



*“Health is not valued until sickness comes.”*

Thomas Fuller — 17<sup>th</sup> century writer

### **IPA Covid 19 Statement for Members and Followers**

The world is certainly living unprecedented times. The Covid 19 situation is very dynamic and evolving everyday, as our governments make new statements daily. The stress and concern are weighing on everyone. It is no different for us at IPA and as we live through the current situation, we are working to continue providing our members essential, pertinent and valuable information.

As the world has been forced into self-containment and travel bans abound, IPA will revise in how it works going forward. We are putting together a schedule for outreach to continue cultivating value for our members and followers. IPA is diligently working to create and disseminate a digital plan which will be accessible to you. Stay tuned as we will be sending out a communique and publish a schedule on the IPA website.

Be safe and healthy and hope to see everyone soon again.  
The IPA team.

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### **The World through the Eyes of IPA**

IPA is coming to a country near you, just not this month!

- [George Paraskevagos](#), IPA Executive Director.





Executive Director George Paraskevakos was able to fly 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. *See below.*





### **IPA World Congress + Probiota Americas 2020 postponed until November!**

In light of the ongoing novel Coronavirus (COVID19) public health emergency, IPA World Congress + Probiota Americas has been postponed until November 16-18, 2020 at the Crystal Gateway Marriott Hotel, Washington DC.

IPA World Congress + Probiota Americas is the leading annual event for the prebiotic, probiotic and the microbiota-focused food and pharma industries in the Americas. The event is hosted by NutraIngredients-USA, a leading publication for William Reed Business Media.

George Paraskevagos, IPA's Executive Director, commented:

*"Given the ongoing fluid situation, this is an important decision for the health and safety of the probiotics and prebiotics community. The IPA World Congress + Probiota Americas is a key fixture in the annual calendar, and by postponing until November we are confident that it will be able to showcase the best information for the probiotic, prebiotic, and microbiome-related industries. Until then, IPA will continue to be the Global Voice of Probiotics® during these challenging times and wish our members and industry friends good health."*

The program for the event, which can be found [HERE](#), features speakers covering topics including postbiotics, the changing retail landscape, microbes and the mitochondria, and fermented foods.

For more information on how to attend, please click [HERE](#).



### **Natural Products Expo West cancelled.**

Unfortunately, due to coronavirus concerns, [Natural Products Expo West](#) that was scheduled for March 3-7 in Anaheim, California was cancelled. [Natural Products Expo East](#) from September 23 to 26, 2020 will be in Philadelphia, a beautiful and historic city.

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### **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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## COVID-19: A Role for Probiotics in Immunity?



As the [COVID-19 pandemic progresses exponentially](#), the world is struggling to contain it through social distancing, lockdowns and quarantines. Unlike the influenza virus, which can also be deadly, there are no medications to temper this virus nor vaccines to prevent it.

### Backstory on COVID-19

Coronaviruses are a large family of viruses that usually cause mild to moderate upper-respiratory tract illnesses, according to the [US National Institutes of Health](#). However, three times in the 21st-century, coronavirus outbreaks have emerged from animals to cause severe disease and global transmission concerns. Thanks to research investments into the SARS and MERS outbreaks, scientists are racing to develop diagnostics, therapeutics and vaccines against COVID-19, caused by the coronavirus known as SARS-CoV-2.

### Immunity and viruses

Our immune health may be one way to strengthen defenses against a virus that kills the most vulnerable. In general, prevention is more effective than therapeutic treatment in stemming viral infections. Thus, in the continued search for alternative ways to control them, [probiotics](#) have emerged as candidates.

Read [IPA's article about current research](#) on a possible role and mechanisms of actions for probiotics in viral infections.

In this pandemic, the respiratory illness caused and the danger posed to the most fragile among us suggests that anything that strengthens the mucosal and systemic immune systems would be welcomed.

*Bottom line:* Probiotics in food and supplements may be beneficial to immunity. Be sure to bulk up on [prebiotic foods](#) also (think of them as comfort foods.) And at the very least, certain probiotics just may [alleviate anxiety](#).

**Be safe.**

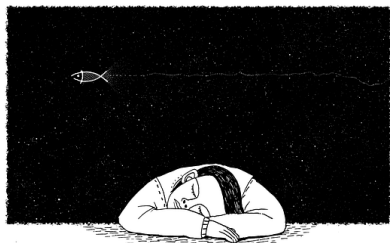
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*Recently from IPA*

## A New Look at Prebiotic Fibers



Specific fibers may define the microbial picture in human guts. [This targeted approach has potential therapeutic value](#) for health. IPA explains the fine points in a [new blog](#).



## Microbes and Sleep Get Cozy

Recent [evidence](#) suggests that the gut microbiome and sleep quality are entwined. IPA takes a [look at new research](#) and explains how manipulation of the gut microbiome may improve sleep.



## Additives May Change Gut Microbes

Our gut microbes are under siege from an onslaught of additives, most introduced in the last century. One [new study](#) looked at their effects on gut microbiota composition and its fiber fermentation capacity to produce short-chain fatty acids (SCFAs).



## Gut Feeling: More than a Hunch

Communication along the gut-brain axis is strongly implicated in depression and anxiety in animal models. Now new data using a large human group has strengthened that link in depression and quality of life.

Read a [new IPA blog](#) for the details.

Coming Up

### ISAPP Annual Meeting

June 1-4, 2020

Banff, Alberta, Canada

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

### Vitafoods Europe

September 1-3, 2020

Geneva, Switzerland

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

Natural Products Expo East  
September 23-26, 2020  
Philadelphia, PA, USA  
<https://www.expoeast.com/en/home.html>

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 Americas + World Congress](https://www.probiotaamericas.com/)  
November 16-18, 2020 -- RESCHEDULED!  
Washington DC, United States  
<https://www.probiotaamericas.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

Your immune system is a mighty ally against infections.  
Bolster it everyday with probiotics, both in foods and supplements.

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**Join today!**

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We'd love to hear from you.



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