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**Understanding & Interpreting Probiotic Research:**

**A Workshop for Student Dietitians**

**Programme**

10:00 - 10:30: Arrival, Registration & Refreshments

10:30 - 10:45: Introductions & Overview of the Yakult Workshop

10:45 - 11:15: An Introduction to the Gut Microbiota and Factors Affecting It

11:15 - 11:45: An Introduction to Probiotics and Mechanisms of Action

11:45 - 12:05: Refreshment Break

12:05 - 12:35: Understanding & Interpreting Probiotic Research

12:35 - 13:30: Lunch & Networking

13:30 - 14:00: Workshop – Read & Critique a Paper in Small Groups

14:00 - 14:30: Group Presentations (5 minutes per group) & Discussions

14:30 - 14:50: Refreshment Break

14:50 - 15:20: Summary of the Evidence for Probiotic Use (in gastrointestinal health, infectious disease & immunity)

15:20 - 15:50: Practical Support & Safety Considerations When Choosing a Probiotic

15:50 - 16:00: Reflection on Workshop Learnings

16:00: Thank you & Close

**Speakers**

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

Victoria Avery ANutr (Science Officer, Yakult UK)

Amy Smith (Science Intern, Yakult UK)