



SIG-MN Minutes - Zoom meeting 14 SEP 2025 – 12:00-13:00

Web-page at www.espen.org/micronutrient. (IT Robert Fuchs and officer Mihailo Bezmarević)

Present: Mette Berger (MB), Kristine Koekkoek, Kursat Gundogan, Liis Lepp (LL), Arthur van Zanten (AvZ)

Online: Karin Amrein (difficult), Miriam v.d.Werf, Christian Stoppe

Excused: Angélique de Man, Oguzhan Dizdar, Michael Casaer, Serge Rezzi, Alan Shenkin (who sent his regards)

Evolution of our LLL44-MN:

The course was tested and delivered May 22nd 2025 in St-Gallen Nutrition: 42 people attended. The presentations were a little too long (30 min given), so they were shortened a bit. The comments from the people attending were very positive. The exam consisted of true-false questions. Mette was asked to develop a second set of questions; Oghuzan & Karin sent some questions and Mette updated the test: [new set of yes/no questions has been set up](#).

In Prague, inscription of 60 people for the LLL44-MN and the test (the course is full!).

AvZ comments that next month (October-2025) the new LLL44-MN course will be given in the Netherlands through NESPEN ([MB will send the slides as time short for Espen site update](#)).

LL, who would like to make some changes asks how frequently courses can be updated; how will this process go? MB: Officially update every 3-4 years (constraints for the website IT people)

Post-meeting complement (MB): The LLL first part was very well attended with SouthHall3 being full, and the 2nd part (clinical cases and test) went nicely. Karin having to leave, LLL gave the chronic case, and Michael Hiesmayr the ICU. Both cases will be improved ([MB will finalise update of slides](#)) and sent to Regina Komsa (agreed with her): our success will likely generate a LLL44 in Berlin.

Prague program: MNs present in different sessions: in home PN 13th – iron session (great) – update vitD, sports complements + LLL-MN on 14th

LLL 44 APP: The MN guideline was included in the ESPEN guideline APP a few days before the conference and is presented by Anna Schweinlin (see PPT). Note that general background information, information on specific clinical situations & risk groups, and overviews on enteral and parenteral MN doses are also available, when you click on the green fields.

LL commented that it would be nice to have a list of signs/symptoms on MN deficiency available, as MN deficiencies are often unrecognized. MB+LL suggest adding pictures of pathognomonic signs/symptoms to the app. Anna will look to see if it is possible to add this to the background information, however an update will probably cost more money. We will suggest MNI for this update of the app.

⇒ **Group-task:** please look for pathognomonic pictures of specific deficiencies (also from LLL cases) – please send images to Mette (with cc to the group) for contact with Anna to insert them

LLL 44 publications – corrections done in Table 2 of 44.1 and in footnotes of 3 of the papers.

Changes done due to comments from MNI about typo-errors in the product list (Table 2), and MB and

industry having received questions about how to realise the higher requirements (separate additives are required) motivating a reformulation of the footnotes, which now read:

“Increased requirements during acute/critical illness as defined in a, and in patients with malnutrition (NRS_5) whatever the feeding route, should be met with additives as no available EN solution or standard intravenous multi-MN product can cover such higher needs”

Update of our big studies & projects (see attached slides)

- **VITaCCA - Angelique/Kristine:** Inclusion and analysis has been finalized. Results will be presented at CCR down under at Melbourne 9/10th December
- **BIOMICRO:** has been granted a Horizon MSCA-DN grant of €4 mil to accommodate 13 PhDs- AIM: develop the urgently needed strategies for micronutrient (MN) personalized medicine in critically ill patients
- **VITDALIZE - Karin :** There is still hope for vitamin D. New 2025 RCT data show consistent small benefits (10-20% RR) of vitamin D (most positive results in patients with vitamin D deficiency). Objective 2400 patients, Currently: 2050 recruited in >50 centres. Anticipated end of recruitment: Q1 2026
- **MN to promote healthy aging:** Mette is writing a review with 7 MN interested colleagues, supported by Nestlé Health on what is known about potential “MN + n-3 PUFA complements” needed for healthy organ aging.

Micronutrient abuse & misinformation – [podcast project by our group](#)

Please use the link to the podcast by Dr. David Series (1 hour YouTube), called “Top Doctor: the hidden dangers in your daily multivitamin”, who spreads misinformation on micronutrients, in general and especially in the ICU’s (see at 38 min). To counteract this misinformation, we suggested developing podcasts with scientific information on MN’s. Several suggestions were made, i.e. to do a series of short podcasts focusing on about 10 questions regarding a specific MN per podcast.

NEXT SIG-MN meeting: to be finalized – aim February 2025 – [MB will send a Doodle](#) for a date during the first 2 weeks in FEB26.

Agenda will include [completion of images](#) & [podcast questions and proposals](#)

Thank you all – awareness for MNs is growing thanks to you

Thanks to Kristine for assistance with minutes 😊

Mette Berger
20SEP25

Post-meeting complement (MB): Two well-known members of ESPEN, asked to join our group: Prof Regina Komsa (LLL officer), and Prof Michael Hiesmayr (NutritionDay) – I will ask them for their short CVs as usual and circulate them.