

## Shawn Talbott Bio & CV

### Shawn M. Talbott

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### Short:

Dr. Shawn Talbott is a PsychoNutritionist who integrates nutrition, biochemistry, and psychology to help people feel, look, and perform better. As a scientist (PhD in Nutritional Biochemistry from Rutgers) and entrepreneur (EMP in Entrepreneurship from MIT), his recent projects include two academic textbooks, an award-winning documentary film, several best-selling books translated into multiple languages, and numerous top-selling nutraceuticals and functional foods.

Dr. Talbott runs the 3 Waves Wellness Center and trains students as Certified Mental Wellness Coaches to help clients feel and perform their best by harnessing the power of the microbiome and optimizing their Gut-Heart-Brain-Axis.

He is also an endurance nut - with dozens of Ironman and ultra-marathon finishes.

### Detailed:

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 microbiome balance and optimization of the gut-heart-brain-axis to improve mental wellness and physical 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 more than a dozen books in multiple languages on nutrition, health & fitness. He has served as a nutrition consultant & educator for elite-level athletes in a variety of sports including:

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

As an athlete himself, Shawn was the “World’s Fittest CEO” (2014 champion; 2013) 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 (2yrs as professional & over 100 marathons, ultramarathons, Ironmans)

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 course on the research and development of dietary supplements and functional foods (at both the undergraduate and graduate level).

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 has reviewed dozens of manuscripts and served on the Editorial Board for numerous scientific journals

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

- A joint/bone support powder for an international retail Food company (~\$50M/y)
- A stamina & energy drink for an international Network Marketer (~\$30M/y)
- A stress controlling herbal capsule for an international Network Marketer (~\$35M/y)
- A multi-mechanism weight loss formula for a domestic Direct Marketer (~\$200M/y)
- A metabolism-balancing herbal formula for an international Network Marketer (~\$30MM/yr)...
- An all-natural fruit/herb energy RTD for an international Network Marketer (~1M cans/month)
- A comprehensive line of microbiome-balancing and mood-enhancing dietary supplements and functional foods targeting the Gut-Heart-Brain-Axis for a global Network Marketing company (~\$200MM/yr)...

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, movement, stress, mood and health has been featured on The Dr. Oz Show, the TED stage, and the White House.

Social Media Channels:

- [YouTube](#)
- [Amazon](#)
- [Twitter](#)
- [LinkedIn](#)
- [ShareCare](#)
- [Facebook](#)
- [Facebook \(Professional page\)](#)
- [www.ShawnTalbott.com](#)



- **Mental Fitness** - *Maximizing Mood, Motivation, and Mental Wellness by Optimizing the Brain-Body-Biome* (Turner Publishing, 2021)
  - Multi-week Amazon.com best-seller in multiple categories
- **Best Future You** - *Harnessing Your Body's Biochemistry to Achieve Balance in Body, Mind, and Spirit* (Amazon Digital, 2016)
- **The Vigor Diet** - *The New Science of Feeling Your Best* (Amazon Digital, 2013)
- **The Immune Miracle** - *The All-Natural Approach for Better Health, Increased Energy and Improved Mood* (GLH Productions, 2012)
- **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
  - Screened at the White House for Michelle Obama's “Let's Move” campaign to encourage healthy eating (2010)
  - Part of the “Chef's Move to Schools” initiative with the American Culinary Federation to fight childhood obesity by teaching healthy cooking skills (2010)
- **Q-Factor Diet:** *The Quality/Quantity Formula for Lasting Weight Loss* (Hunter House, 2009)
- **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; First edition 2002)
  - Featured on The Dr. Oz Show
  - Multi-week Amazon.com best-seller in multiple categories

- **The Health Professionals Guide to Dietary Supplements** - Textbook - (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** - Textbook - (Haworth Press, 2003).
  - Selected as an “Outstanding Academic Text” by “Choice”–Journal of University Research Librarians

## WORK EXPERIENCE

### **3 Waves Wellness**, Plymouth, MA

*Founder* (May 2021 - Present)

Established the world’s first holistic Mental Fitness Center focused on balancing the microbiome and optimizing the Gut-Heart-Brain-Axis. Individuals and corporate retreats enjoy a range of mental wellness modalities, including gut-friendly meals, access to “nature therapy,” enhanced sleep quality, red light therapy, interoception floats, vagus nerve toning, VR meditation, cold/hot plunges, sound healing, IR sauna, and others.

### **Marietta College**, Marietta, OH

*Adjunct Instructor - Sports Medicine Dept* (March 2021 - Present)

Developed and delivered a 3-credit full-semester course for college students (*Maximizing Mental Fitness*) and a 16-hour Certification course (*Mental Wellness Coach*) that exposes students to the concepts of holistic mental wellness and understanding of the body-mind connection linked through the Gut-Heart-Brain-Axis. Topics covered include mindset, exercise, nutrition, supplements, microbiome, immune system, and others.

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

*Research Director & Editor-in-Chief* (August 1999 – Present)

Design/implement a wide range of clinical studies and product development projects to research/validate dietary supplements and related natural approaches for promoting health. Clients include some of the leading natural products companies (Morinda, Unicity, Schiff, Goyin, Monavie, Genesis Pure, Ximo, Xango, Beijing Ginkgo, Unigen, SourceOne, Biothera, Taiyo, Barrington Nutrition, TriNutra, GC Rieber, Eevia, Phenolaeis, Nexira, Modere, Kaneka, AB Biotics, Mibelle, and many others).

## **PAST POSITIONS**

### **Amare Global, Irvine, CA**

*Founder & Chief Science Officer* (January 2017 - November 2024)

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.

### **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 & 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.

### **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/wellness classes for college students. Responsibilities included all aspects of curriculum development, grading, evaluating & mentoring undergrad 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*

- **Certificate - Functional Foods Scientist** - Functional Foods Institute (2021)
- **Diploma - International Olympic Committee (IOC) Sports Nutrition** (2013)
- **L.D.N.–Licensed Dietitian/Nutritionist** (since 2007) – State of Massachusetts (#2726)
- **C.N.S – Certified Nutrition Specialist** (since 2007) - Cert. Board 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 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) - *Mass Institute of Technology*
- **E.M.P. – Entrepreneurial Masters Program** (2007) – *Massachusetts Institute of Technology* & EO (*Entrepreneurs Organization - formerly YEO, Young Entrepreneurs Organization*)

## **ENTREPRENEURIAL EXPERIENCE**

- **Amare Global** - The Mental Wellness Company - founding executive team (2016)
- **SupplementWatch** (education/research) - operating profitably ~23y (1999-Present)
- **Wicked Fast Sports Nutrition** (endurance/recovery) --operated profitably ~10y (2003-2013) - sold to LifeVantage (2014)
- **Eleliv** (stress/mood balance) - raised ~\$1MM - sold to Xango (2010)
- **FlexCare** (joint/muscle flexibility) - sold to Schiff Nutrition (2008)
- **Randall Ridge Ranch** (free-range beef) - operated profitably since 2004 - sold in 2021
- **CortiSlim** (stress/weight management) - joint venture with Window Rock (2003-5)

## **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 (2017 MBA program)
- Scientific Manuscript Reviewer (Functional Foods for Health and Disease Journal; Frontiers in Nutrition; Frontiers in Psychology; Nutrients; 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)

## **Other Past Positions** (part-time/advisory)

- Performance Enhancement Team (nutrition) for United States Track & Field Association
- Scientific Advisory Board & Editorial Board –Rodale Press (Health Publication 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** (14 books translated into more than a dozen languages)

- See list of books/films/awards in Bio section

## **HOBBIES/RECREATION**

- Ultra-running (50-100 miles), Triathlon (20 Ironman events; World Championship qualifier at multiple distances, off-road, long/ultra), Cycling, Rowing, Skiing, Cooking

## **AWARDS/HONORS**

- Mindful Awards 2024 - Happy Juice - Amare Global
- Probiotic of the Year (2022), Finalist - GBXfit - Amare Global
- Product of the Year (2021), Finalist - Edge - Amare Global
- Member of 2020 Team USA Triathlon Team (2 disciplines - off-road & long-course)
- 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 “gut-brain-axis” Pack — Amare Global)
- Botanical of the Year (2018), Finalist - Mood+ (depression/anxiety/stress) - Amare
- 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. - Rowing 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/fitness 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 Sandy” 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 in numerous markets = NYC, Dallas, Austin, Los Angeles, Phoenix, Portland, Seattle, Orlando, Miami, Chicago, Milwaukee, Salt Lake City, Denver, Minneapolis, Charlotte, Houston, Memphis, Las Vegas, San Diego, Hartford, Greensboro, Grand Rapids, West Palm Beach, Honolulu, 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, Nutritional Outlook, Nutrition Business Journal, and others

## PEER-REVIEWED PUBLICATIONS

- Black Cumin Seed Oil Plus Fish Oil Combination Modulates Gut-Immune-Axis. Published: June 29, 2022. <https://ecronicon.org/ecnu/Black-Cumin-Seed-Oil-Plus-Fish-Oil-Combination-Modulates-Gut-Immune-Axis>
- AstaPure® Arava Natural Astaxanthin Whole Algae Product Supports Immune Function and Improves Subjective Well-Being. Published: August 24, 2022. <https://www.ecronicon.com/ecnu/ECNU-17-01049.php>
- Effect of ThymoQuin Black Cumin Seed Oil as a Natural Immune Modulator of Upper-Respiratory Tract Complaints and Psychological Mood State. Published October 7, 2022. <https://www.scivisionpub.com/pdfs/effect-of-thymoquin-black-cumin-seed-oil-as-a-natural-immune-modulator-of-upperrespiratory-tract-complaints-and-psychological-mood-2453.pdf>
- Combination of Black Cumin Seed Oil and Astaxanthin Supports Gut-Immune-Brain-Axis and Improves Mood. Published August 11, 2022. <https://lupinepublishers.com/food-and-nutri-journal/pdf/SJFN.MS.ID.000190.pdf>
- Modulation of Gut-Brain-Axis Improves Microbiome, Metabolism, and Mood. S.M. Talbott, J.A. Talbott, B.J. Stephens, & M.P. Oddou. *Functional Foods in Health and Disease* (Oct 2020)
- Effect of Astaxanthin supplementation on psychophysiological heart-brain axis dynamics in healthy subjects. *Functional Foods in Health and Disease Journal*. Aug 2019; 9(8):521-531. S Talbott, D Hantla, B Capelli, L Ding, Y Li, C Artaria.
- 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 & behavioral effects of canine health supplement in dogs. S. Talbott, N. Chevreau, & 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 & 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, and 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.

## **PATENTS & APPLICATIONS**

- **Nutritional supplements affecting gut-brain-axis balance and mental wellness**  
Combination of pine bark, grape seed, and apple fruit for improving gut-brain-axis signaling and enhancing mental wellness. Patent number: 12090188; September 17, 2024
- **Nutritional supplements and methods of supplementation affecting the endocannabinoid system**  
Combination of hemp oil and terpenes to prime/activate endocannabinoid receptors for benefits including mood, pain, stress, anxiety, and sleep. Patent number: 11723941; August 15, 2023
- **Nutritional supplements and methods of nutritional supplementation affecting mood and focus in children**  
Combination of saffron, holy basil, and others for improving mood and focus in children. Patent number: 11529386; December 20, 2022
- **Nutritional supplements and methods of nutritional supplementation affecting global mood state**  
Combination of Palm Fruit and Astaxanthin for improving heart and/or brain performance (Heart-Brain-Axis). Patent number: 11529387; December 20, 2022
- **Nutritional supplements affecting mood state**  
American ephedra and NZ pine bark for improving mood and metabolism. Patent number: 10238703; March 26, 2019
- **Nutritional supplements and methods of nutritional supplementation affecting weight loss**  
Combination of probiotic, prebiotic, postbiotic, and phytobiotic for enhancing weight loss. Application number: 20230217979; January 13, 2023
- **Nutritional supplements and methods of nutritional supplementation affecting mental wellness and/or mood**  
Combination of EPA, DHA, and Lavender oil for supporting both gut and brain health. Application number: 20210059970; September 4, 2020
- **Nutritional supplements and methods of nutritional supplementation affecting microbiome metabolism**  
Combination of a probiotic, prebiotic, and phytonutrient (phytobiotic) for improving microbiome balance. Application number: 20210060099; September 4, 2020
- **Nutritional supplements affecting mood state and sleep quality**  
Combination of Corn grass and Griffonia seed for enhancement of day-time mood and night-time sleep quality. Application number: 20210069282; August 30, 2018
- **Supplements and methods of supplementation for treating inflammation and enhancing mood**  
Combination supplement to reduce inflammation, reduce tension, increase vigor, and improve glucose balance. Application number: 20130101690; April 27, 2011
- **Use of beta-glucan on upper respiratory tract infection symptoms and psychological well-being**

Specific yeast extract (beta-glucan) for reduction of URTI and improvement of mood/energy. Application number: 20110112048; September 29, 2008

- **Inhibiting 11(beta)-HSD1 with citrus flavonoids**

Use of polymethoxylated flavones (PMFs) from citrus peels for reducing the activity of 11(beta)-HSD1 and controlling cortisol levels to reduce the stress of weight loss and improve body composition. Application number: 20070224298; March 23, 2007

- **Weight loss compositions using citrus peel and eurycoma longifolia**

Combination of Eurycoma longifolia and citrus peel extract to promote weight loss and help dieters maintain high energy levels by reducing the body's normal shift to a catabolic state during weight loss. Application number: 20070224300; March 23, 2007

- **Treatments and nutritional supplements for assisting post-exercise recovery**

Combination of leucine, valine and isoleucine in the ratio of 3:1:1 to enhance post-exercise recovery. Application number: 20050265990; May 27, 2005

- **Methods and compositions for weight management and mood enhancement**

Combination of cortisol-reducer, thermogenic, and blood sugar stabilizer for enhancing weight loss. Application number: 20060018975; July 20, 2004

## **PROFESSIONAL PRESENTATIONS**

- Keynote Presentation = The Impact of Glyphosate on the Human Gut Microbiome and Mental Wellness. The People's Food and Farming Alliance - Summit on Glyphosate, Microbiomes & The Ecosystem. Sept 2024.
- Gut-Brain-Axis Optimization with Natural Nootropics Improves Mental Fitness. Institute for Functional Medicine Annual International Conference, June 2023.
- The impact of immune health in the post-pandemic environment and understanding the shift in consumer behavior (Wageningen, Netherlands via global webinar) Sept. 29, 2022
- Priming Dynamic Immune System Function with Functional Foods Improves Quality of Life Parameters. 29th International Conference on Functional Foods and Bioactive Compounds to Reduce the Risk of Diseases (April 29-30, 2021)
- The Brain-Body-Biome - How Mental Wellness Drives a Multi-Faceted Impact on Physical Health. HealCon -complementary med conference -Newport CA, (May 2020)
- The Brain-Body-Biome - How Mental Wellness Drives a Multi-Faceted Impact on Physical Health. Int. Academy of Colon Hydrotherapists - Kissimmee FL June 2020)
- Dual Role of Gut-Brain-Axis Modulation in Obesity and Depression - Functional Food Center - 28th Conference on Functional Foods for Longevity (San Diego, CA Aug 2020)
- Targeted Dietary Supplementation Improves Mental Performance in Children. A Armstrong, M Massa, J Royston, M McHenry, & S Talbott. Experimental Biology / American Physiological Society (April 2020, San Diego, CA)
- Optimization of Heart-Brain-Axis Signaling Improves Mental and Physical Performance. C Talbott, L Faucette, & S Talbott. American College of Sports Medicine (June 2020, San Francisco, CA)
- Effect of Coordinated Probiotic/Prebiotic/Phytobiotic Supplementation on Microbiome Balance and Psychological Mood State in Healthy Stressed Adults - portions of data presented at:
  - o American College of Nutrition (Nov 2017 – Alexandria VA)
  - o Experimental Biology (April 2018 – San Diego, CA)
  - o 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)
  - International Society for Nutritional Psychiatry (Nov 2019 - London UK)
- 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)
  - Session: Biochemistry of Vitamins and Minerals (Study: Improvement in skin carotenoid levels assessed by reflectance spectroscopy)
  - Session: Energy and Nutrient Metabolism (Study: Effects of MonaVie RVL weight loss program on body composition and blood lipids)
  - Session: Metabolic and Disease Processes (Study: Acai juice with beta-glucan reduces URTI symptoms and improves mood state in stressed subjects)
- 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 & 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) – Comprehensive Lifestyle Program Improves Mood State & Metabolic Parameters w/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
- 5<sup>th</sup> 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 and/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).