

# Only as necessary Only when necessary use responsibly

Moderator of the event – Ignas Klėjus,  
MD, general practice medicine,  
host of radio show

AC HOTEL VILNIUS,  
Vasario 16-osios 5, Vilnius  
2026 April 29

## Conference agenda

**08:30–09:00**

Participant Registration and Welcome Coffee

**09:00–09:10**

**Opening Word of the Conference**

*Audronė Mikalauskienė, Director  
State Food and Veterinary Service, Lithuania*

**09:10–09:30**

**Only as necessary. Only when necessary.**

*Ilona Drulytė, Adviser in the Food Department  
State Food and Veterinary Service, Lithuania*

**09:30–09:50**

**Food Supplements: Low Risk or Underestimated Problem?  
Latvian Experience**

*Inese Siksna, Head of the Risk Assessment and Epidemiology unit  
Institute of Food Safety, Animal Health and Environment "BIOR", Latvia*

**09:50–10:10**

**Consumption of Food Supplements in Estonia**

*Mari Reinik, Deputy Director for Risk Assessment  
National Centre for Laboratory Research and Risk Assessment (LABRIS),  
Triinu Allika, Chief Food Safety Officer, Agriculture and Food Board, Estonia*

**10:10–10:40**

**Applied Aspects of Food Supplement Regulation in the EU**

*Dr. Evelyn Breitweg-Lehmann, Chair of working group "Food Supplements",  
Heads of European Food Safety Agencies (HoA)  
Scientific Director, Head of General Affairs and Food Unit,  
Federal Office of Consumer Protection and Food Safety (BVL), Germany*

**10:40–11:00**

Coffee Break

**11:00–11:30**

**Risk Assessment and Science behind FS Safety**

*Agnès de Sesmaisons Lecarré, Senior Scientific Officer at Nutrition & Food  
Innovation Unit European Food Safety Authority (EFSA)*



With the support of



**LIVE BROADCAST**

<https://efsa.vmvt.lt/fs-conference>



# Only as necessary Only when necessary use responsibly

**11:30–12:30**

## Panel Discussion I:

### **Safe levels of nutrients in FS. How can we ensure consumer safety?**

Panelists: Ilona Drulytė (SFVS, Lithuania), Inese Sikсна (BIOR, Latvia), Triinu Allika (PTA, Estonia), Dr. Evelyn Breitweg-Lehmann (HoA / BVL, Germany), Agnès de Sesmaisons Lecarré (EFSA)

**12:30–13:30**

## Lunch Break

**13:30–14:00**

## Culture of FS Use from a Doctor's Perspective

Jurga Dūdienė, MD, General Practice Medicine, Lithuania

**14:00–14:30**

## Nutrition, Health and Beauty Claims: Misleading Advertising and Market Control

Inga Grinevičė, Head of the Research and Prevention Department, Consumer Rights Protection Service, Lithuania

**14:30–15:00**

## In Search of the Holy Grail: How Much of Healthy Aging Depends on Lifestyle and Behavioral Choices?

Dr. Tomas Vaičiūnas, Lecturer and Director of the Study Programme in Lifestyle Medicine, Faculty of Medicine, Vilnius University, Lithuania

**15:00–15:30**

## Vitamin D deficiency: Causes and Solutions

Dr. Andrius Bleizgys, MD, General Practice Medicine, Lithuania

**15:30–16:30**

## Panel Discussion II:

### **Responsible Industry: Is It Food, a Medicine or a Supplement?**

Panelists: Prof. Dr. Jurga Bernatoniė (PharmD), Dr. Andrius Bleizgys (MD), Dr. Tomas Vaičiūnas, Dr. Eglė Pavydė (MD), representative of Food Supplement Manufacturers Association (Lithuania).

**16:30–16:40**

## Summary. Closure of the Conference.

**BROADCAST RECORDING** will available online after the event with subtitles in English:

<https://efsa.vmvt.lt/fs-conference>

