

Shawn Talbott Bio



Dr. Shawn Talbott received dual Bachelor's degrees in Sports Medicine (B.S.) and Fitness Management (B.A.) from Marietta College, his Master's degree (M.S.) in Exercise Science from the University of Massachusetts, and his Ph.D. in Nutritional Biochemistry from Rutgers University. His research is primarily focused on natural products (dietary supplements, herbal medicine, and functional foods) to support metabolism, weight loss, stress physiology, sports nutrition, and human performance.

Dr. Talbott is also a Diplomate of the International Olympic Committee's (IOC) Sports Nutrition program, and has completed a wide range of entrepreneurship studies at the Massachusetts Institute of Technology (MIT), including the Entrepreneurial Masters Program (EMP), the Entrepreneurship Development Program (EDP), and the Advanced Certificate for Executives (ACE) in Management, Innovation, and Technology.

He is the recipient of a dozen competitive research awards and has published hundreds of articles and a dozen books in multiple languages on nutrition, health and fitness. He has served as a nutrition consultant and educator for elite-level athletes in a variety of sports including:

- Professional triathletes (including Ironman podiums)
- Members of the Utah Jazz (NBA basketball)
- United States Ski & Snowboard Association during the 2002 Winter Olympics
- Performance Enhancement Team (PET) for the U.S. Track & Field Association
- The United States Olympic Training Center (Chula Vista, CA)
- Members of Real Salt Lake (Major League Soccer)

As an athlete himself, Shawn is the 2014 "World's Fittest CEO" and has competed at the national and international level in:

- Rowing (as part of the U.S. National Team Development Program)
- Cycling (at the Lake Placid Olympic Training Center Development Program)
- Triathlon (holding a professional license for 2 years and completing over 100 marathons, ultramarathons, and triathlons, including 18 at the Ironman distance)

Dr. Talbott has reviewed articles and served on the Editorial Boards for several scientific journals including The Journal of Dietary Supplements, The American Journal of Preventive Medicine, The International Journal of Sports Nutrition, Current Topics in Nutraceutical Research, The Journal of Nutraceuticals, Functional & Medical Foods, and The Journal of the American College of Nutrition.

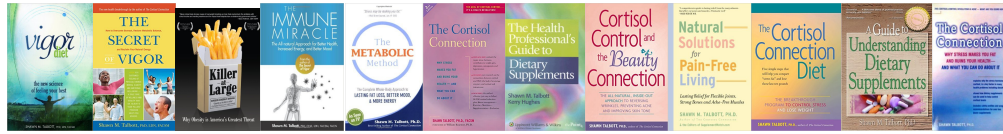
Dr. Talbott is the former Director of the University of Utah Nutrition Clinic and taught as an Associate Clinical Professor in the Department of Nutrition, where he received the Outstanding Instructor Award in 2004. At the University of Utah, Dr. Talbott received competitive teaching grants to develop on-campus and online versions of the nation's first full semester graduate-level course on the research and development of dietary supplements.

He is a Fellow of the American College of Nutrition (ACN), the American College of Sports Medicine (ACSM), and the American Institute of Stress (AIS), and holds professional memberships in the American Society for Nutrition (ASN), the International Society for Sports Nutrition (ISSN).

As a product developer, Dr. Talbott has created and researched some of the leading nutritional products on the market, generating nearly \$1 billion in combined sales, including:

- A joint and bone support supplement for an international retail Food company (~\$50MM/yr)...
- A stamina & energy supplement for an international Network Marketer (~\$30MM)...
- A stress controlling herbal supplement for an international Network Marketer (~\$35MM/yr)...
- A multi-mechanism weight loss formula for a domestic Direct Marketing company (~\$200MM/yr)...
- A metabolism-balancing herbal formula for an international Network Marketer (~\$30MM/yr)...
- An all-natural fruit/herb “energy” drink for an international Network Marketing company (~1 million cans/month)...

Dr. Talbott's recent educational projects include two academic textbooks, an award-winning documentary film, and several best-selling books that have been translated into multiple languages. His work to educate people about nutrition and health has been featured on The Dr. Oz Show, the TED stage, and the White House.



- **Best Future You** - *Harnessing Your Body's Biochemistry to Achieve Balance in Body, Mind, and Spirit* (Amazon Digital, 2016)
- **Vigor Diet** - *The New Science of Feeling Your Best* (Amazon Digital, 2013)
- **The Secret of Vigor** - *How to Overcome Burnout, Restore Biochemical Balance, and Reclaim Your Natural Energy* (Hunter House, 2011)
 - Featured on The Dr. Oz Show, TEDx, and The 431 Project
- **Killer At Large**—*Why Obesity is America's Greatest Threat* (Disinformation, 2009)
 - Winner of several film festival “best documentary” awards and screened at the White House for Michelle Obama’s “Let’s Move” and “Chef’s Move to Schools” initiatives to fight childhood obesity (2010)
- **The Immune Miracle** - *The All-Natural Approach for Better Health, Increased Energy and Improved Mood* (GLH Nutrition, 2012)
- **The Metabolic Method** - *The Complete Whole-Body Approach to Achieving Lasting Fat Loss, Better Mood, and Higher Energy Levels* (Currant Book Publishers, 2008)
- **The Cortisol Connection: Why Stress Makes You Fat and Ruins Your Health**—2nd Edition (Hunter House, 2007)
 - Featured on The Dr. Oz Show
- **The Health Professionals Guide to Dietary Supplements** (Lippincott, 2007)
- **Cortisol Control and the Beauty Connection: The All-Natural, Inside-Out Approach to Reversing Wrinkles, Preventing Acne, and Improving Skin Tone** (Hunter House, 2007)
- **Natural Solutions for Pain-Free Living: Flexible Joints, Strong Bones & Ache-Free Muscles For Life** (Currant Book, 2006)
- **The Cortisol Connection Diet: The Breakthrough Program to Control Stress and Lose Weight** (Hunter House, 2004).
 - Selected as featured book for Amazon.com’s “Connect” program for “top authors”
- **A Guide to Understanding Dietary Supplements** (Haworth Press, 2003).
 - Selected as an “Outstanding Academic Text” by “Choice”—Journal of University Research Librarians
- **The Cortisol Connection: Why Stress Makes You Fat and Ruins Your Health** (Hunter House, 2002).

Shawn M. Talbott

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WORK EXPERIENCE**Amare Global, Irvine, CA**

Chief Science Officer (January 2017 - Present)

Responsible for the company's research, development, and product strategy. Member of founding team and executive leadership. Responsible for all aspects of the development of new product formulations and specifications, clinical and experimental research, product claims substantiation, and technical support.

EQQIL, Draper, UT

President and Founder (July 2015 - January 2017)

Founder of a product research, development, and education company. EQQIL's mission is to empower people to "Achieve Balance & Elevate Life." with products and programs that balance biochemistry and restore mental/physical energy (vigor) naturally.

LifeVantage, Sandy, UT

Chief Science Officer (January 2014 - July 2015)

Responsible for the company's strategic research and product development roadmap, including leading and managing the research and development needs of the company, new product ideation and product discovery, scientific partnerships, product design and education. Recruited and managed a completely new R&D staff (7 members) and scientific/medical/fitness advisory board (18 members across 3 boards) - and integrated with existing MarComm staff (17 members) - management and oversight of 42 direct and indirect reports.

MonaVie, South Jordan, UT

Chief Science & Innovation Officer (January 2013 - Dec 2013)

Vice President – Research & Development (January 2012 – Dec 2012)

Provided new technology scouting and discovery support as leader of the R&D team. Identified technologies, ingredients, indications, potential licensing opportunities and intellectual properties in support of innovation activities. Served as the lead resident expert on the latest emerging nutritional science and developed/championed new product initiatives/innovation.

SupplementWatch, Inc. (GLH Nutrition, LLC) – Draper, UT

Research Director & Editor-in-Chief (August 1999 – Dec 2013)

Designed/implemented a wide range of clinical studies to develop/validate dietary supplements and related natural approaches to promoting health. Provided editorial direction for consumer education dedicated to alleviating confusion surrounding dietary supplements and providing consumers with timely, relevant and balanced advice to help them make informed decisions about dietary supplements and overall health. Clients included some of the leading natural products companies (Morinda, Unicity, Schiff, Goyin, Genesis Pure, Ximo, Xango, Beijing Ginkgo, Unigen, SourceOne, Biothera, Phenolacis, Modere, and others).

Wicked Fast Sports Nutrition (GLH Nutrition, LLC) – Draper, UT

CEO - Chief Endurance Officer (January 2003 – Dec 2013)

Coordinated R&D efforts for endurance nutrition company. Designed and conducted clinical trials; prepared/presented scientific conference seminars; educated athletes/coaches about dietary supplementation for endurance, post-exercise recovery, and general nutrition.

University of Utah, College of Health, Division of Nutrition, Salt Lake City, UT

Associate Clinical Professor / Adjunct Associate Professor (January 2003 – December 2004)

Director, Nutrition Clinic (January 2002 – December 2004)

Adjunct Assistant Professor (August 1999 – January 2003)

Designed, coordinated and conducted “Understanding Dietary Supplements” course for undergraduate and graduate students. Course was offered in-class and on-line and served as the initial phase of a comprehensive range of curricula for continuing education programs, including a fully on-line program in Dietary Supplement Education, for students/health professionals in nutrition, pharmacy, medical and allied health fields.

Pharmanex, Inc. – Nutrition Division of Nu Skin Enterprises, Provo, UT

Director of Scientific Affairs (January 2002 – July 2003)

Senior Scientist, Nutrition Research & New Product Discovery (June 1999 – July 2003)

Designed/coordinated nutrition research projects to develop novel dietary supplement and nutritional products. Projects included clinical efficacy trials, safety/toxicity studies, human performance evaluations, intellectual property development, and various product creations.

Nabisco Foods Group – Functional Foods Division, East Hanover, NJ

Product & Market Development Associate (Nov 1998 – June 1999)

Senior Food Technologist, Specialty Products Company (March 1998 - Nov 1998)

Food Technologist, Nutrition & Scientific Regulatory Affairs (July 1997 - March 1998)

Provided nutrition science expertise and strategic direction for new product development and marketing projects. Served as primary technical and new products team leader during development, launch and support phases for \$42 million nutritional product portfolio.

Rutgers University, New Brunswick, NJ

Graduate Research Assistant, Department of Nutritional Sciences (August 1993 - May 1998)

Designed, coordinated and conducted research on nutrition, exercise and bone/collagen metabolism. Work was supported by competitive research awards from government, corporate and scientific foundation sources.

Middlesex County College, Edison, NJ

Adjunct Instructor (August 1996 - December 1997)

Instructor of nutrition and wellness classes for college students. Responsibilities included all aspects of curriculum development, grading, evaluating and mentoring undergraduate students.

Healthy Directions, Inc., Boonton, NJ

President and Owner (January 1995 - December 1997)

Designed and implemented customized health promotion and wellness programs for clients in corporate and community settings. Programs varied from public health education seminars to individual lifestyle consultations.

American Corporate Health Programs, Inc., Exton, PA

Special Projects - Technical Consultant (August 1993 - January 1995)

Exercise Physiologist (August 1991 - August 1993)

Projects included design of health care cost tracking systems, analysis of wellness program ROI, staff training and education, creative program design and strategic planning.

EDUCATION

Scientific Education

- **Diploma - International Olympic Committee (IOC) Sports Nutrition Program** (2013)
- **L.D.N. – Licensed Dietitian/Nutritionist** (2007-2020) – State of Massachusetts (#2726)
- **C.N.S – Certified Nutrition Specialist** (2007) - Certification Board For Nutrition Specialists
- **Ph.D. – Nutritional Biochemistry** (1998) – *Rutgers University*, New Brunswick, NJ
- **M.S. – Exercise Science** (1992) – *University of Massachusetts*, Amherst, MA
- **B.S. – Sports Medicine** (1989) – *Marietta College*, Marietta, OH
- **B.A. – Fitness/Health Management** (1989) – *Marietta College*, Marietta, OH

Entrepreneurship Education

- **A.C.E. - Advanced Certificate for Executives** (“Advanced Management Program”) in Management, Innovation, & Technology (2014) - *Massachusetts Institute of Technology*
- **E.D.P. - Entrepreneurship Development Program** (2014) - *Massachusetts Institute of Technology*
- **E.M.P. – Entrepreneurial Masters Program** (2007) – *Massachusetts Institute of Technology*

ENTREPRENEURIAL EXPERIENCE

- **EQQIL** (product research & development) - operating profitably since 2015 - sold ownership in 2017
- **Wicked Fast Sports Nutrition** (endurance/recovery) --operated profitably ~10y (2003-2013) - sold to LifeVantage (2014)
- **Eleviv** (stress/mood balance) - raised \$1MM - sold to Xango (2010)
- **FlexCare** (joint/muscle flexibility) - sold to Schiff Nutrition (2008)
- **Randall Ridge Ranch** (free-range beef) - operating profitably since 2004
- **CortiSlim** (stress/weight management) - joint venture with Window Rock (2003)
- **SupplementWatch** (education/research) - operated profitably ~14y (1999-2013)

PROFESSIONAL MEMBERSHIPS

- American College of Nutrition (**Fellow**)
- American College of Sports Medicine (**Fellow**)
- American Institute for Stress (**Fellow**)
- International Society for Sports Nutrition
- American Society for Nutrition
- Round Table Group
- Student Mentor - American College of Nutrition
- Student Mentor - California State University Long Beach (MBA program)
- Scientific Manuscript Reviewer (Journal of the American College of Nutrition; Nutrients; Journal of the International Society for Sports Nutrition)

Other Past Positions (part-time/advisory)

- Performance Enhancement Team (nutrition) for United States Track & Field Association
- Scientific Advisory Board – Rodale Press (Health Publications Division)
- Scientific Advisory Board - American Culinary Federation (ACF)
- Editorial Board – Current Topics in Nutraceutical Research
- Nutrition Consultant – Utah Jazz (NBA), US Ski & Snowboard Team, US Track & Field, Real Salt Lake (Soccer)

BOOKS / FILMS (13 books translated into multiple languages)

- **Best Future You** - *Harnessing Your Body's Biochemistry to Achieve Balance in Body, Mind, and Spirit* (Amazon Digital, 2016)
- **Vigor Diet** - *The New Science of Feeling Your Best* (Amazon Digital, 2013)
- **The Secret of Vigor** – *How to Overcome Burnout, Restore Biochemical Balance, and Reclaim Your Natural Energy* (Hunter House Publishers, 2011)
- **The Immune Miracle** - *The All-Natural Approach for Better Health, Increased Energy and Improved Mood* (GLH Nutrition, 2012)
- **Killer At Large** – *Why Obesity is America's Greatest Threat* (Disinformation Co., 2009)
 - o Winner of several “best documentary” awards. Screened at White House for Michelle Obama’s “Let’s Move” & “Chef’s Move to Schools” initiatives to fight childhood obesity
- **The Metabolic Method** - *The Complete Whole-Body Approach to Achieving Lasting Fat Loss, Better Mood, and Higher Energy Levels* (Currant Book Publishers, 2008).
- **The Cortisol Connection** (2nd Edition) – *Why Stress Makes You Fat & Ruins Your Health* (Hunter House Publishers, 2007).
- **Cortisol Control and the Beauty Connection** – *The All-Natural, Inside-Out Approach to Reversing Wrinkles, Preventing Acne, and Improving Skin Tone* (Hunter House, 2007).
- **Health Professionals Guide to Dietary Supplements** (Lippincott Publications, 2006).
- **Natural Solutions for Pain-Free Living** - *Lasting Relief for Flexible Joints, Strong Bones and Ache-Free Muscles* (Chronicle/Currant, 2006)
- **The Cortisol Connection Diet** – *The Breakthrough Program to Control Stress and Lose Weight* (Hunter House Publishers, 2004)
- **A Guide to Understanding Dietary Supplements** (Haworth Press, 2003).
 - o Winner, “Outstanding Academic Text” of 2003 by Academic Librarians Assoc.
- **Cortisol Connection** – *Why Stress Makes You Fat & Ruins Your Health* (Hunter House, 2002)

AWARDS/HONORS

- Probiotic of the Year (2019), Finalist - Kid’s Fundamentals (Amare Global)
- Startup of the Year (2019), Finalist - Amare Global
- Outstanding Research of the Issue (EC Nutrition, Feb 2019) - Astaxanthin Supplementation Reduces Depression and Fatigue in Healthy Subjects
- NutrAward 2018, Winner - Best New Finished Product (Fundamentals Pack probiotic/prebiotic/phytobiotic — Amare Global)
- Botanical of the Year (2018), Finalist - Mood+ (depression/anxiety/stress) - Amare Global
- Startup of the Year (2018), Finalist - Amare Global (Irvine, CA)

- Outstanding Research of the Issue (EC Nutrition, Nov 2017) - Effect of Astaxanthin Supplementation on Cardiorespiratory Function in Runners
- Outstanding Research (2017) - American College of Nutrition - Development Of A Consumer-Oriented Microbiome Tracker
- World's Fittest CEO (2nd place 2013 / 1st place 2014)
- Outstanding Alumnus (2014) - Marietta College, Marietta OH
- Outstanding Scientific Presentation - American College of Lifestyle Medicine (2014)
- Bieber Award for Significant Contributions in the Nutrition Industry – American College of Nutrition (2011)
- Outstanding Scientific Poster Award, Second Place – Psychological Vigor is Associated with Metabolic Hormonal Profile – American College of Nutrition (2011)
- Outstanding Alumnus (2009) - Amesbury High School, Amesbury MA
- Merit Citation (2009) - Commonwealth of Massachusetts State Senate & Massachusetts House of Representatives
- Outstanding Instructor 2004 – Division of Nutrition, University of Utah
- Product Merit Award 2002 (Cortitrol - cortisol/stress controller) – “Outstanding Achievement in the Nutrition Industry” Nutrition Business Journal
- Educational Outreach Program Grant – Utah Electronic College, 2002
- Faculty Development Grant–Univ Utah Technology Assisted Curriculum Program, 2000
- Geisenger Medical Center Health Research Award - Runner-Up, 1997
- Reebok International Research Grant - Human Performance & Injury Prevention, 1996
- Life-Fitness Corporation - Graduate Student Research Award, 1996
- American College of Sports Medicine - Student Research Grant Award, 1995
- Concept II, Inc. - Ergometer Research Program, 1995-1997
- American Institute of Nutrition - Predoctoral Fellowship, 1995
- Excellence in Writing Award - San Diego County Medical Society, 1993
- Quality Service Award, Finalist - American Corporate Health Programs, Inc., 1992
- U.S. National Rowing Team Developmental Program, 1989
- U.S. Olympic Festival Participant (Rowing), 1989

MEDIA EXPERIENCE

National and International exposure on a variety of nutrition issues, especially dietary supplements and functional foods, including:

- Fresh Living - KUTV CBS2 (Salt Lake City) - Resident Nutritionist (monthly segment)
- The LIST (Scripps Broadcasting) - National Media contributor (nutrition/health) across 33 television stations and online at TheListTV.com
- The Dr. Nandi Show (May 2019 - “Could Your Gut Health Be Related to Your Depression”)
- TED Talks (TEDx on stress and 431 Project on childhood obesity)
- The Dr. Oz Show (diet and supplements for energy, stress reduction, and fat loss)
- Fox & Friends (nutrition for sleep/stress)
- Living it Up with Ali & Jack (proper nutrition)
- Life & Style (stress and cortisol)
- Access Hollywood (dieting and weight loss)
- Television = NBC/ABC/CBS/CNN network affiliates (NYC, Dallas, Los Angeles, Phoenix, Portland, Seattle, Orlando, Miami, Chicago, Salt Lake City, Houston, Memphis, Las Vegas, San Diego, Hartford, Greensboro, Washington DC, Boston, and others)
- Radio = Westwood One, ABC News, CNN radio, various local stations

- Print = Cosmopolitan, Experience Life, Glamour, Self, Allure, First for Women, Muscle & Fitness, Woman's Day, Woman's World, Fitness, Shape, Redbook, Real Simple, Men's Fitness, Men's Health, Women's Fitness, Runner's World, Competitor, Better Homes & Gardens, and others

HOBBIES/RECREATION

- Ultra-running (50-100 miles), Triathlon (19 Ironman; Half-Iron World Championships), Cycling, Rowing, Skiing

PEER-REVIEWED PUBLICATIONS

- Astaxanthin Sources: Suitability for Human Health and Nutrition. Functional Foods in Health and Disease (July 2019)
- Effect of Coordinated Probiotic/Prebiotic/Phytobiotic Supplementation on Microbiome Balance and Psychological Mood State in Healthy Stressed Adults, Functional Foods for Health and Disease Journal (April 2019)
- Astaxanthin Supplementation Reduces Depression and Fatigue in Healthy Subjects, EC Nutrition (March 2019)
- Effect of Astaxanthin Supplementation on Cardiorespiratory Function in Runners, EC Nutrition (Nov 2017)
- Antioxidant and behavioral effects of canine health supplement in dogs. S. Talbott, N. Chevreau, and W Barnett. *The FASEB Journal* vol 29 no. 1 Supplement 922.12, April 2015.
- Improvement in total antioxidant function and skin reflectance following dietary carotenoid supplementation. Devin Young, Danyi Quan, Wade Xiong and Shawn Talbott. *The FASEB Journal* vol 28 no. 1 Supplement 1044.20, April 2014.
- Effect of MonaVie Rest on sleep duration and sleep quality in moderately stressed subjects. Shawn Talbott, Logan Perkins, and Devin Young. *The FASEB Journal* vol 28 no. 1 Supplement 647.23, April 2014.
- Effect of MonaVie Balance on stress levels and mood state in moderately stressed subjects. Logan Perkins, Devin Young,, and Shawn Talbott. *The FASEB Journal* vol 28 no. 1 Supplement 647.22, April 2014.
- A Cross-Sectional Study Part I - Assessment of Nutritional Status in Subjects of MonaVie Product Users and Non Users. Danyi Quan, Wade Xiong and Shawn Talbott. *The FASEB Journal* vol 28 no. 1 Supplement 830.13, April 2014.
- Effect of Magnolia officinalis and Phellodendron amurense (Relora®) on cortisol and psychological mood state in moderately stressed subjects. Talbott SM, Talbott JA, Pugh M. *J Int Soc Sports Nutr.* 2013 Aug 7;10(1):37.
- Effect of Tongkat Ali on stress hormones and psychological mood state in moderately stressed subjects. Talbott SM, Talbott JA, George A, Pugh M. *J Int Soc Sports Nutr.* 2013 May 26;10(1):28.
- Baker's yeast beta-glucan supplement reduces upper respiratory symptoms and improves mood state in stressed women. Talbott SM, Talbott JA. *J Am Coll Nutr.* 2012 Aug;31(4): 295-300.
- Mangosteen - Traditional and Modern Uses. SM Talbott, DA Morton, and JF Templeman. *Journal of Integrative Medicine.* Vol 16., No. 1, March/April 2011.
- Ancient wisdom meets modern ailment – Traditional Asian medicine improves psychological Vigor in stressed subjects. S. Talbott, J. Talbott, AM. Christopulos, C. Ekberg, W. Larsen, and V. Jackson. *Progress in Nutrition*, Vol. 12, N. 1, 2010.

- Energy restriction reduces bone density and biomechanical properties in aged female rats. Talbott SM, Cifuentes M, Dunn MG, Shapses SA. *J Nutr.* 2001 Sep;131(9):2382-7.
- An interview with Patti Steinmuller and Shawn Talbott about online courses in sports nutrition. Interview by Louise M. Burke and Mary P. Miles. Steinmuller P, Talbott S. *Int J Sport Nutr Exerc Metab.* 2002 Jun;12(2):238-45.
- Dietary supplements: what is in the public's best interest? Talbott SM. *Science.* 1999 Dec 17;286(5448):2269-70; author reply 2270-1.
- Urinary 3H-tetracycline and pyridinium crosslinks differ in their response to calcium restriction in mature and aged rats. Talbott SM, Chowdhury H, Shapses SA. *Calcif Tissue Int.* 1999 Apr;64(4):352-6.
- Energy and calcium induced alterations in bone turnover and density in younger and older female rats. SM Talbott, MM Rothkopf and SA Shapses. *J. Nutr.* 128:608-614, 1998.
- Fasting and energy intake influence bone turnover in lightweight male rowers. Talbott SM, Shapses SA. *Int J Sport Nutr.* 1998 Dec;8(4):377-87.
- Dietary restriction of energy and calcium alters bone turnover and density in younger and older female rats. Talbott SM, Rothkopf MM, Shapses SA. *J Nutr.* 1998 Mar;128(3):640-5.
- Estimates of body fat are highly variable in pre- and postmenopausal obese women but not in lean women. SM Talbott, TA Hardwick, T Stahl, SA Shapses. *FASEB J* 11(3), 1997.
- The Female Athlete Triad - disordered eating, amenorrhea and osteoporosis. SM Talbott. *J. Strength Conditioning*, Feb. 1996.
- Higher than predicted bone mineral density in obese postmenopausal women. T Hardwick, S Heymsfield, S Talbott, R Pierson, Jr., J Wang, J Trout and S Shapses. *FASEB J* 10(3), 1996.
- Body composition using anthropometrics, BIA and DEXA during moderate weight loss. S Shapses, S Heymsfield, R Pierson, Jr., T Hardwick, S Talbott and T Schreiber. *Obesity*, Oct. 1995.
- Bone turnover and biomechanical properties in aged rats during semi-starvation. SM Talbott, MG Dunn and SA Shapses. *J. Bone Miner. Res.* 9(S1) 1994.
- Bone turnover and calcium supplementation in females consuming low calcium diets. SA Shapses, SM Talbott, and H Chowdhury. *J. Bone Miner. Res.*, 9(S1) 1994.

PROFESSIONAL PRESENTATIONS

- Effect of Coordinated Probiotic/Prebiotic/Phytobiotic Supplementation on Microbiome Balance and Psychological Mood State in Healthy Stressed Adults - portions of data presented at:
 - American College of Nutrition (Nov 2017 – Alexandria VA)
 - Experimental Biology (April 2018 – San Diego, CA)
 - American College of Sports Medicine (May 2018 – Minneapolis, MN)
 - Mental Health America – Fit for the Future Conference (June 2018 – Washington DC)
 - Microbiome Movement – Gut Brain Axis (Nov 2018 – Boston, MA)
 - American Mental Wellness Awareness Association (Nov 2018 – Hershey, PA)
- Development of a consumer-oriented microbiome tracker - American College of Sports Medicine (May 2018, Minneapolis MN)

- Effect of natural astaxanthin on mental wellness parameters - American College of Lifestyle Medicine (Oct 2018, Tucson AZ)
- Effect of Astaxanthin Supplementation on Cardiorespiratory Function in Runners - American College of Sports Medicine (May 2017 Denver CO)
- Natural Astaxanthin Improves Mental Wellness - American College of Nutrition (Nov 2017, Alexandria VA)
- Nrf-2 Activation by Palm Fruit Bioactives. American College of Sports Medicine Annual Scientific Conference - Denver, June 2017.
- Effect of Astaxanthin Supplementation on Cardiorespiratory Function in Runners. American College of Sports Medicine Annual Scientific Conference - Denver, June 2017.
- Acute Effects of an American Ephedra (*Ephedra viridis*) Herbal Supplement Blend. S. Talbott, M. Marshall, and B. Baranowski. American College of Sports Medicine Annual Scientific Conference, Boston, June 2016.
- Brain support nutrients increase mental focus and energy - American College of Nutrition Annual Scientific Conference, Orlando, FL, Nov. 2015
- Dr. Ramon Abarquez Memorial Lecture on Science and Research - “New Horizons in the Science of Oxidative Stress” - Philippine Heart Association, May 2015.
- Phytonutrient activation of the Nrf2 pathway - Biochemical Society 2015 - The Keap1/ Nrf2 Pathway in Health and Disease Meeting, 6 - 8 Jan 2015, P011
- Physiologic Vigor is determined by Biochemical Balance-Lifestyle Interventions - 22nd Annual World Congress on Anti-Aging Medicine - American Academy of Anti-Aging Medicine - Dec 2014.
- Athletes and Antioxidants - Too Much of a Good Thing? - Canadian Sport Institute, October 2014.
- Psychological Mood State and Biochemical Balance are Improved with Modest Lifestyle Interventions - American College of Lifestyle Medicine - Oct 2014 - Selected as “*Outstanding Professional Scientific Abstract Poster*”
- The 431 Project (a TED event) - “The Secret of Vigor - How Biochemical Balance Influences How We Look, Feel, and Perform” - Sept 2014.
- TEDx (Sandy, UT) - “The Qi of Goldilocks - How Biochemistry Drives Behavior” - April 2014.
- International Society for Sports Nutrition (Colorado Springs, June 2013) - Impact of nutrition on psychological vigor in athletes.
- International Society for Sports Nutrition (Colorado Springs, June 2013) - Effect of monocot corn grass extract on sleep quality and mood state.
- Malaysian Palm Oil Council (Kuala Lumpur, Malaysia, May 2013) - Phytonutrients in Athletes.
- Experimental Biology (Boston, April 2013) - Effect of tongkat ali on testosterone and mood state in moderately stressed subjects.
- Experimental Biology (Boston, April 2013) - Effect of magnolia bark extract on cortisol and mood state in moderately stressed subjects.
- American College of Nutrition (Morristown, NJ, November 2012) - Influence of nutrition on psychological mood state and vigor.
- International Society for Exercise & Nutrition (Newcastle, England, December 2012) - Biochemistry drives behavior - impact of cortisol/testosterone balance in athletes.
- Experimental Biology Annual Scientific Conference (2012) - San Diego, CA - Four presentations as part of American Society for Nutrition program:
 - Session: Obesity and Metabolic Syndrome (Study: Effects of brown seaweed and licorice on blood glucose and weight loss in moderately overweight subjects)

= <http://shawntalbott.files.wordpress.com/2012/05/talbott-eb2012-fucoxanthin-poster.pdf>

- o Session: Biochemistry of Vitamins and Minerals (Study: Improvement in skin carotenoid levels assessed by reflectance spectroscopy) = <http://shawntalbott.files.wordpress.com/2012/05/eb2012-carotenoids-spectroscopy.pdf>
- o Session: Energy and Nutrient Metabolism (Study: Effects of MonaVie RVL weight loss program on body composition and blood lipids) = <http://shawntalbott.files.wordpress.com/2012/05/eb2012-monavie-rvl-poster.pdf>
- o Session: Metabolic and Disease Processes (Study: Acai juice with beta-glucan reduces URTI symptoms and improves mood state in stressed subjects) = <http://shawntalbott.files.wordpress.com/2012/05/talbott-eb2012-mmun-betaglucan.pdf>
- American College of Sports Medicine - Effect Of A Multi-Nutrient Supplement On URTI Symptoms And Mood State In Endurance Athletes - June 2011, Denver, Colorado, (Medicine and Science in Sports and Exercise, Volume 43:5 Supplement).
- Experimental Biology (American Society for Nutrition) - Baker's Yeast Beta-Glucan Supplement Reduces Allergy Symptoms and Improves Quality of Life in Ragweed Sufferers - April 2011.
- Experimental Biology (American Society for Nutrition) – Dietary Supplement Combination Reduces Inflammation and Improves Vigor in Stressed Subjects – April 2010
- Experimental Biology (American Society for Nutrition) – Beta-Glucan Supplement Reduces URTIs (Upper Respiratory Tract Infections) and Improves Mood State in Healthy Stressed Subjects – April 2010
- American College of Nutrition – Psychological Vigor and Mood State are Associated with Metabolic Hormone Profile – October 2010
- American College of Sports Medicine (ACSM) – Dietary Supplement Use Among Endurance Athletes – May 2009
- National Institute for the Clinical Application for Behavioral Medicine (NICABM) – Toxic Stress & The Wisdom of Balance – December 2009
- Experimental Biology (American Society for Nutrition) – Dietary Supplement Use Among Endurance Athletes – April 2009
- Experimental Biology (American Society for Nutrition) – Herbal Traditional Medicine Formula Reduces Stress – May 2008
- American College of Nutrition – Significant Improvements in Mood State & Hormone Profile Associated with a “Low-Attrition” Weight Loss Regimen – October 2007
- International Society for Sports Nutrition (ISSN) – Effects of a Traditional Asian Medicine (TAM) on Profile of Mood States (POMS) – June 2007
- International Society for Sports Nutrition (ISSN) – Ironman Triathlon Recovery Enhanced By a Dietary Supplement – June 2007
- Experimental Biology (American Society for Nutrition) – Post-Exercise Recovery Enhanced By Dietary Supplementation – May 2007
- American College of Sports Medicine (ACSM) – Effects of a 12-week Lifestyle Program on Mood State and Metabolic Parameters in Overweight Subjects – May 2007
- Experimental Biology (FASEB) – A Comprehensive Lifestyle Program Improves Mood States and Metabolic Parameters with Low Attrition Rate in Overweight Subjects – April 2007

- The Obesity Society (NAASO) - Effect of a 12-week Lifestyle Program on Weight, Metabolism, and Blood Lipids in Overweight Subjects – October 2006
- International Society for Sports Nutrition (ISSN) – Effect of Eurycoma Extract on Anabolic Balance During Endurance Exercise - July 2006
- International Society for Sports Nutrition (ISSN) – Effect of Branched Chain Amino Acids on Salivary Cortisol Levels During Endurance Exercise - July 2006
- American College of Sports Medicine (ACSM) – A Lifestyle Approach to Controlling Holiday Stress and Weight Gain, June 2006
- Experimental Biology (FASEB) – A Lifestyle Program Reduces Holiday Stress and Body Weight in Stress-Eaters, April 2006
- American College of Nutrition (ACN) – Effect of a Lifestyle Program on Holiday Stress, Body Weight, and Cortisol Levels, September 2005
- 5th International Conference on Nutrition & Fitness – Effects of a Stress/Cortisol Supplement on Weight, Athens, Greece, June 2004
- ACSM Annual Scientific Meeting – A Dietary Supplement Enhances Post-Marathon Recovery, Indianapolis, IN, June 2004
- ACSM Annual Scientific Meeting – Chair, Protein Metabolism Free Communications, June 2004
- ACSM-approved Continuing Education Provider – High Performance Nutrition (for certified personal trainers and registered dietitians) – 1999 to Present
- Grand Rounds –Cortisol & Health – Good Samaritan Hospital, West Islip, NY, Oct 2002
- New York Academy of Sciences – Effects of Cortisol on Skin Health – NY, Oct 2002
- Chair, Cortisol in Health & Disease Symposium – Park City, UT, May 2002
- ACSM Annual Scientific Meeting – Invited Forum on “Dietary Supplement Research – How much is Enough?”, Baltimore, MD, June 2001
- ACSM Health & Fitness Summit – Invited Lecture on “Consumer Guidance in Choosing Dietary Supplements” – Las Vegas, NV, April 2001
- Strategic Research Institute – Invited Lecture on “Uncovering Clinical Trials for Dietary Supplements” – Salt Lake City, UT, Feb 2001
- ACSM Rocky Mountain Regional Chapter Meeting – Invited lecture on “Dietary Supplements for Jack & Jill – Gender Considerations in Selecting Supplements” – Denver, CO, Feb, 2001
- Pacific Technology Exchange – Invited Lecture on “Cyber-Supplements – the Convergence of Dietary Supplements and the Internet” – Los Angeles, CA, Oct 2000
- United Kingdom Football Association Annual Scientific Meeting – Invited lecture on “Dietary Supplements for Football” – Shropshire, England, October 2000
- Influence of calcium or energy restriction on bone strength in rats. (ACSM, Orlando, 1998).
- Dietary energy restriction increases bone turnover in rats. (Experimental Biology, San Francisco, 1998).
- Effect of rowing exercise on bone mineral density in female distance runners, (ACSM, Denver, 1997).
- Body fat estimates by bioelectrical impedance analysis (BIA) are highly variable in obese, but not in lean women, (Exp. Bio., New Orleans, 1997)
- Restriction of calcium or energy elevates bone resorption. (Experimental Biology, Wash, D.C., 1996).
- Fasting decreases bone turnover in male rowers, (ACSM, White Haven, PA, 1996).
- Skeletal and physiologic characteristics of master's female runners, (ACSM White Haven, PA, 1996).