



International
Phytonutrient Symposium
 Well-being to 100



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INTERNATIONAL PHYTONUTRIENT SYMPOSIUM **IPS** **2026**

**ROLE OF PHYTONUTRIENTS
 IN EMPOWERING HEALTHSPAN**



AUGUST 20TH, 2026

**AT HOTEL NIKKO BANGKOK
 THAILAND**

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TYPE	EARLY BIRD BEFORE JULY 15 TH , 2026	NORMAL *END JULY 31 ST , 2026
GENERAL	2,500 THB	3,500 THB
ASSOCIATION MEMBER / STUDENT	1,800 THB	2,500 THB



**FOR MORE INFORMATION :
 NUTRITION.ASSOTHAILAND@GMAIL.COM**

**REGISTRATION :
 TODAY - JULY 31TH, 2026**

2026 INTERNATIONAL PHYTONUTRIENT SYMPOSIUM

ROLE OF PHYTONUTRIENTS IN EMPOWERING HEALTHSPAN

TIME : AUGUST 20, 2026 09:00 - 16:45 VENUE : AT HOTEL NIKKO BANGKOK, THAILAND



SESSION



Prof. Dr. Gary Williamson

Queen's University Belfast, United Kingdom
Effects of Dietary Phytochemicals on Healthspan: Evidence and Mechanisms



Prof. Dr. Ji Yeon Kim

Seoul National University of Science and Technology (SeoulTech), Korea
Antioxidant and Anti-Inflammatory Effects and Safety of Rosemary/Ginger Extracts at Different Doses in Healthy or High-Risk Subjects



Prof. Dr. Pithi Chanvorachote

Chulalongkorn University, Thailand
Targeting Cellular Aging through Phytonutrients: From Stem Cell Renewal to Longevity



Assoc. Prof. Dr. Hui Xia

School of Public Health, Southeast University, China
Anti-Aging Effects and Underlying Mechanisms of Carotenoids



Prof. Dr. Hitoshi Shirakawa

Tohoku University, Japan
The Roles of Fermented Rice Bran in Promoting Healthy Lifespan



Dr. Yosep Ji

HEM Pharma Inc., Korea
Probiotic Synergy in Phytochemical Bioconversion: Enhancing Intestinal Barrier Function and Healthspan via Microbiome-Mediated Metabolism



Dr. K. Bhaskarachary

Senior Scientist at Dangonga Charitable Trust, Hyderabad, and Former Deputy Director & Head, Dietetics Division, National Institute of Nutrition, India.
Cultivating Vitality: How Plant Bioactives and Microbiome Redefine Human Wellness



Dr. Jianheng Zheng

Amway (China) R&D Centre Co., Limited., China
Probiotic Synergy in Phytochemical Bioconversion: Enhancing Intestinal Barrier Function and Healthspan via Microbiome-Mediated Metabolism



Assoc. Prof. Dr. Suvimol Charoensiddhi

Kasetsart University, Thailand
Phytonutrients as Microbiome-Targeted Modulators for Shaping the Gut Ecosystem in Healthy Aging

PANEL DISCUSSION



Prof. Dr. Gary Williamson
Queen's University Belfast, United Kingdom



Prof. Emeritus Dr. Kraissid Tontisirin
NAT, Thailand



Prof. Dr. Guiju Sun
CNS, China



Prof. Dr. Ji Yeon Kim
KoFoST, Korea



Dr. K. Bhaskarachary
Senior Scientist at Dangonga Charitable Trust, Hyderabad, and Former Deputy Director & Head, Dietetics Division, National Institute of Nutrition, India.

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TIME : AUGUST 20, 2026 09:00 - 16:45 VENUE : AT HOTEL NIKKO BANGKOK, THAILAND

AGENDA

09:00 - 09:20 OPENING

NAT / CNS / KOSFOST / NHI / AMWAY (THAILAND)

MORNING SESSION: CELLULAR HEALTH

09:20 - 10:00 EFFECTS OF DIETARY PHYTOCHEMICALS ON HEALTHSPAN: EVIDENCE AND MECHANISMS

KEYNOTE SPEAKER
PROF. DR. GARY WILLIAMSON
QUEEN'S UNIVERSITY BELFAST, UNITED KINGDOM

10:00 - 10:30 ANTIOXIDANT AND ANTI-INFLAMMATORY EFFECTS AND SAFETY OF ROSEMARY/GINGER EXTRACTS AT DIFFERENT DOSES IN HEALTHY OR HIGH-RISK SUBJECTS

PROF. DR. JI YEON KIM
SEOUL NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY (SEOULTECH), KOREA

BREAK / POSTER PRESENTATION | 10:30 - 10:45 (15 MIN)

10:45 - 11:15 TARGETING CELLULAR AGING THROUGH PHYTONUTRIENTS: FROM STEM CELL RENEWAL TO LONGEVITY

PROF. DR. PITHI CHANVORACHOTE
CHULALONGKORN UNIVERSITY, THAILAND

11:15 - 11:45 ANTI-AGING EFFECTS AND UNDERLYING MECHANISMS OF CAROTENOIDS

ASSOC. PROF. DR. HUI XIA
SCHOOL OF PUBLIC HEALTH, SOUTHEAST UNIVERSITY, CHINA

11:45 - 12:15 THE ROLES OF FERMENTED RICE BRAN IN PROMOTING HEALTHY LIFESPAN

PROF. DR. HITOSHI SHIRAKAWA
TOHOKU UNIVERSITY, JAPAN

GROUP PHOTO | 12:15
LUNCH BREAK | 12:15 - 13:15 (60 MIN)

AFTERNOON SESSION: MICROBIOME

13:15 - 13:45 PROBIOTIC SYNERGY IN PHYTOCHEMICAL BIOCONVERSION: ENHANCING INTESTINAL BARRIER FUNCTION AND HEALTHSPAN VIA MICROBIOME-MEDIATED METABOLISM

DR. YOSEP JI
HEM PHARMA INC., KOREA

13:45 - 14:15 CULTIVATING VITALITY: HOW PLANT BIOACTIVES AND MICROBIOME REDEFINE HUMAN WELLNESS

DR. K. BHASKARACHARY
SENIOR SCIENTIST AT DANGORIA CHARITABLE TRUST, HYDERABAD, AND FORMER DEPUTY DIRECTOR & HEAD, DIETETICS DIVISION, NATIONAL INSTITUTE OF NUTRITION, INDIA.

BREAK / POSTER PRESENTATION | 14:15 - 14:30 (15 MIN)

14:30 - 15:00 PHYTONUTRIENTS AGAINST MICROPLASTIC TOXICITY: PROTECTIVE MECHANISMS AGAINST AGING-RELATED DAMAGE

DR. JIANHENG ZHENG
AMWAY (CHINA) R&D CENTRE CO., LIMITED., CHINA

15:00 - 15:30 PHYTONUTRIENTS AS MICROBIOME-TARGETED MODULATORS FOR SHAPING THE GUT ECOSYSTEM IN HEALTHY AGING

ASSOC. PROF. DR. SUVIMOL CHAROENSIDDHI
KAJETSART UNIVERSITY, THAILAND

PANEL DISCUSSION

15:30 - 16:15 PHYTONUTRIENTS, MICROBIOME, AND CELLULAR HEALTH: WHAT SCIENCE SHOULD POLICYMAKERS ACT ON NOW

PANELISTS :
1. KEYNOTE SPEAKER: PROF. DR. GARY WILLIAMSON
2. THAILAND: PROF. EMERITUS DR. KRAISID TONTISIRIN
3. CHINA: PROF. DR. GUIJU SUN
4. KOREA: PROF. DR. JI YEON KIM
5. INDIA: DR. K. BHASKARACHARY

16:15 - 16:30 POSTER CERTIFICATION

16:30 - 16:45 CLOSING

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