



ESPEN SIG-Micronutrients – status February 2026

Background

- **February 2023:** Creation of the ESPEN SIG–Micronutrients (SIG-MN) following ExeCom validation.

Aims (as per initial mandate)

- Coordinate and perform scientific and epidemiological studies on micronutrients (MNs)
- Act as a reference group for international MN-related queries via the ESPEN website
- Build and maintain a professional MN network
- Promote education in micronutrients
- Foster collaborative research
- Support adaptation of national MN policies
- Stimulate industry development of adapted MN products

Organisation & Members

- **Dedicated website (October 2024):** www.espen.org/micronutrient
- **Chair:** Mette Berger (CH)
- **Members:**
Karin Amrein (AT), Angelique de Man (NL), Kursat Gundogan (TR), Liis Lepp (ES), Michael Casaer (BE), Oguzhan Dizdar (TR), Kristin Koekkoek (NL), Serge Rezzi (CH), Alan Shenkin (UK), Christian Stoppe (DE), Miriam van der Werf (NL)
New 2025 : Michael Hiesmayr (AT)

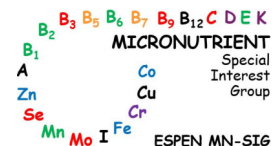
Key Activities & Achievements

Guidelines

- ESPEN Micronutrient Guidelines (2022) –process initiated 2019 (Krakow)
- Practical Micronutrient Guidelines (2024)
- Collaboration with IF-SIG on MN shortages during COVID-19
- Web-App with Anna Schweinlin : <https://www.espen.org/guidelines-home/guideline-app>

Scientific & Educational Activities

- Virtual ESPEN Micronutrient Symposium
“The Science of Micronutrients in Clinical Practice” (November 2022)
- **LLL44 – Micronutrients:** course developed in 2024
 - Presential delivery - All very well attended
 - Nutrition 2025 (St. Gallen)
 - ESPEN Congress 2025 (Prague)
 - ROSPEN 2025 (Poiana Braşov)
 - NESPEN LLL 5 November 2025, (Ede, The Netherlands)
 - Upcoming **virtual LLL course April 2026** in collaboration with **FINSPEN**
 - Upcoming – **presential** ESPEN Congress 2026 (Berlin)



Research Endorsement

Internal peer review and endorsement of high-quality research projects, including:

- **MIMOSA study** – Maintaining Immune and Mitochondrial function in older adults
(PI: P. d'Amelio, CH)
- **Optimal Micronutrient Status for Precision Medicine in Critical Illness**
(PI: A. de Man, NL)

Meetings

- Presential SIG meetings during ESPEN Congresses:
Lyon 2023 · Milan 2024 · Prague 2025
- Web meetings: 2–3 per year (minutes published online)
- Next meeting scheduled: **April 2026**

Current Focus

- Further enhancement of the LLL Micronutrient course, including expanded clinical imagery and case-based learning.

Key Publications

- ESPEN Micronutrient Guidelines (2022) – **463 citations**
<https://doi.org/10.1016/j.clnu.2022.02.015>
- MN Recommendations during shortages (2022)
<https://doi.org/10.1016/j.clnu.2022.11.020>
- ESPEN MN Symposium Report (2023) – **20 citations**
<https://doi.org/10.1016/j.clnu.2023.12.006>
- Practical Micronutrient Guidelines (2024) – **29 citations**
<https://doi.org/10.1016/j.clnu.2024.01.030>

Mette Berger 8 February 2026