

Probiotics in Practice: A Workshop for Dietitians

PROGRAMME

- 9:30 - 9:50 [Arrival & Coffee](#)
- 9:50 - 10:00 Introductions & Overview of the Day
- 10:00 – 10:35 An Introduction to the Gut Microbiota and Factors Affecting It
- 10:35 – 11:10 An Introduction to Probiotics and their Mechanism of Action
- 11:10 – 11:30 [Break](#)
- 11:30 – 12:05 Guidance & Evidence for Probiotic Use in Practice: Gastrointestinal Health
- 12:05 – 13:00 [Lunch & Networking](#)
- 13:00 – 13:35 Guidance & Evidence for Probiotic Use in Practice: Infectious Disease & Immunity
- 13:35 – 14:10 Summary of the Evidence Behind Emerging Areas of Research
- 14:10 – 14:30 [Break](#)
- 14:30 – 15:05 Practical Support and Safety Considerations
- 15:05 – 15:40 The Future for Probiotics
- 15:40 – 16:00 [Reflection & Close](#)

SPEAKERS

Dr Louise Wilson RD (Assistant Science Manager, Yakult UK)

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