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To : ILPS members

From : ILPS Board and Executive Director

Issued : November 18<sup>th</sup>, 2025

**SUBJECT : Status update – project overview:** description, target, milestone plan, budget requirements  
**Project group #4 - Nutrition**

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**2<sup>nd</sup> Status Update - Project overview:**  
**description, target, milestone plan, budget requirements**  
Project group #4 – Nutrition

**Participants & Roles:**

The project group consists of eight (8) companies. The ILPS Executive Director represents the Board and Executive Director in this project group.

**Project Progress:**

The project transitioned from the discovery and planning phase to execution.

- Created and reviewed the draft Project Description / Project Charter.
- Selected Fidan Nakhmetova as the student researcher to support the review work, based on her strong background in lipid nanoparticles and lecithin-based systems.
- Agreed on a student compensation
- The Project Charter was submitted, along with the budget request, to the ILPS Board for approval.
- The student onboarding and the first project meeting mid of November 2025

**Road map:**

The ILPS Project Group #4 focuses on the evaluation of alternative lecithin and phospholipid sources (e.g., safflower, pumpkin, marine origin) and their applications in human nutrition, including innovative dosage forms such as liposomal and enzymatically modified lecithins. The project aims to prepare a comprehensive scientific review summarizing current research, technological trends, and regulatory aspects relevant to human nutrition applications in the EU and US.

**Milestone plan:**

1. Final approval of Project Charter and student payment by ILPS Board (October 2025).
2. Kick-off meeting with student researcher (planned for mid of November, 2025).
3. Monthly progress updates and supervision sessions (November–January 2026).
4. Delivery of final report and presentation to ILPS Group #4 (January 2026).

**Status:**

The project has officially entered its implementation phase with a clear structure, defined objectives, and secured resources. The next milestone is the kick-off meeting and initiation of the student research phase, marking a key step toward delivering a scientific review that strengthens ILPS knowledge in lecithin and phospholipid innovation for human nutrition.

e-mails to Board & Executive Director | [board@ilps.org](mailto:board@ilps.org)

International Lecithin and  
Phospholipid Society (ILPS) e.V.  
Emil-Hoffmann-Str. 33  
D-50996 Köln (Cologne)

Board:  
Heidi Schmitt (President)  
Raf Moling (Vice-President)  
Marc Martin Plà (Secretary)  
Klaus Schipmann (Treasurer)

Society Registration:  
Köln VR 17920  
Finance Office: Köln-Süd  
Tax No. 219/5883/2831 VBZ 42

Bank: Kreissparkasse Köln  
IBAN: DE36 3705 0299 0135 2722 79  
BIC: COKSDE33XXX