

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: Q10 supplement to patients with heart failure**
John Cleland, Professor, University of Glasgow (UK)

11:00 - 11:15 Break

Dietary Supplement

Session 1

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**
- TBC -

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**

Heart and Muscle Physiology

Session 2

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

Performance

Session 3

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