

**Key Points of the 5th International Conference on
“Nutrition and Aging” Satellite Symposium on “Considerations for Setting Upper
Intake Levels for Nutrients”**

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< Summary >

ILSI Japan and the International Council on Amino Acid Science will hold a satellite symposium entitled “Considerations for Setting Upper Intake Levels for Nutrients” on Friday, November 2, 2007, at the U Thant International Conference Hall of the United Nations University in Tokyo, following the 5th International Conference on Nutrition and Aging.

Foods, supplements and functional foods containing fortified nutrients or physiologically active substances as food ingredients are attracting our attention, and they are increasingly consumed all over the world. In accordance with their expanded use, nutrient intake also increases, and the necessity for setting appropriate methods for safety assessment and upper intake levels is recognized. Meanwhile, the upper intake levels acquired by conventional methods that are designed for non-nutrients or toxic substances often fall short of the average daily intake level, the intake level required as a nutrient or the intake level required for demonstrating efficacy.

In this symposium, speakers from various positions will introduce and discuss safety assessment methods and upper intake levels for nutrients by citing the examples of vitamins, minerals and amino acids.