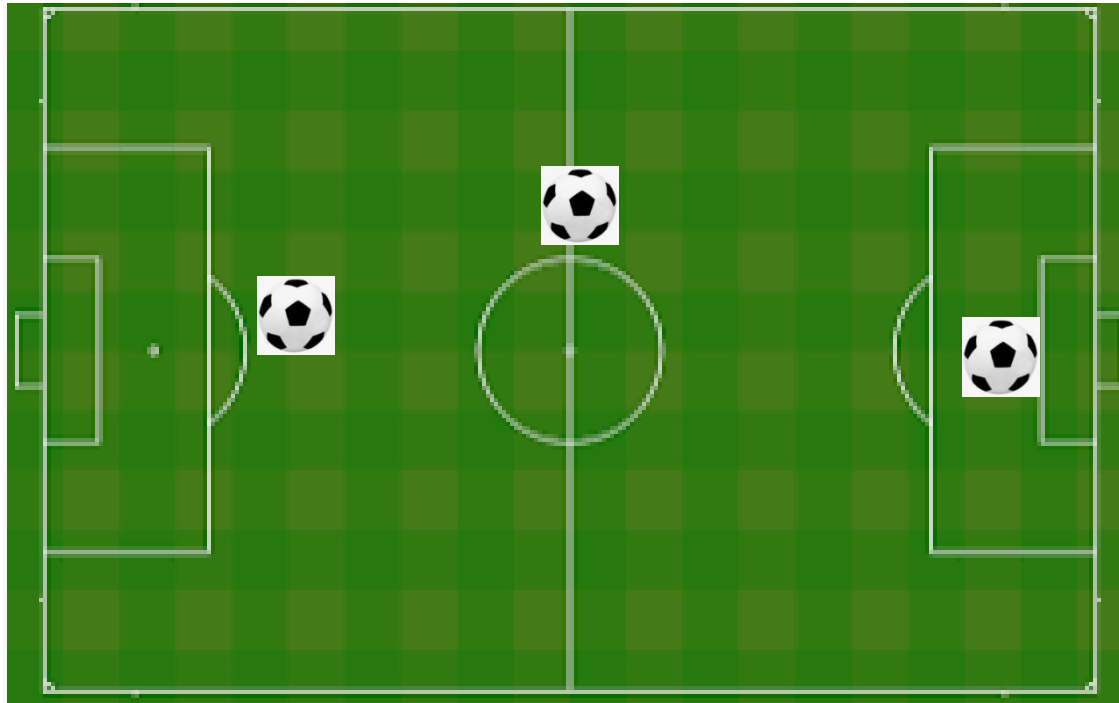
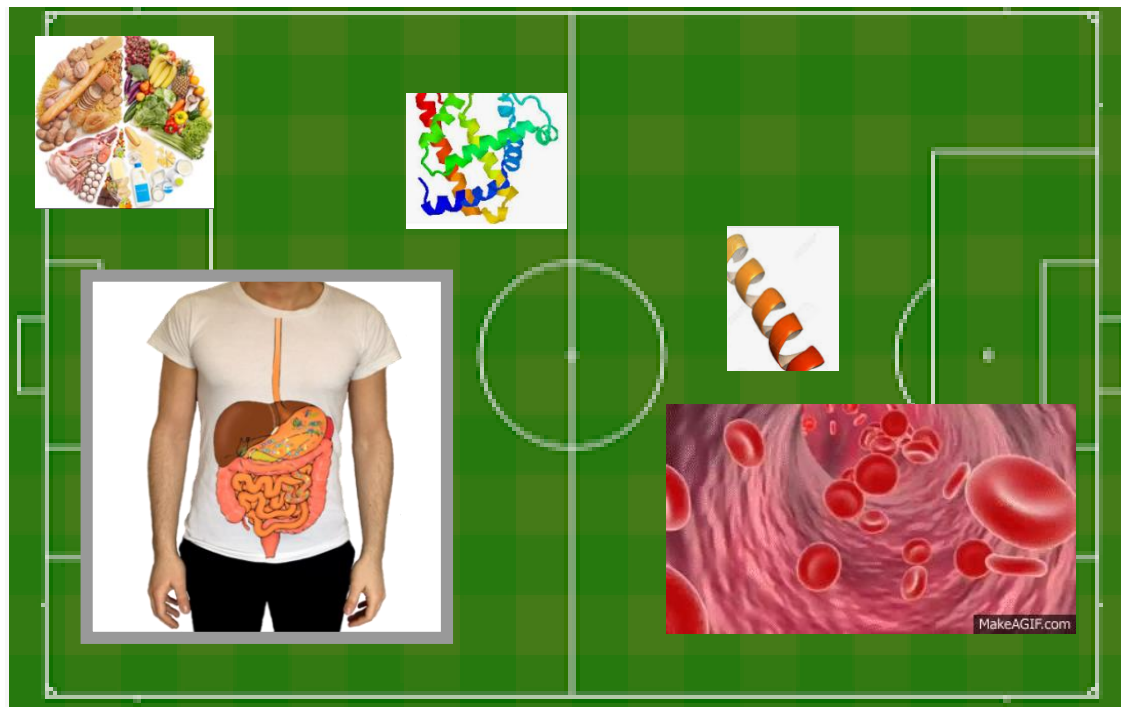
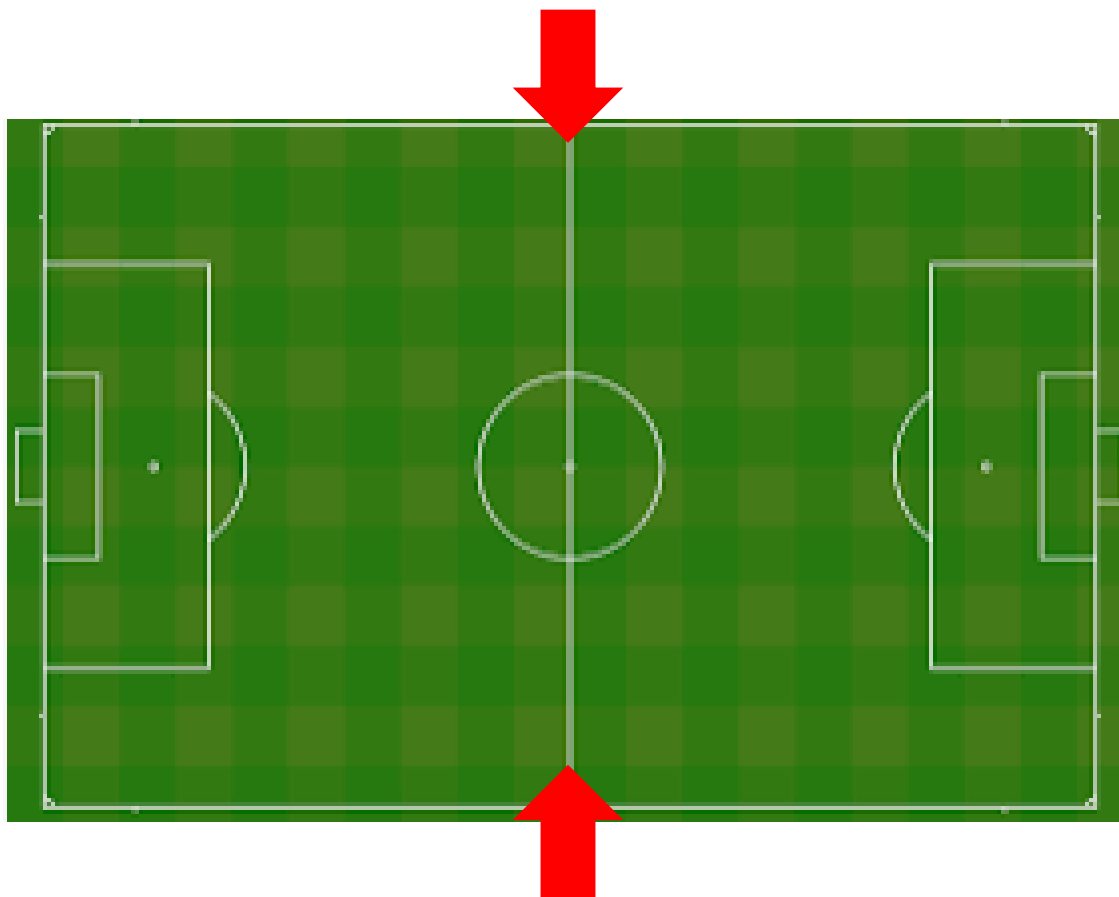


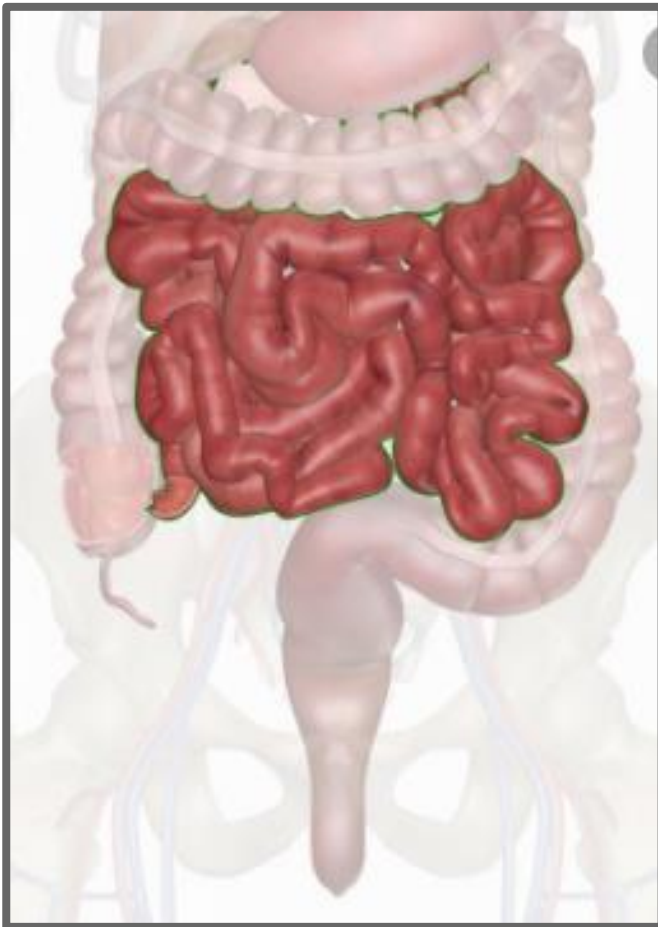


Dr. Linda Giblin research = Soccer









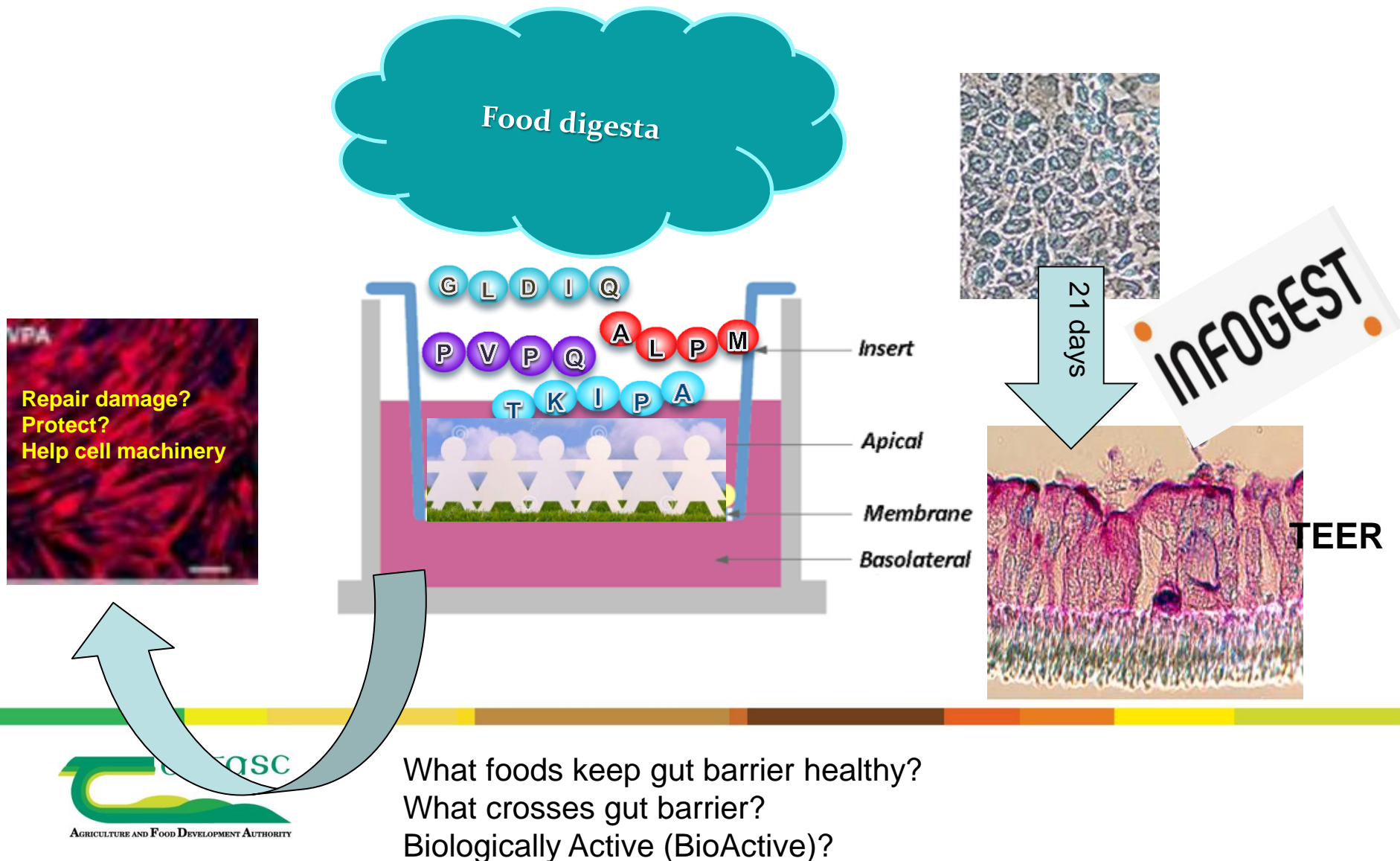
‘half way line’
Small Intestine
DIGESTED food
crosses gut barrier

6m length
Surface area upto
250m²
Villi



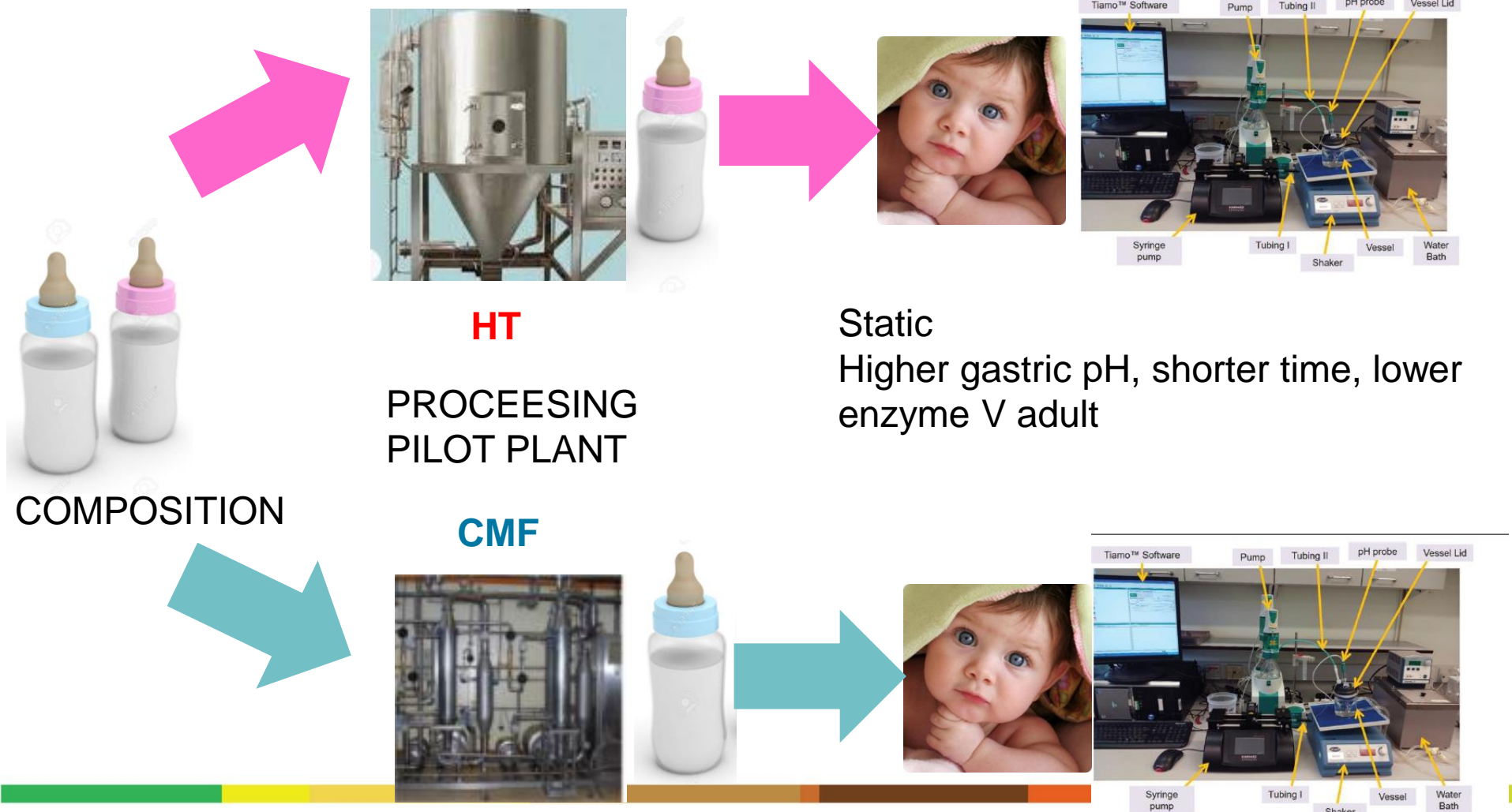


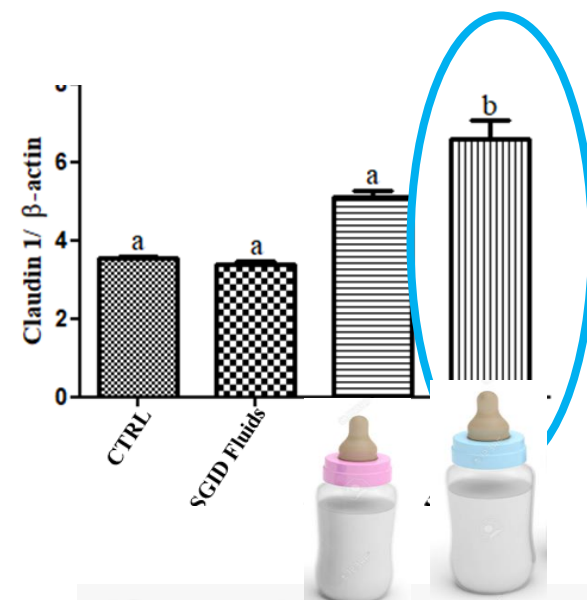
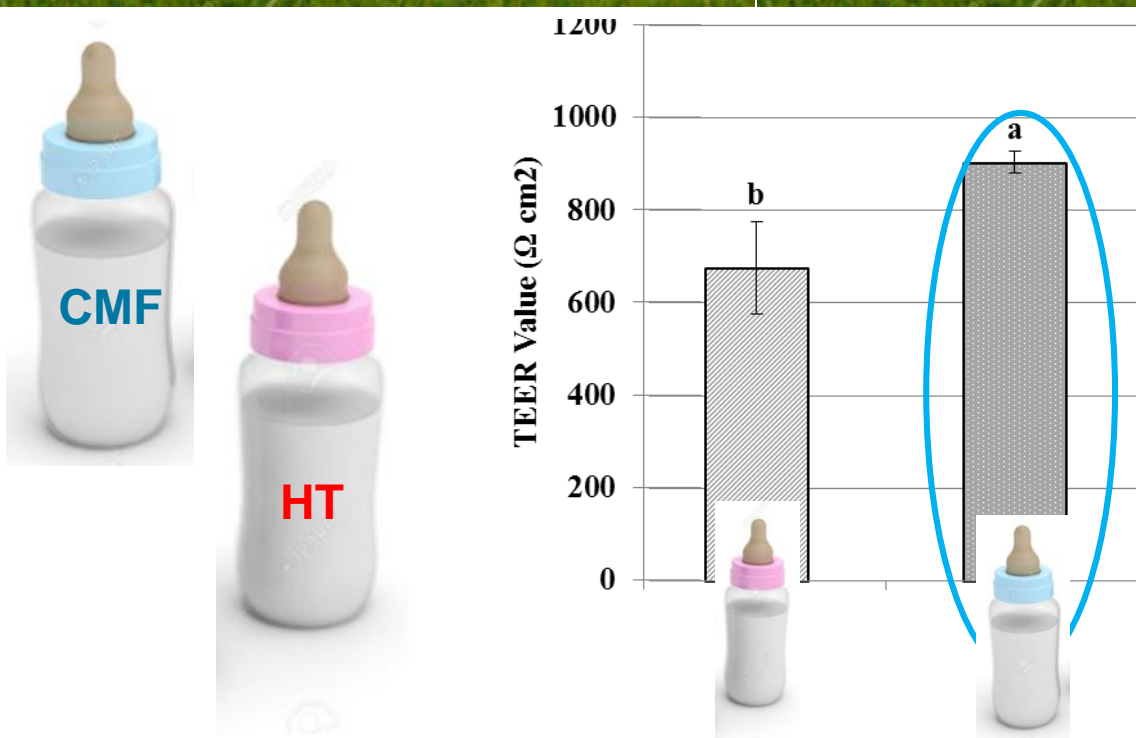
What do I do?



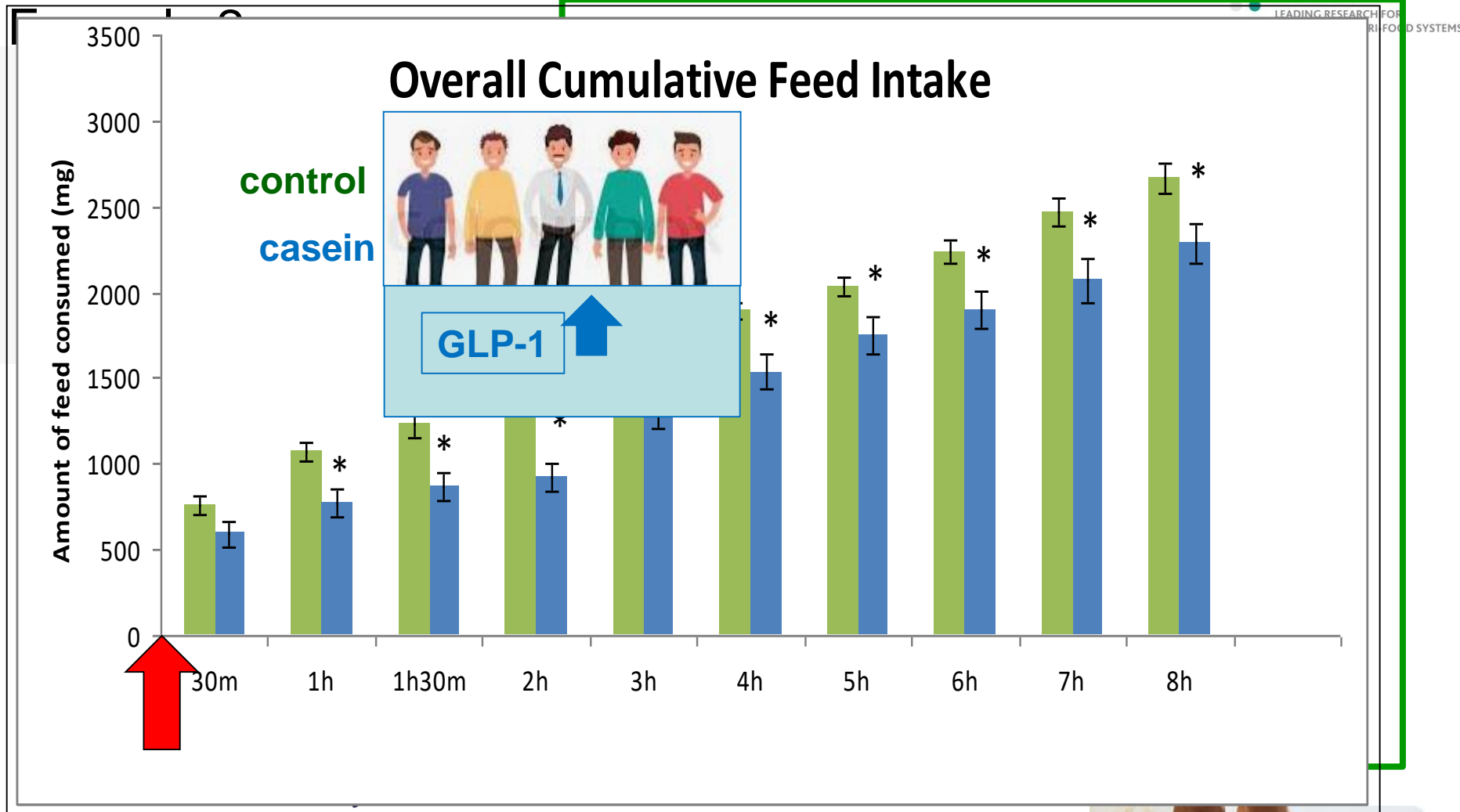
What have I discovered?

Example 1





What have I discovered?

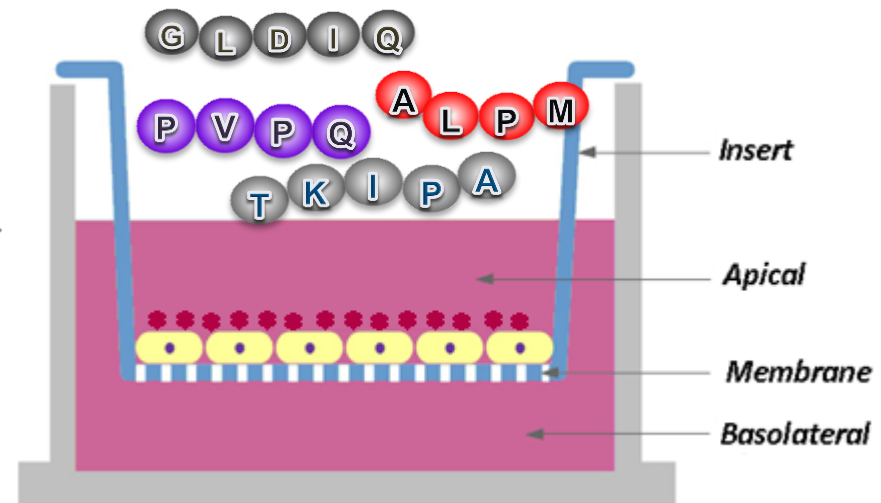
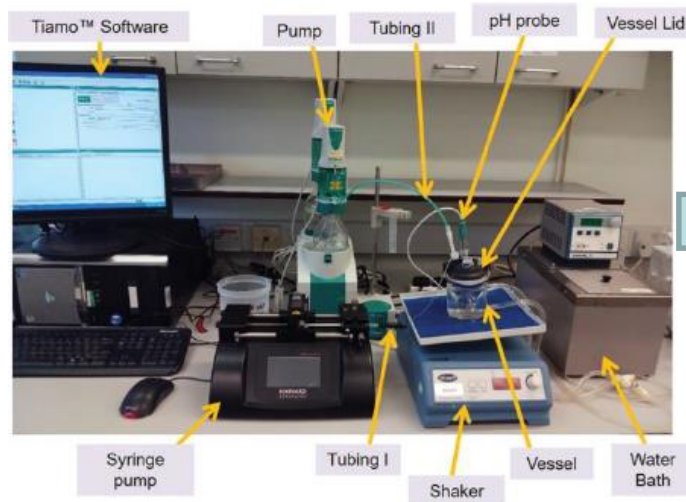


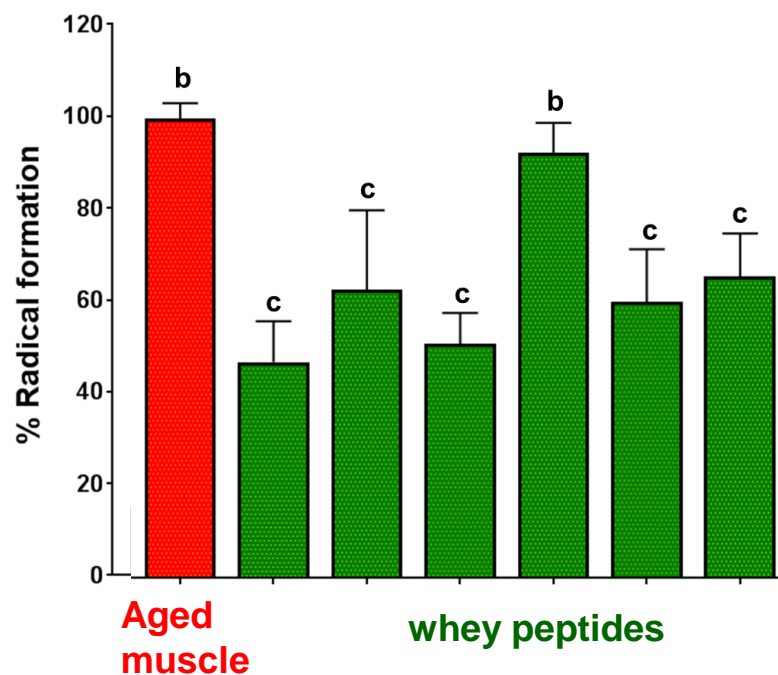
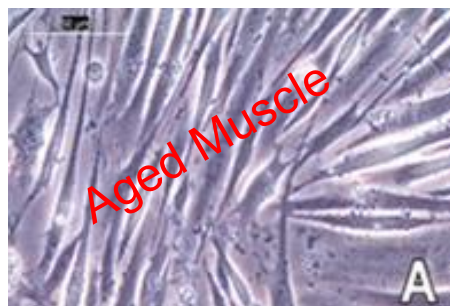
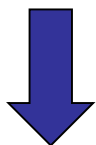
What have I discovered?

Example 3



In vitro digestion



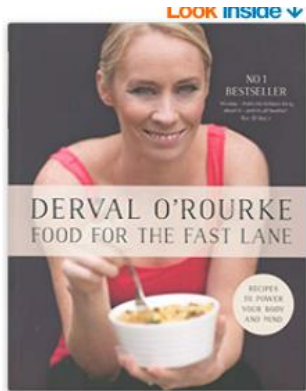


Peptides reverse ageing

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

Final outcome: live healthier for longer



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

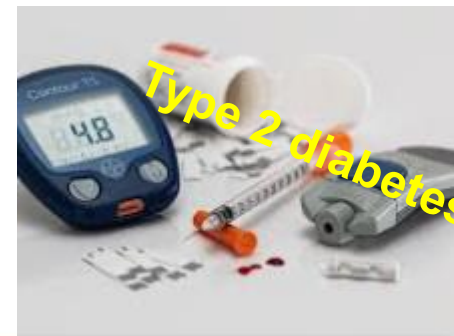


COME ON, EILEEN Eileen Noble, 85, braves torrential rain to become oldest woman to complete 2020 London Marathon despite the pandemic

What is the alternative?



Bad bioactives



Type 2 diabetes





