



*“The feeling of awed wonder that science can give us  
is one of the highest experiences of which the human psyche is capable.”*  
– [Richard Dawkins](#), ethologist

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**Where in the World is George?**



**Executive Director George Paraskevakos** flew to Ireland earlier this month to present and participate in [Probiota Global](#) sponsored by [NutraIngredients.com](#) and other stakeholders. **Connecting the Business and Science of the Microbiome** gathered leaders from global industries and academia to present insights and invaluable networking.

"The Probiota in Dublin this year was particularly different as the event opened with an offsite tour of the Kerry facilities, one of IPA's members. The program was nonstop from that point on. The mix was well balanced between science, business, education and continuous building of our community.

What stood out for me at this event, as I participated throughout all the presentations, was how 'e-commerce' has become the great disruption factor and an outlet as a way to circumvent

regulations, especially in Europe. In this fast and furious world of consumption through social media platforms, it has never been more evident on how important the science our community creates needs to be properly communicated.

This is where IPA and our education initiatives need to be unrelenting in getting the proper message out on the benefits of probiotics. So our work in doing the right thing for our sector continues. In true Irish fashion as the work marches forward let us raise a glass don't forget the Guinness or Jameson and I bid 'Sláinte' to all our community." - [George Paraskevako](#)



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### **Food and Drug Administration (FDA), Washington DC**

IPA met with the FDA last week. We had positive meetings with folks from OFAS and CFSAN. The meetings allowed us detailed discussions with the Division of Food Ingredients, the Codex focal point and the Office of Dietary Supplements Program.

The meetings addressed items such as, GRAS submissions, proposed lists of microbial cultures in use for foods and grandfathered list of bacterial species for dietary supplement use. Additional information was also exchanged on the formation of an expert panel for probiotics, the WHO definition rethink and outward facing education for consumers.

This was a nice reconnect for IPA with FDA to bring the agency up to speed of all the on-going initiatives IPA is working on for the probiotic industry at national and world levels, truly forging us



as 'The Global Voice of Probiotics.®' A full summary of our meetings with FDA was prepared for IPA membership.



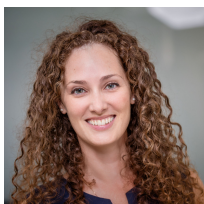
[Ivan Wasserman](#) (Amin Talati Wasserman), [Solange Henoud](#) (Lallemand Health Solution), [Amy Smith](#) (Dupont), and [George Paraskevagos](#) (IPA)



Coming soon: The ever popular (and delicious) [Natural Products Expo West](#) to be held March 3-7 in **Anaheim, California**. Add a day or two to visit Disneyland which is next door to the conference center.

**Bugs with Jesse** will resume again next month

Until March then and with more exciting probiotic news to share.



## Update on Taxonomy Changes

The taxonomy manuscript is currently under revision. Meanwhile IPA staff committees are very happy to answer any of your taxonomy-related questions and concerns!

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## *New from IPA*

### Low Carbohydrate Diet: Do Microbes Lose?



Restricting carbohydrates is a [perennial favorite](#) among dieters to produce [ketosis](#) (where the body burns stored fats instead of glucose). However, new research on mice reveals it may have consequences for gut microbes. Read a [new IPA blog](#).



### Put Miso in Your 2020 Menus

This fermented soybean paste adds intense flavor but also potential [probiotic](#) benefits. IPA looks at the [limited evidence](#) and explains how to use miso in delicious recipes.



### Probiotic Yeast Inhibits Gut Cancer in Mice

One well-characterized yeast called *Saccharomyces boulardii* can be beneficial in gut disorders. Several pre-clinical and clinical trials in animal models and humans respectively have demonstrated its efficacy as a probiotic. Read more [here](#).



### Probiotics and Diet Fight Dysbiosis in Obesity

Research points to the gut microbiota as a key element in metabolic disorders such as obesity. In [one recent study](#), researchers from various facilities in Italy explored the effects of diet and probiotics on microbiota in obese patients.

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**Have you seen the latest updates on the IPA website?**

Did you know you can now find the following with just one click away? (link included in titles)

- Communications
  - [Member communications](#)
    - [IPA World Congress + Probiota Americas IPA 25% discount code](#)
- Event Documents
  - [PowerPoint presentations:](#)
    - [Probiota in Dublin](#)

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Coming Up

#### [Natural Products Expo West](#)

March 3-7, 2020

Anaheim, CA, United States

<https://www.expowest.com/en/home.html>

#### [Vitafoods Europe](#)

May 12-14, 2020

Geneva, Switzerland

<https://www.vitafoods.eu.com/en/welcome.html>

#### [Probiota Americas + World Congress](#)

May 27-29, 2020

Washington DC, United States

<https://www.probiotaamericas.com/>

#### [ISAPP Annual Meeting](#)

June 1-4, 2020

Banff, Alberta, Canada

<https://isappscience.org/for-scientists/annual-meeting/2020-annual-meeting/>

#### [Vitafoods Asia](#)

September 23-24, 2020

Singapore

<https://www.vitafoodsasia.com/en/welcome.html>

#### [IPA Probiotic Workshop](#)

October 8, 2020

Washington DC, United States

<https://www.eventbrite.ca/e/ipa-probiotic-workshop-in-dc-tickets-80150358881>

#### [SupplySide West](#)

October 28-30, 2020

Las Vegas, NV, United States

<https://west.supplysideshow.com/en/home.html>

#### [Probiota Asia](#)

November 11-13, 2020

Shanghai, China

<https://www.probiotaasia.com/>

Food ingredients + Natural ingredients Europe

December 1-3, 2020

Frankfurt, Germany

<https://www.figlobal.com/fieurope/>

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IPA invites you to join our global network. Learn the [10 Key Reasons to Join the IPA Community](#): In addition to meeting interesting people, you gain a stake in standards, regulations, IPA elections, and promotion of synbiotics across the globe. And as a bonus, IPA's logo is yours to splash out your website with excellence.

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### One last thing

When work seems relentless, try to remember why you chose the career you did.

Probiotics are simply fascinating, that's why!

**Join today!**

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We'd love to hear from you.



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