

Present appointment

Jan 2023 – present: Associate Professor, Norwich Medical School, UEA
Oct 2022 – present: Animal Welfare and Ethical Review Body (AWERB) Chair and University REC member
Oct 2022 – present: Concordat for Openness on Animal Research Compliance UEA lead

Qualifications

Associate Fellow in Higher Education, 2018 (Ref: PR140407)
Habilitation to Direct Research (HDR), University of Bordeaux, France, 2018
PhD, University of Montpellier, Faculty of Pharmacy, France, 2001-2004

Previous appointments

2018- 2023	Senior Research Fellow, Norwich Medical School, School of Medicine and Health Sciences, University of East Anglia, UK
2014-2018	Research Fellow, Norwich Medical School, School of Medicine and Health Sciences, University of East Anglia, UK
2011-2014	Senior Research Associate, Norwich Medical School, School of Medicine and Health Sciences, University of East Anglia, UK
2008-2011	Post-Doctoral Fellow, Department of Food and Nutritional Sciences, School of Chemistry, Food and Pharmacy, University of Reading, UK
2005-2008	Post-Doctoral Fellow, Department of Food and Nutritional Sciences, School of Chemistry, Food and Pharmacy, University of Reading, UK.

Selected Peer-reviewed publications (last 3 years):

Total publications: 147; Total Citations = 9,469; h-index: 44 (Scopus)

1. Connell E, Le Gall G, McArthur S, Lang L, Breeze B, Liaquat M, Pontifex M.G, Sami S, Pourtau L, Gaudout D, Muller M, **Vauzour D**. A novel Mediterranean diet-inspired supplement reduces hippocampal amyloid deposits and microglial activation through the modulation of the microbiota gut-brain axis in 5xFAD mice. **Gut Microbes**. 2026 Jan 6. doi: 10.1080/19490976.2026.2614030. **IF₂₀₂₄ = 11.0**.
2. Micek A, Godos J, Giampieri F, Battino M, Quiles JL, Del Rio D, Mena P, Caruso G, Frias-Toral E, Azpíroz ID, Xiao J, Veronese N, Siervo M, **Vauzour D**, Ungvari Z, Galvano F, Grosso G; International Network for Evidence on Phytochemicals, Biotics for Human Health. The effect of anthocyanins and anthocyanin-rich foods on cognitive function: a meta-analysis of randomized controlled trials. **GeroScience**. 2025 Dec 6. doi: 10.1007/s11357-025-02008-7. **IF₂₀₂₄ = 5.4; Citations: 1; Altmetric: 20**.
3. Tosi N, Bragazzi NL, Mignogna C, Treccani M, Bresciani L, **Vauzour D**, Malerba G, Barili V, Martorana D, Del Rio D, Mena P. The impact of single nucleotide polymorphisms on the absorption, distribution, metabolism, and excretion of dietary (poly)phenols: a critical systematic review. **Food Funct**. 2025 Dec 8;16(24):9259-9281. doi: 10.1039/d5fo03349g. **IF₂₀₂₄ = 5.4; Altmetric: 2**.
4. Leta V, Zinzalias P, Batzu L, Mandal G, Staunton J, Jernstedt F, Rosqvist K, Timpka J, van Vliet T, Trivedi D, Podlowska A, Parry M, van Wamelen DJ, Rizos A, Sportelli C, Bonder AL, Chung-Faye G, Falup-Pecurariu C, Gaisford S, Moretto E, Le Gall G, **Vauzour D**, Rodriguez-Mateos A, Sauerbier A, Rodriguez Blazquez C, Ghyselinck J, Marsaux B, Pariante CM, Borsini A, Odin P, Ray Chaudhuri K. Effects of a Four-Strain Probiotic on Gut Microbiota, Inflammation, and Symptoms in Parkinson's Disease: A Randomized Clinical Trial. **Mov Disord**. 2025 Dec;40(12):2710-2721. **IF₂₀₂₄ = 7.6; Altmetric: 10**.
5. Margiotta F, Lucarini E, Toti A, Curti L, Masi A, Mello T, Le Gall G, Mattei G, Magi A, **Vauzour D**, Mannaioni G, Di Cesare Mannelli L, Ghelardini C. Gut microbiota dysbiosis affects intestinal sensitivity through epithelium-to-neuron signaling: novel insights from a colon organoid-based model to improve visceral pain therapy. **Gut Microbes**. 2025 Dec;17(1):2547029. **IF₂₀₂₄ = 11.0. Citations: 1; Altmetric: 2**.
6. Lang L, Ditton A, Stanescu A, Jainani V, McArthur S, Pourtau L, Gaudout D, Pontifex MG, Tsigarides J, Steward T, Sami S, Muller M, Hornberger M, **Vauzour D***, Lazar AS*. A standardised saffron extract improves subjective and objective sleep quality in healthy older adults with sleep complaints: results from the gut-sleep-brain axis randomised, double-blind, placebo-controlled pilot study. **Food Funct**. 2025. * these authors share senior authorship. **IF₂₀₂₄ = 5.4; Citations: 3; Altmetric: 2**.

7. Liaquat M, Le Gall G, Scholey A, Pontifex MG, Bastiaanssen TFS, Muller M, Minihane AM, **Vauzour D**. APOE4 genotype shapes the role of dietary fibers in cognitive health through gut microbiota changes. *Gut Microbes*. 2025 Dec;17(1):2526133. IF₂₀₂₄ = 11.0. Citations: 3; Altmetric: 7
8. Virgili J, Le Gall G, Vanhatalo A, Bond B, **Vauzour D**, Torquati L. The effects of inorganic nitrate and inulin co-ingestion on circulating metabolites and blood pressure in young adults: a pilot double-blind randomised crossover trial. *Gut Microbiome*. 2025;6:e11. doi:10.1017/gmb.2025.10008. IF₂₀₂₄ = not available.
9. Wirkus J, Ead AS, Krga I, Wang Y, Pontifex MG, Muller M, **Vauzour D**, Matsukuma KE, Zhang G, Mackenzie GG. Normalizing Body Weight with a Dietary Strategy Mitigates Obesity-Accelerated Pancreatic Carcinogenesis in Mice. *Journal of Nutrition*. 2025 May 27:S0022-3166(25)00322-0. IF₂₀₂₄ = 3.8. Citations: 3; Altmetric: 109.
10. L'Heureux JE, Corbett A, Ballard C, **Vauzour D**, Creese B, Winyard PG, Jones AM, Vanhatalo A. Oral microbiome and nitric oxide biomarkers in older people with mild cognitive impairment and APOE4 genotype. *PNAS Nexus*. 2025 Jan 28;4(1):p543. IF₂₀₂₃ = 3.0; Citations: 8; Altmetric: 696.
11. Shah SN, Knausenberger TB, Pontifex MG, Connell E, Le Gall G, Hardy TAJ, Randall DW, McCafferty K, Yaqoob MM, Solito E, Müller M, Stachulski AV, Glen RC, **Vauzour D**, Hoyles L, McArthur S. Cerebrovascular damage caused by the gut microbe/host co-metabolite p-cresol sulfate is prevented by blockade of the EGF receptor. *Gut Microbes*. 2024 Jan-Dec;16(1):2431651. IF₂₀₂₃ = 12.2; Citations: 15; Altmetric: 23.
12. Beghelli D, Giusti L, Zallocco L, Ronci M, Cappelli A, Pontifex MG, Muller M, Damiani C, Cirilli I, Hrelia S, **Vauzour D**, Vittadini E, Favia G, Angeloni C. Dietary fiber supplementation increases Drosophila melanogaster lifespan and gut microbiota diversity. *Food Funct*. 2024 Jul 15;15(14):7468-7477. IF₂₀₂₃ = 5.1; Citations: 5; Altmetric: 3.
13. Pontifex MG, Connell E, Le Gall G, Lang L, Pourtau L, Gaudout D, Angeloni C, Zallocco L, Ronci M, Giusti L, Müller M, **Vauzour D**. A novel Mediterranean diet-inspired supplement ameliorates cognitive, microbial, and metabolic deficits in a mouse model of low-grade inflammation. *Gut Microbes*. 2024 Jan-Dec;16(1):2363011. IF₂₀₂₃ = 12.2; Citations: 15; Altmetric: 2
14. Connell E, Le Gall G, McArthur S, Lang L, Breeze B, Pontifex MG, Sami S, Pourtau L, Gaudout D, Müller M, **Vauzour D**. (Poly)phenol-rich grape and blueberry extract prevents LPS-induced disruption of the blood-brain barrier through the modulation of the gut microbiota-derived uremic toxins. *Neurochem Int*. 2024 Oct 9;180:105878. IF₂₀₂₃ = 4.4; Citations: 5; Altmetric: 4.
15. Tosi N, Favari C, Bresciani L, Flanagan E, Hornberger M, Narbad A, Del Rio D, Vauzour D*, Mena P. Unravelling phenolic metabotypes in the frame of the COMBAT study, a randomized, controlled trial with cranberry supplementation. *Food Res Int*. 2023; 172:113187.* corresponding author. IF₂₀₂₂ = 8.1; Citations: 23; Altmetric: 33.
16. **Vauzour D**, Scholey A, White DJ, Cohen NJ, Cassidy A, Gillings R, Irvine MA, Kay CD, Kim M, King R, Legido-Quigley C, Potter JF, Schwarb H, Minihane AM. A combined DHA-rich fish oil and cocoa flavanols intervention does not improve cognition or brain structure in older adults with memory complaints: results from the CANN randomized, controlled parallel-design study. *Am J Clin Nutr*. 2023;118(2):369-381. IF₂₀₂₂ = 7.1; Citations: 18; Altmetric: 18.
17. Coletto E, Savva GM, Latousakis D, Pontifex M, Crost EH, Vaux L, Telatin A, Bergstrom K, **Vauzour D**, Juge N. Role of mucin glycosylation in the gut microbiota-brain axis of core 3 O-glycan deficient mice. *Sci Rep*. 2023;13(1):13982. IF₂₀₂₂ = 4.6; Citations: 14; Altmetric: 18.
18. Martinsen A, Saleh RNM, Chouinard-Watkins R, Bazinet R, Harden G, Dick J, Tejera N, Pontifex MG, **Vauzour D**, Minihane AM. The Influence of APOE Genotype, DHA, and Flavanol Intervention on Brain DHA and Lipidomics Profile in Aged Transgenic Mice. *Nutrients*. 2023;15(9):2032. IF₂₀₂₂ = 5.9; Citations: 4; Altmetric: 4.
19. Pontifex, M. G., Connell, E., Le Gall, G., Pourtau, L., Gaudout, D., Angeloni, C., Zallocco, L., Ronci, M., Giusti, L., Muller, M., & Vauzour, D. (2022). Saffron extract (Safri'InsideTM) improves anxiety related behaviour in a mouse model of low-grade inflammation through the modulation of the microbiota and gut derived metabolites. *Food & Function*. <https://doi.org/10.1039/D2FO02739A>. IF₂₀₂₁ = 6.3; Citations: 28; Altmetric: 17.
20. Coletto, E., Latousakis, D., Pontifex, M. G., Crost, E. H., Vaux, L., Perez Santamarina, E., Goldson, A., Brion, A., Hajihosseini, M. K., Vauzour, D., Savva, G. M., & Juge, N. (2022). The role of the mucin-glycan foraging Ruminococcus gnavus in the communication between the gut and the brain. *Gut Microbes*, 14(1), [2073784]. <https://doi.org/10.1080/19490976.2022.2073784>. IF₂₀₂₁ = 9.4; Citations: 47; Altmetric: 42.
21. Dalile, B., Kim, C., Challinor, A., Geurts, L., Gibney, E. R., Galdos, M. V., La Fata, G., Layé, S., Mathers, J. C., **Vauzour, D.**, Verkuy, J. M., & Thuret, S. (2022). The EAT–Lancet reference diet and cognitive function across the life course. *The Lancet Planetary Health*, 6(9), e749-e759. IF₂₀₂₁ = 28.7; Citations: 98; Altmetric: 219.
22. Kang, J., Wang, Z., Cremonini, E., Gall, G. L., Pontifex, M. G., Muller, M., **Vauzour, D.**, & Oteiza, P. I. (2022). (-)-Epicatechin mitigates anxiety-related behavior in a mouse model of high fat diet-induced obesity. *Journal of Nutritional Biochemistry*, 110, [109158]. <https://doi.org/10.1016/j.jnutbio.2022.109158>. IF₂₀₂₁ = 6.1; Citations: 24; Altmetric: 4.
23. Flanagan E, Cameron D, Sobhan R, Wong C, Pontifex M.G, Tosi N, Mena P, Del Rio D, Sami S, Narbad A, Müller M, Hornberger M and **Vauzour D**. Chronic consumption of Cranberries (*Vaccinium macrocarpon*) for 12 weeks improves episodic memory and regional brain perfusion in healthy older adults: A randomised, placebo-controlled, parallel-groups feasibility study. *Frontiers in Nutrition*. 2022. IF₂₀₂₁ = 6.3; Citations: 34; Altmetric: 1475.

24. Parker A, Romano S, Ansorge R, Aboelnour A, Le Gall G, Savva G.M., Pontifex M.G., Telatin A, Baker D, Jones E, **Vauzour D**, Rudder S, Blackshaw L.A; Jeffery G, Carding S.R. Fecal microbiota transfer between young and aged mice reverses hallmarks of the aging gut, eye, and brain. *Microbiome* 2022. 2022 Apr 29;10(1):68. **IF₂₀₂₁ = 14.6; Citations: 309; Altmetric: 1184.**
25. Swingler T.E, Niu L, Pontifex M.G, **Vauzour D*** and Clark I.M*. The microRNA-455 null mouse has memory deficit and in-creased anxiety, targeting key genes involved in Alzheimer's Disease. *International Journal of Molecular Sciences* 2022 5;23(1):554. (IF₂₀₂₀ = 5.924). * these authors share senior authorship. **IF₂₀₂₁ = 6.2; Citations: 19; Altmetric: 11.**
26. Pontifex M.G, Martinsen A. Saleh R.N.M, Harden G, Fox C, Muller M, **Vauzour D***, Minihiene AM*. DHA-Enriched Fish Oil Ameliorates Deficits in Cognition Associated with Menopause and the APOE4 Genotype in Rodents. *Nutrients* 2022, 14, 1698. (IF₂₀₂₀ = 5.719). * these authors share senior authorship. **IF₂₀₂₁ = 6.7; Citations: 12; Altmetric: 14.**
27. Wauquier F, Boutin-Wittrant L, Pourtau L, Gaudout D, Moras B, Vignault A, Monchaux De Oliveira C, Gabaston J, Vaysse C, Bertrand K, Abrous H, Capuron L, Castanon N, **Vauzour D**, Roux V, Macian N, Pickering G, Wittrant Y. Circulating Human Serum Metabolites Derived from the Intake of a Saffron Extract (Safr'Inside™) Protect Neurons from Oxidative Stress: Consideration for Depressive Disorders. *Nutrients*. 2022; 14(7):1511 **IF₂₀₂₁ = 6.7; Citations: 29; Altmetric: 11.**

Complete List of Published Work: <https://orcid.org/0000-0001-5952-8756>

Indicators of Esteem

Awards

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| 2018 | UAEGDA Award for most Innovative Genetic Disorders Research |
| 2018 | Recipient of the FMH Annual Research Prizes for Peer Reviewed Research publications |
| 2016 | International Life Sciences Institute Malaspina Award for Leadership in Science |

Committee Leadership

1. Member of the Scientific Advisory Committee at ILSI Europe, Brussels
2. Chair of the ILSI Europe "Nutrition and Brain Health Task Force".
3. Group expert for Joint Nutrition Cluster Activity on 'Mechanistic Insights into the Gut-Brain Axis' at ILSI Europe.
4. COST Action POSITIVE FA1403 member.

Invited Plenary Presentations at National and International Conferences (fully paid only; last 3 years)

1. ILSI Europe Annual Conference, 15-16 June 2026, Brussels, Belgium
2. 11th International Human Microbiome Consortium (IHMC) Congress. 3-5th June 2026. Seoul, South Korea
3. Alzheimer's Research UK Conference 2026, on 25th February 2026, in Manchester, UK
4. GIBA kick-off meeting. 22-23rd September 2025. Southampton, UK
5. IUNS-ICN conference, 26-29th August 2025, Paris, France
6. PROLYON conference, 4-6 July 2025. Rome, Italy
7. ILSI Nutrition and Brain Ageing conference. 5-7th June 2025. Chania, Crete
8. ILSI Europe Annual Conference and SAC meeting, 27-29th November 2024, Copenhagen, Denmark
9. Egyptian International Conference on Microbiota & Microbiome in Health & Disease, November 20th-21st, 2024, Cairo, Egypt
10. ILSI Europe workshop on Healthy Ageing (chair), 21st – 23rd October 2024, Brussels, Belgium
11. International Conference on Polyphenols and Health, 16th-19th October 2024 (invited speaker), Boston, USA.
12. FEBS Conference, 30th June- 3rd July 2024, Milan, Italy
13. Workshop on Nutrition and cognition, 27-28 June 2024, Aberdeen, Scotland
14. 8th UAE Genetic Disorders conference, 27-30th May 2024, Dubai, UAE
15. PhenolActTwin workshop, 14th March 2024, Clermont-Ferrand, France
16. 10th Beneficial Microbes, Amsterdam, 27-29 Nov 2023
17. FENS 14th Belgrade, Serbia 14-17th Nov 2023
18. International Conference Lifestyle, Diet, Wine and Health, Toledo, Spain, 18-20 Oct 23
19. Fatty Acid in Cell Signalling, Mallorca, Oct 4-6 2023
20. Nugoweeek, Senigallia, Italy, 4-8 Sept 2023

Journal Editorial Board

1. Associate Editor – RSC Food and Function
2. Associate Editor – Cell Press Heliyon
3. Associate Editor – Nature Scientific Reports (Neuroscience)
4. Associate Editor – Nutrition and Healthy Aging
5. Editorial Board – Elsevier PharmaNutrition
6. Editorial Board – Peer J (Pharmacology)

Research Administration

1. Referee for research proposals submitted to the Biotechnology and Biological Sciences Research Council (BBSRC), the Medical Research Council (MRC), the Wellcome Trust, the EU Joint Programme – Neurodegenerative Disease Research (JPND), the European Research Council (ERC), the European Science Foundation (ESF), the EU COST Association, the Alzheimer's Society (UK), the UK India Education & Research Initiative (UKIERI), the Alzheimer's Association (US), the Neurological Foundation of New Zealand, the French National Research Agency (ANR), the Agency for Science and Higher Education (Croatia), and the Ministry of Education, Universities and Research (MIUR, Italy), etc.
2. I regularly review manuscripts for the Cell Reports, Cell Report Medicine, Molecular Psychiatry, BMC Biology, Lancet Healthy Longevity, Molecular Psychiatry, Journal of Cellular and Molecular Medicine, Nature Biofilms and

Microbiomes, Free Radicals in Biology and Medicine; Hippocampus, Plos One, FASEB, British Journal of Pharmacology; Neuropharmacology; Journal of Neurochemistry; Journal of Alzheimer's disease; Scientific Reports; Neurochemistry International; Brain Research; Cell Biology and Toxicology; Cellular & Molecular Biology Letters; European Journal of Nutrition; Food and Chemical Toxicology; Food & Function; Genes & Nutrition; British Journal of Nutrition; Nutrition and Cancer, and Archives of Biochemistry and Biophysics, etc.

Advisory boards and consultancy (last 3 years)

1. Member of the Data Monitoring Committee of BOOST trial (PenCTU; Plymouth, UK).
2. Advisory board and consultancy for Holland & Barrett [1/05/25- ongoing]
3. Advisory board and consultancy for Haleon USA [1/10/25- ongoing]
4. Scientific Advisory Committee for Senes Solution (Consultancy), France. [1/05/23- ongoing]
5. Advisory board on healthy ageing (Consultancy) for Cargill R&D Centre Europe BV. [1/10/21- 30/09/24]

Conference Organisation (last 3 years)

1. Scientific committee member Food Bioactive and Health conference, Murcia, Spain June 2027
2. ILSI Europe Annual Conference organising committee, Brussels, June 2026
3. Chair of the ILSI Nutrition for the Ageing Brain" Symposia Series, June 2025
4. Organising committee for the ISSFAL 2023, Nantes
5. Track Committee Member for FENS2023, Belgrade

Engagement and impact

1. World's top 2% most cited Scientist. List by Stanford University and Elsevier (Scopus ranking) for sub-fields Biochemistry & Molecular Biology; Nutrition and Dietetics and Biomedical research (2023 - 2025).
2. Ranked in the Top 30 of UEA Academics for media coverage (2021).
3. Scientific Advisory Board for 'Food for the Brain Foundation' <https://foodforthebrain.org>
4. Contributed to Pint of Science "Bugs on your nerves" 15th May 2018
5. Science, Technology, Engineering and Mathematics (STEM) Ambassador
6. BBSRC Public Engagement Training (London, March 2015)
7. I have contributed to a special issue on memory published in BBC focus Science and Technology (issue 266, April 2014). <http://sciencefocus.com/issue/memory>.

Teaching and supervision

Teaching contributions

Lecturing (Medical and Biology students): prepare and give lectures on:

1. BIO-M201 Frontiers in Molecular Medicine (2018 – present)
2. HSC MSc Dietetics Module HSC-7077X (2024 – present)
3. PBL MBBS 2024 - present
4. MED MBBS, Student Selected Component (SSC) Supervisor (Nutrition Y3) (2016 – present)
5. FMH PhD training module on 'using animal models in research' (2024 – ongoing)

External teaching

1. MSc Nutritional Medicine (University of Surrey) – Teaching general practitioners and NHS staff (2024)
2. MSc Biochemistry (University of La Sapienza, Rome) (2022)

Research Associates and Graduate students:

Research Associates:

1. Jane Bradbury, University of East Anglia, Norwich Medical School. Funded by Givaudan grant.
2. Marrium Liaquat, University of East Anglia, Norwich Medical School. Funded by Givaudan grant.
3. Bernadette Breeze, University of East Anglia, Norwich Medical School. Funded by UKRI BBSRC i-Nutrillife grant.

Current PhD Students

1. Sana Boutefnouchet (Primary supervisor), Oct 2024 – ongoing. Title: *The effect of Ashwagandha on cognitive function, the gut microbiome and stress-mediated inflammation*. Wellcome Trust EDESIA programme.
2. Léonie Lang (Primary supervisor), Oct 2022-ongoing. Title: *Modulation of the gut brain axis in ageing by dietary phytochemicals*. Industry funded (Activ'Inside, Bordeaux, France).

3. Thomas Hunt (Primary supervisor), Oct 2022-ongoing. Title: *Investigating the links between the APOE genotype, the gut microbiome, and plant-based polyphenols*. Wellcome Trust EDESIA programme.
4. Oona Hinshelwood (Secondary supervisor), Oct 2024- ongoing. Title: *Impact of pea raffinose oligosaccharides and polyphenols on the gut-brain axis*. Wellcome Trust EDESIA programme
5. Helena Pardo-Casales (Secondary-supervisor), Oct 2022-ongoing. Title: *Deciphering the Gut-Muscle Axis: Mechanistic Links between Gut Microbiota and Muscle Disease*. MRC MMB funded.
6. Bernadette Breeze (Secondary-supervisor), Oct 2022-ongoing. Title: *Sex, Menopause, and Spontaneous Alzheimer's Disease*. UEA Med funded.
7. Bo Potoczek (Secondary-supervisor), Oct 2022-ongoing. Title: *Role of Fibroblast Growth Factors in the wiring of hypothalamic hunger circuits*. Funded by Mrs. G. Vafai Charitable Trust
8. Marrium Liaquat (Secondary-supervisor), Feb 2022-ongoing. Title: *Differential metabolic implications of dietary fibers: Short chain fatty acids (SCFAs) and cognitive health*. Commonwealth program funded.
9. Jessica Virgili (Team member, University of Exeter), Sep 2021 – ongoing. Title: *The effects of inorganic nitrate and inulin co-ingestion on cardiometabolic response in healthy individuals*. University of Exeter medical School funded.

Other academic activities

1. AWERB Chair (2023 – present)
2. University Research Ethics Committee (UREC) member (2023 – present)
3. UEA Disease Modelling Unit Executive Committee Member (2023 – present)
4. Co-Lead (Nutrition WG) – UKRI BBSRC Gut-Immune-Brain Axis Network (<https://www.giba-uk.org/working-groups>)
5. Member of the recruitment panel for tenure position at Lisbon University (NOVA) and INRAE, France
6. Member of the ATHENA SWAN (SEESAW) Committee (2014-2024)
7. MED Mentor

Autorizzo il trattamento dei miei dati personali contenuti nel mio CV ai sensi del D.Lgs. 196/2003 e del Regolamento UE 2016/679 (GDPR).