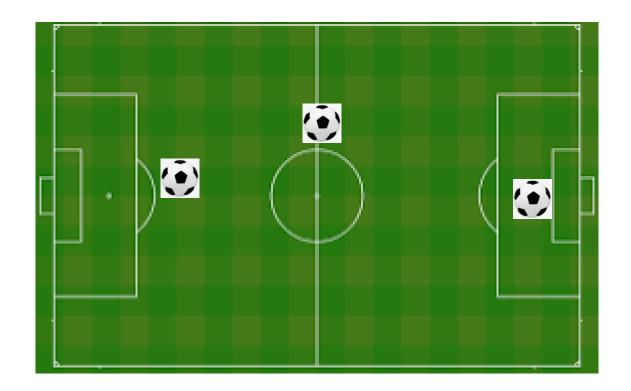


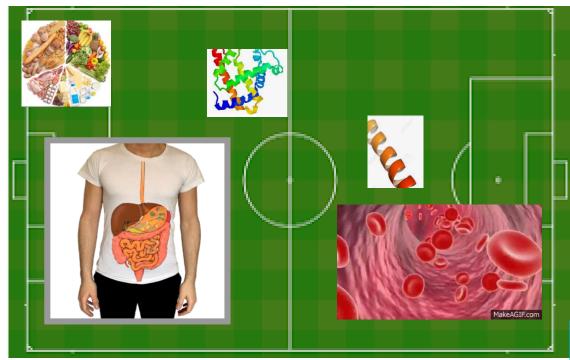


Dr. Linda Giblin research = Soccer













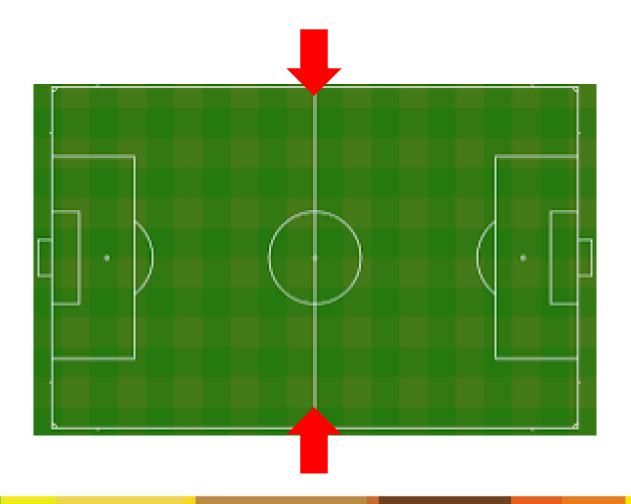






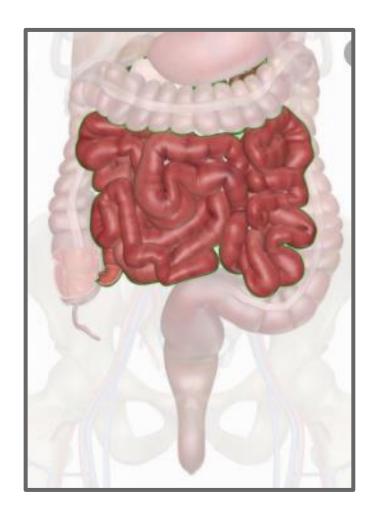










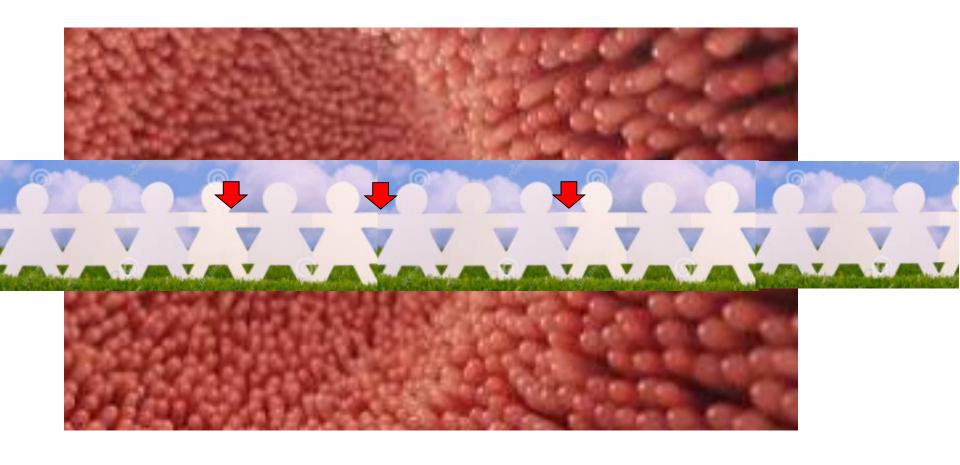


'half way line'
Small Intestine
DIGESTED food
crosses gut barrier

6m length
Surface area upto
250m²
Villi





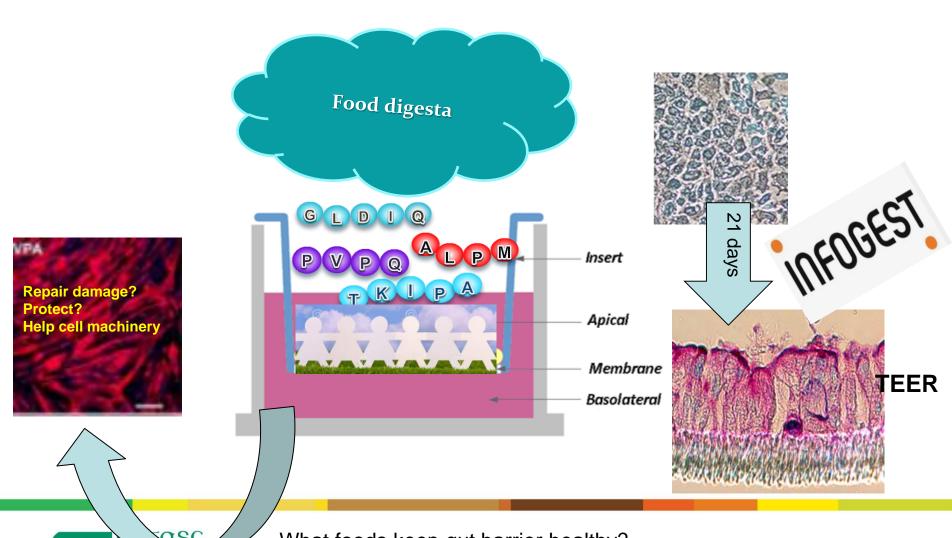




What do I do?

AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY





What foods keep gut barrier healthy? What crosses gut barrier? Biologically Active (BioActive)?

What have I discovered?

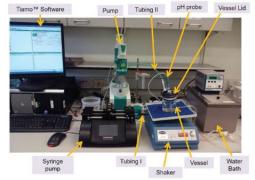
Example 1













HT

PROCEESING PILOT PLANT

Static

Higher gastric pH, shorter time, lower enzyme V adult

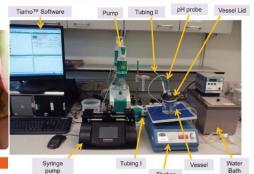
COMPOSITION





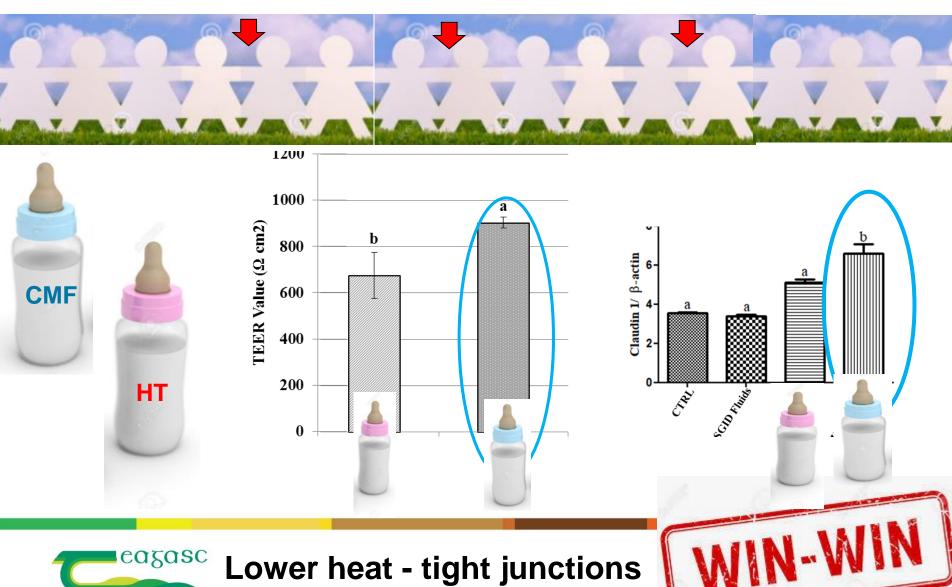








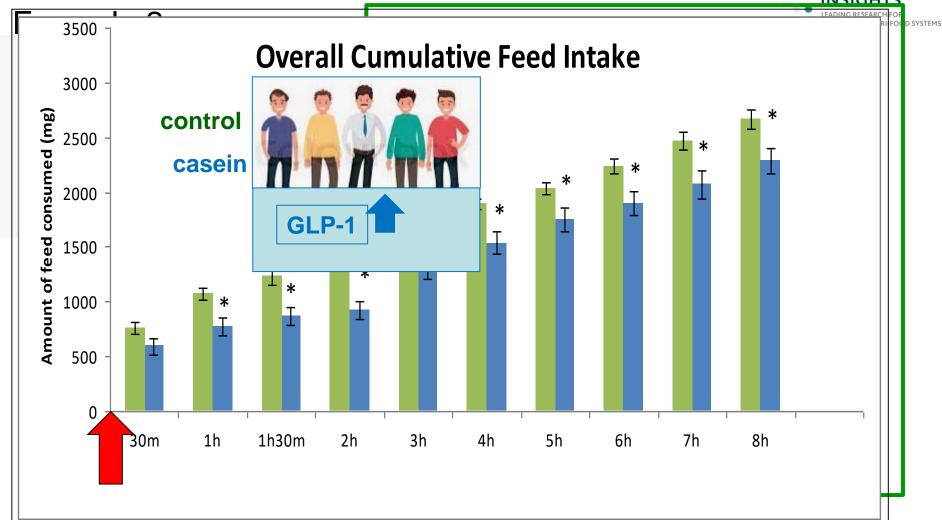






What have I discovered?







What have I discovered?

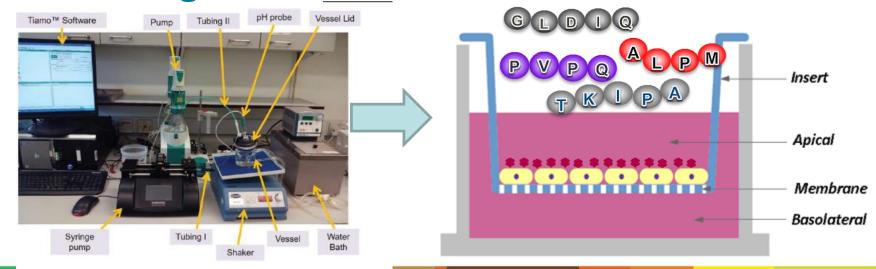


Example 3



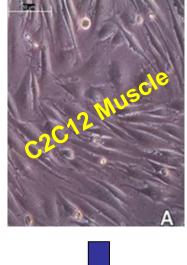


In vitro digestion

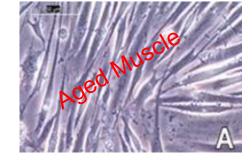


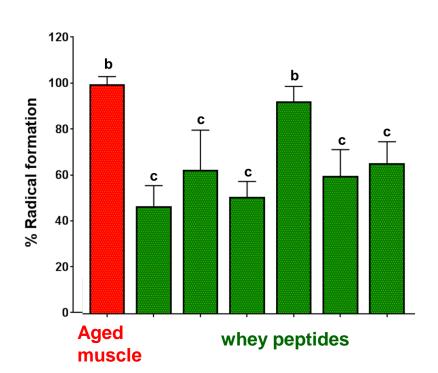














Peptides reverse ageing



'Food Bioactives', what are they? Do they cross gut barrier? how do they work in cells? Protect during food manufacture? enrich foods?

What is the pay off (healthy diet rich in bioactives).

















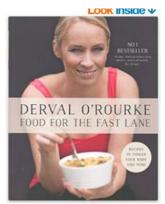






Athletes use bioactives for performance





'got into cooking..... to improve her time'

Rebekkah Brunson, US Basketball '....limiting carbs and eating more protein and vegetables, which leaves me feeling energetic and ready to perform.'

Emma Coburn, steeplechase world champion 'There is a short window, 30-60 minutes after a workout, where your body can restore the glycogen in your muscles. I always bring a bar, a banana or a smoothie with me to have as soon as my workout ends.'



Conor McGregor 'I never drink energy drinks — ever!'....big on protein and sticks to very specific types of carbs
Carb intake depends on his muscle mass levels

Irish Agriculture and Food Development Authority



Final outcome: live healthier for longer



Kazyuoshi Miura 'Kazu' 53 Longstanding buy-in bioactives in Food



COME ON, EILEEN Eileen Noble, 85, braves torrential rain to become oldest woman to complete 2020 London Marathon despite the pandemic



What is the alternative?













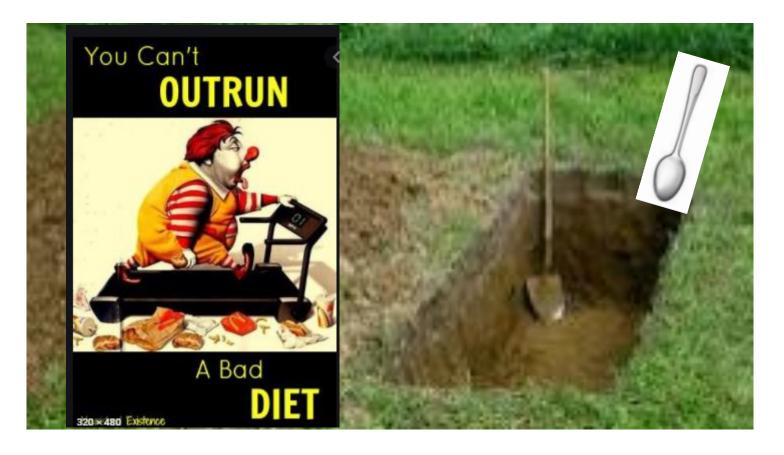




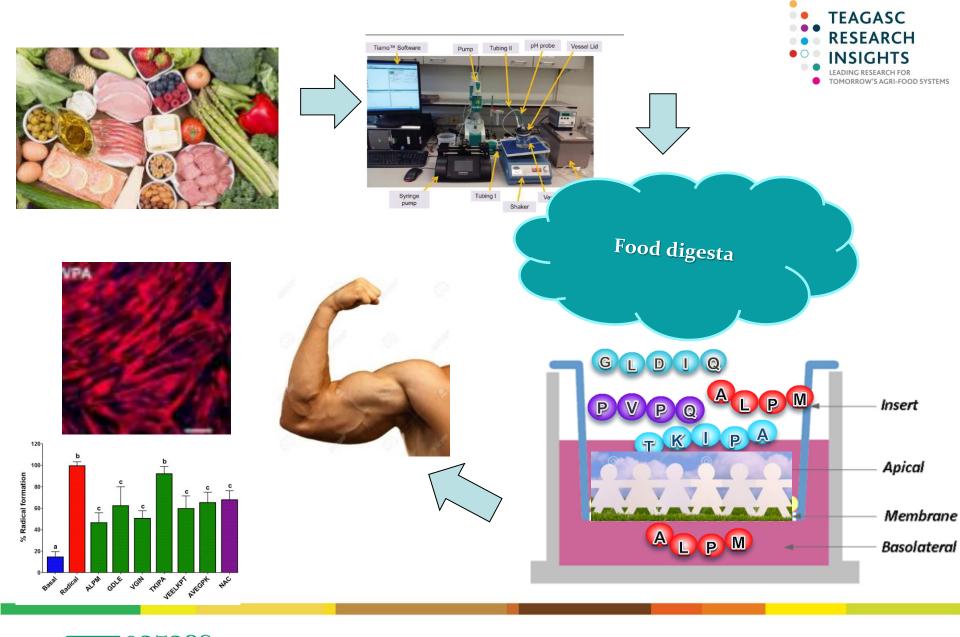














Food Bioactives', what are they? Do they cross gut barrier? how do they work in cells? Protect during food manufacture? enrich foods?