



National Institutes of Health
Office of Dietary Supplements

2026–2027 Seminar Series

Dietary Supplements for Cognitive Function

Wed., September 23 | 11 a.m. – 12 p.m. ET

Please join Dr. Richard B. Kreider, who will discuss “The emerging use of nootropic promoting nutrients in dietary supplements in brain health and cognitive function.”

Registration is required to attend.



Richard B. Kreider, PhD, FACSM, FASEP, FISSN, FACN, FNAK, is Professor and Director of the Exercise & Sport Nutrition Lab at Texas A&M University. He has conducted numerous exercise and nutrition-related studies, published 15 books and over 325 peer-reviewed articles/chapters, and has been cited over 34,000 times (h-index 89). His work focuses on the role of exercise and nutrition on health, performance, disease and rehabilitation. He has conducted well over 100 clinical trials evaluating the safety and efficacy of diet and/or exercise interventions and received over \$32 million dollars in funding to support his research. Over the last 10 years, he has focused on how exercise, diet, and nutrition affect body composition, functional capacity, and cognitive function in active aging populations. Dr. Kreider is a Fellow of the American College of Sports Medicine (FACSM); an active

member of the National Strength and Conditioning Association (NSCA); a co-founder, board member, and Fellow of the International Society of Sports Nutrition (FISSN); founding Editor-In-Chief of the Journal of the International Society of Sports Nutrition; Fellow of the American College of Nutrition (FACN); and, an elected Fellow of the National Academy of Kinesiology (FNAK, #568).

Recent Publications

1. Chun, J., Liu, Y., Kibler, G. L., Lee, H., Babakhani, K., Rhoades, N., ... Kreider, R. B. (2026). Effects of creatine supplementation with and without exercise and diet intervention on body composition, cognitive function, and markers of health in middle-aged and older adults. *Journal of the International Society of Sports Nutrition*, 23(sup1). <https://doi.org/10.1080/15502783.2026.2716273>
2. Yoo, C., Xing, D., Gonzalez, D. E., Jenkins, V., Nottingham, K., Dickerson, B., ... Kreider, R. B. (2024). Paraxanthine provides greater improvement in cognitive function than caffeine after performing a 10-km run. *Journal of the International Society of Sports Nutrition*, 21(1). <https://doi.org/10.1080/15502783.2024.2352779>
3. Bonilla DA, Stout JR, Candow DG, Jiménez-García JD, Gómez-Miranda LM, Ortiz-Ortiz M, Forbes SC, Ostojic SM, Vargas-Molina S and Kreider RB (2024) The power of creatine plus resistance training for healthy aging: enhancing physical vitality and cognitive function. *Front. Physiol.* 15:1496544. <https://doi.org/10.3389/fphys.2024.1496544>