

NIH Office of Dietary Supplements (ODS) 2024–2025 Seminar Series

Protein and Amino Acid Supplements and Sarcopenia in Aging: An Update

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Ontario, Canada

Wednesday, October 16 • 11 a.m. – 12 p.m. ET

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Stuart Phillips, M.D., is a Distinguished University Professor in the Department of Kinesiology and a member of the School of Medicine at McMaster University. He is a Tier 1 Canada Research Chair in skeletal muscle health. Dr. Phillips' work centers on the interaction of exercise/physical activity, aging, and nutrition in skeletal muscle and body composition. He is a fellow of the American College of Sports Medicine and the Canadian Academy of Health Sciences. He has been in the top 1% of cross-field (nutrition and physiology) highly cited scholars globally for 6 straight years, 2018–2023.

Recent Publications

1. McKendry J, Lowisz CV, Nanthakumar A, Phillips SM, et al. The effects of whey, pea, and collagen protein supplementation beyond the recommended dietary allowance on integrated myofibrillar protein synthetic rates in older males: a randomized controlled trial. 2024 *Am J Clin Nutr*. Jul;120(1):34–46. PMID: 38762187 PMCID: PMC11291473 (available on 2025-05-16) DOI: 10.1016/j.ajcnut.2024.05.0009
2. Nasimi N, Sohrabi Z, Nunes EA, Phillips SM, et al. Whey Protein Supplementation with or without Vitamin D on Sarcopenia-Related Measures: A Systematic Review and Meta-Analysis. 2023 *Adv Nutr*. Jul;14(4):762–73. PMID: 37196876 PMCID: PMC10334153 DOI: 10.1016/j.advnut.2023.05.011
3. Nunes EA, Colenso-Semple L, McKellar SR, Phillips SM, et al. Systematic review and meta-analysis of protein intake to support muscle mass and function in healthy adults. 2022 *J Cachexia Sarcopenia Muscle*. Apr;13(2):795–810. PMID: 35187864 PMCID: PMC8978023 DOI: 10.1002/jcsm.129224.
4. McKendry J, Currier BS, Lim C, Phillips SM, et al. Nutritional Supplements to Support Resistance Exercise in Countering the Sarcopenia of Aging. 2020 *Nutrients*. Jul 10;12(7):2057. PMID: 32664408 PMCID: PMC7399875 DOI: 10.3390/nu12072057



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Understanding of Dietary Supplements**