 8 October 2026

Grand Opening

Chairs: **Organising Committee** and **DCA Secretariat**

10:00 - 10:10 Welcome

10:10 - 11:00 **Keynote lecture: Co-enzyme Q10, selenium and iron for heart failure: evidence and lessons**
John Cleland, Professor, University of Glasgow (UK)

11:00 - 11:15 Break

Session 1

Dietary Supplement

Chairs: John Cleland and Steen Larsen

11:15 - 11:35 **Introduction to dietary supplement**
Jørgen Dam, CEO, PharmaNord (DK)

11:35 - 11:55 **Dietary supplements and cardiovascular disease**
Anne Bjerg Nielsen, PhD, University of Copenhagen (DK)

11:55 - 12:15 **Clinical evidence for dietary supplement**
Kristoffer Grundtvig, PhD, University of Copenhagen (DK)

12:15 - 12:30 Summary and reflections

12:30 - 13:30 **Lunch**

13:30 - 14:45 **Hands On workshop on Dietary Supplement - part 1**

Session 2

Heart and Muscle Physiology

Chair: Roni Ranghøj Nielsen

14:45 - 15:00 **Muscle metabolism - potentiel for energy optimization - from an endocrinologist point of view**
Mads Svart, Clinical Associate Professor, MD, PhD, Steno Diabetes Center Aarhus (DK)

15:00 - 15:15 **Muscle metabolism - potentiel for energy optimization - from an exercise physiologist point of view**
Jean Farup, Associate Professor, MD, PhD, Steno Diabetes Center Aarhus (DK)

15:15 - 15:30 **Cardiac energy metabolism in the healthy and failing heart**
Nigopan Gopalasingam, MD, PhD, Aarhus University Hospital (DK)

15:30 - 15:45 **Muscle metabolism in the patient with the failing heart**
Andreas Bugge Tinggaard, Assistant Professor, Aarhus University (DK)

15:45 - 16:00 Summary and reflections

16:00 - 16:15 Break

Session 3

Performance

Chair: Roni Ranghøj Nielsen

16:15 - 16:45 **Ketones - performance in the healthy**
Chiel Poffé, Assistant Professor, Hasselt University (BE)

16:45 - 17:05 **HF studies - unlocking the potential of ketones and monocarboxylates**
Kristoffer Berg-Hansen, MD, PhD, Postdoc, Aarhus University (DK)

17:05 - 17:15 **Targeting the aging heart: spermidine supplementation and cardiovascular performance**
Thomas Hvid Jensen, MD, PhD student, Aarhus University (DK)

17:15 - 17:30 Summary and reflections

17:30 - 18:30 Check-in and free time

18:30 - 19:00 **Meet the lecturer**

19:00 - 20:15 Dinner

20:15 - Socialising, board games, table tennis (Optional)

Friday, 9 October 2026

07:00 - 08:30 Breakfast

08:30 - 08:45 Goodmorning - introduction to programme - summary of yesterday

Session 4

Lecture - biological mechanisms of dietary supplements

Chair: Kristoffer Berg

08:45 - 09:30 **Lecture: Energy Metabolism and Metabolism: From Molecules to Systems (basic metabolism, mitochondria, oxidative stress, antioxidants)**

Steen Larsen, Associate Professor and Jørn Wulff Helge, Professor, University of Copenhagen (DK)

Session 5

Organ cross-talk

Chairs: Jørn Wulff Helge

09:30 - 10:00 **Data driven interventions in human aging**

Morten Scheibye-Knudsen, Associate Professor, University of Copenhagen (DK)

10:00 - 10:30 **Metabolism, mitochondria, and the aging body: an inter-organ perspective**

Fabian Michael Finger, Assistant Professor, University of Copenhagen (DK)

10:30 - 10:45 Summary by both speakers reflecting on each others talks

10:45 - 11:00 Break with a snack

Session 6

Aging

Chair: Morten Scheibye-Knudsen and Fabian Michael Finger

11:00 - 11:20 **NAD+ supplement and aging**

Jonas T. Treebak, Associate Professor, Center for Basic Metabolic Research, University of Copenhagen (DK)

11:20 - 11:40 **Training - postmenopausal women**

Mette Hansen, Professor, Department of Public Health, Aarhus University (DK)

11:40 - 12:00 **The functional medicine's approach to longevity**

Pia Norup, MD, Omnia Clinic (DK)

12:00 - 12:15 Summary by all speakers reflecting on each others talks

12:15 - 13:00 Lunch

Session 7

Workshop

Chairs: Steen Larsen and Jørn Wulff Helge

13:00 - 13:30 **Team Danmark on elite sports and dietary supplements**

Majke Jørgensen, Sports nutritionist, Team Danmark (DK)

13:30 - 15:00 **Hands On workshop on Dietary Supplement - part 2**

15:00 - 15:20 Summary