Friday April 20th, Morning

09:00 – 09:30  Registration and Welcome Coffee

09:30 - 09:45  Welcome Remark  Federica I Wolf (Rome, Italy), Magdalena Maj-Zurawska (Warsaw, Poland), Gabriel Nowak (Krakow, Poland)

**KEYNOTE Lecture: Magnesium Functions in CNS**
09:45 - 10:30  Robert Vink (Adelaide, Australia)

**SESSION 1  Magnesium intake and Health**

Chairmen:  Andrzej Mazur (Clermont-Ferrand, France)  
Federica I Wolf (Rome, Italy)

10:30 - 10:55  Epidemiology of Low Magnesium Intake and Status  
Andrzej Mazur (Clermont-Ferrand, France)

10:55 - 11:20  Low Magnesium Status and Health: an Update  
Jeanette AM Maier (Milan, Italy)

11:20 - 11:45  Innovative approaches for Mg quantification in cells, tissues and mini organs  
Stefano Iotti (Bologna, Italy)

11:45 – 12:15  Oral Communications

12:30 - 14:00  Buffet Lunch
**SESSION 2**  
*Magnesium in Anxiety, Stress and Depression – Part I*

**Chairmen:**  
*Louise Dye (Leeds, United Kingdom)*  
*Gabriel Nowak (Krakow, Poland)*

14:00 - 14:25  
The Effects of Magnesium Supplementation on Subjective Stress and Anxiety: a Systematic Review  
*Neil Boyle (Leeds, United Kingdom)*

14:25 - 14:50  
Magnesium in Anxiety and Depression: Lesson from a Rodent Model  
*Ewa Poleszak (Lublin, Poland)*

14:50 - 15:15  
IBD Magnesium and Depression  
*Franco Scaldaferrri (Rome, Italy)*

15:15 - 15:45  
Oral Communications

15:45 - 16:10  
Coffee/Tea Break

**SESSION 3**  
*Magnesium in Stress, Pain and Addiction*

**Chairmen:**  
*Louise Dye (Leeds, United Kingdom)*  
*Mihai Nechifor (Iasi, Romania)*

16:10 - 16:35  
Stress mechanisms  
*PE Umriukhin (Moscow, Russia)*

16:35 - 17:00  
Magnesium and Pain: state of the art and therapeutic perspectives  
*Gisèle Pickering (Clermont-Ferrand, France)*

17:00 - 17:25  
Magnesium and Addiction  
*Mihai Nechifor (Iasi, Romania)*

17:25 - 17:45  
Oral Communications

**SPONSORED SESSION – Nova Biomedical**

17:45 – 18:05  
The role of ionised magnesium – new aspects
**Saturday April 21st, Morning**

**SESSION 4**  
*Magnesium in Anxiety, Stress and Depression – Part II*

**Chairmen:**  
Mihai Nechifor *(Iasi, Romania)*  
Ewa Poleszak *(Lublin, Poland)*

08:45 - 09:10  
**Magnesium and Depression, Epidemiological Data**  
*Almudena Sanchez-Villegas* *(Las Palmas de Gran Canaria, Spain)*

09:10 - 09:35  
**Magnesium and other Metal Ions in Depression**  
*Gabriel Nowak* *(Krakow, Poland)*

09:35 - 10:00  
**Interaction of magnesium and glutamate receptors in the mechanism of antidepressant action**  
*Bartłomiej Pochwat* *(Krakow, Poland)*

10:00 - 10:30  
**Oral Communications**

10:30 - 11:00  
**Coffee Break**

**SESSION 5**  
*Magnesium in Aging*

**Chairmen:**  
Federica Wolf *(Rome, Italy)*  
Jeanette AM Maier *(Milan, Italy)*

11:00 - 11:25  
**Magnesium, Transporters and Aging: Lesson from Molecular Genetics**  
*Vladimir Chubanov* *(Munich, Germany)*

11:25 - 11:50  
**Magnesium Status in Alzheimer's Disease: A Systematic Review**  
*Nicola Veronese* *(Padua, Italy)*

11:50 - 12:15  
**Magnesium and muscle function**  
*Valentina Trapani* *(Rome, Italy)*

12:15 - 12:30  
**Oral Communication**

12:30 - 12:45  
**Award Nomination and Closing Ceremony**

**Chairman:**  
Federica I Wolf *(Rome, Italy)*

**Jury:**  
Andrzej Mazur *(Clermont-Ferrand, France)*  
Gabriel Nowak *(Krakow, Poland)*  
Robert Vink *(Adelaide, Australia)*

**Prizes will be awarded by Dr Cécile Durlach**

12:45 - 14:00  
**Farewell Lunch**