

FOOD MATTERS *live*

Join us for INSPIRING NUTRITION 2023

London
14 & 15 November

Manchester
5 & 6 December

Grab your pass

Explore the science, innovation and people driving the UK market trends you can expect to see in 2024.

Get up to speed on key themes including:

- Cracking the code on personalised nutrition
- Predictions and opportunities in the nutraceuticals market
- The latest science behind chrono-nutrition
- Impact of technology on health and wellness
- Positive ageing and emerging ingredients for longevity

You'll get a unique opportunity to build meaningful partnerships with a bespoke audience of nutrition brands, ingredients & nutraceutical companies, contract manufacturers and healthcare professionals.

You will leave feeling prepared, inspired, and ready to tackle the new year, underpinned with the latest science and insights that will impact your business.



Alex Glover
Senior Nutritionist,
Holland & Barrett



Claire Hughes
Director of Product
Development & Innovation,
Sainsbury's



Dr Stacey Lockyer
Senior Nutrition Scientist,
British Nutrition Foundation



Andy Thomas
Founder & CEO,
BetterYou