

International Online Symposium

of the Society for Biofactors
October 25, 2025



The Society for Biofactors invites you to the
**International
GfB Online Symposium 2025**
October 25, 2025



GfB
Gesellschaft
für Biofaktoren

Metabolic Syndrome – Focus on Biofactors

Scientific Insights and Practical Recommendations

9:30 – 9:45 a.m. <small>All times are CEST (UTC +2)</small>	Welcome by Chairmen and Moderator *	Prof. Dr. med. Hans-Georg Classen Prof. Dr. med. Klaus Kisters Janina Treis
9:45 – 10:05 a.m.	The Importance of Healthy Lifestyle and Healthy Diet *	Prof. Dr. rer. nat. Peter Grimm
10:05 – 10:25 a.m.	Contemporary Treatment of Sarcopenic Obesity	Assoc. Prof. Yavor Assyov, MD, PhD
10:25 – 10:35 a.m.	Discussion	
10:35 – 10:45 a.m.	Break	
10:45 – 11:05 a.m.	Vitamin B₁₂ Deficiency Despite an Abundance of Food: Causes and Relevance for Metabolic Syndrome	Prof. Dr. rer. med. Rima Obeid
11:05 – 11:25 a.m.	The Role of Magnesium and Zinc in Metabolic Syndrome *	Prof. Dr. med. Klaus Kisters
11:25 – 11:45 a.m.	Vitamin D Deficiency and Metabolic Syndrome: This Is the Current Data Situation *	Assoc. Prof. Stefan Pilz, MD, PhD, MBA
11:45 a.m.- 12:15 p.m.	Summary and Discussion	All
12:15 – 1:15 p.m.	Research Prize Awarded by the Sponsor Wörwag Pharma	

* **Note:** Some presentations and contributions to the discussion are in German. It is possible to use simultaneous translation.



The Speakers



Prof. Dr. med. Hans-Georg Classen
Chairman of the Society for Biofactors e.V.
Doctor of Pharmacology and Toxicology
Stuttgart-Hohenheim, Germany



Prof. Dr. med. Klaus Kisters
Deputy Chairman of the Society for Biofactors e.V.
Specialist in Internal Medicine, Nephrology,
Intensive Care Medicine, Clinical Geriatrics,
Hypertensiology DHL/ESH
Dialysis Center Herne, Germany



Janina Treis
Psychologist (German diploma, MSc-equivalent)
Moderator & Speaker for Health Topics
Bad Boll, Germany



Prof. Dr. rer. nat. Peter Grimm
Nutritionist (German diploma, MSc-equivalent)
University of Hohenheim,
Institute of Nutritional Medicine
Stuttgart-Hohenheim, Germany



Assoc. Prof. Yavor Assyov, MD, PhD
Specialist in Endocrinology and Diabetology
Associate Professor at Medical University
Sofia, Bulgaria



Prof. Dr. rer. med. Rima Obeid
Department of Clinical Chemistry
Saarland University Hospital
Homburg, Germany



Assoc. Prof. Stefan Pilz, MD, PhD, MBA
Specialist in Endocrinology
LKH University Hospital
Graz, Austria

Registration

Free registration at:

t1p.de/GfB-Symposium



Can't be there live?

Shortly after the event, the recording will be available on the website of the Society for Biofactors: www.gf-biofaktoren.de/en



The event is being held with the kind support of Wörwag Pharma and the MVZ GANZIMMUN GmbH, and the program and presentations are neutral, scientifically balanced and free of any influence from the sponsors.

About the GfB

The Society for Biofactors is a non-profit association that aims to promote the scientific principles of therapy and prophylaxis with biofactors, in particular vitamins and minerals - substances that the body needs for its physiological functions and that have health-promoting or disease-preventing biological activities.

www.gf-biofaktoren.de/en

Veranstalter

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