

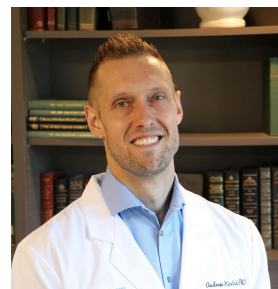
Curriculum Vitae

Andrew Paul Koutnik, Ph.D.

Last Revised: November 21st, 2024

GENERAL INFORMATION

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EDUCATIONAL/ACADEMIC BACKGROUND

2023-2024	Research Scientist , Sansum Diabetes Research Institute. Santa Barbara, CA.
2022-Present	Visiting Research Scientist , Human Health, Resilience, and Performance Florida Institute for Human and Machine Cognition. Pensacola, FL.
2019-2022	Research Scientist , Human Health, Resilience, and Performance Florida Institute for Human and Machine Cognition. Pensacola, FL.
2020-2021	Post-Doctorate , University of South Florida Morsani College of Medicine Molecular Pharmacology and Physiology. Tampa, FL. Degree: Medical Sciences. Mentor: <i>Dr. Dominic D'Agostino</i>
2014-2020	Ph.D. , University of South Florida Morsani College of Medicine Molecular Pharmacology and Physiology. Tampa, FL. Degree: Medical Sciences. GPA: 3.95 Mentor: <i>Dr. Dominic D'Agostino</i>
2014-2017	M.S. , University of South Florida Morsani College of Medicine. Molecular Pharmacology and Physiology. Tampa, FL. Major: Medical Sciences. GPA: 3.95 Mentor: <i>Dr. Dominic D'Agostino</i>
2010-2012	B.S. , Florida State University. Tallahassee, FL. Major: Exercise Physiology. GPA: 3.96, <i>Summa Cum Laude with Honors</i> .
2007-2010	A.A. , Tallahassee Community College. Tallahassee, FL. Major: Pre-Health. GPA: 3.95.

HONORS & AWARDS

2024	Endocrine Society Thematic Issue Selection on Diabetes 2024: <i>Efficacy and Safety of Long-Term Ketogenic Diet in a Patient with Type 1 Diabetes</i> .
2024	Physiological Society Research Roundup Cutting-Edge Research Article

Selection October 2024: *Ketone Monoester and their Impact on Acute Severe Hypoxic Exposure in Rest.*

2024	Health Equity Action Network (HEAN) Research 1 st Place Poster Award (Gold)
2024	Health Equity Action Network (HEAN) Early-Stage Investigator Travel Scholarship Recipient
2022	USF Academy of Inventors Inductee
2019	USF Research Award Recipient: “Nutritional Support in a Model of Kabuki Syndrome”
2019	USF Research Award Recipient: “Targeting Cancer Cachexia with Ketone Supplementation”
2017	NASA NEEMO 22 USF/IHMC Research Team Award
2017	NASA NEEMO 22 Topside Support Crew Award
2017	USF Research Award Recipient: “Alternative energy substrates as metabolic therapies”
2014-2020	USF Presidential Doctoral Fellowship
2012	Honors in the Major Honors Medallion
2012	Bess Ward Honors Thesis Award
2012	ACC Meeting of the Minds Travel & Presentation Award

PROJECTS

Current & Pending

Title: Impact of Altered Nutrients on Sleep Disruption in Vulnerable Populations; **Collaborating Groups:** John Hopkins University School of Medicine.

Title: Therapeutic Carbohydrate Reduction in Type 1 Diabetes; **Collaborating Groups:** Boston Children’s Hospital; Harvard School of Medicine.

Title: Food & Type-1 Diabetes Management: Assessing Patient & Caregiver Perceived Impact of Nutrition on Disease Management; **Collaborating Groups:** University of British Columbia; Institute for Personalized Therapeutic Nutrition.

Title: Systemic Review and Analyses of Macronutrient Composition on Type-1 Diabetes Health Biomarkers; **Collaborating Groups:** Boston Children’s Hospital; Harvard Medical School;

University of Washington; Queens University.

Title: Dietary Composition and Metabolic Status Influences Type-1 Diabetes Autoimmunity;
Collaborating Groups: The Environmental Determinant of Diabetes in Youth (TEDDY) Working Group; Boston Children's Hospital; Harvard College of Medicine.

Title: Systemic Review of Continuous Glucose Monitoring in Non-Diabetic Populations;
Collaborating Groups: University of South Florida Morsani College of Medicine.

Title: Strategies to Augment Ketosis (STAK) for Enhanced Readiness and Disease Reversal;
Collaborating Groups: Buck Institute for Aging; Ohio State University.

Title: Impact of Carbohydrate Ingestion on Ketogenic and/or High-Carbohydrate Diets on Prolonged Strenuous Exercise Performance; **Collaborating Groups:** Ohio State University; Grove City College; Cape Peninsula University of Technology.

Title: Six-Week Crossover Ketogenic Diet on Hypoglycemia During Exercise Performance;
Collaborating Groups: Grove City College; Ohio State University.

Title: Multisystem Regulatory Capacity of Exogenous Ketone Administration & Acid-Base Balance at Rest; **Collaborating Groups:** Grove City College; University of South Florida.

Title: Exogenous Ketones & Caffeine: Influence on Cognitive Function During Fatigue;
Collaborating Groups: Grove City College.

Title: Central, Circulatory, and Peripheral-Tissue Metabolomic Response to Chronic Ketone Administration; **Collaborating Groups:** University of South Florida Morsani College of Medicine; Indiana University School of Medicine.

Title: Impact of Chronic Exogenous Ketones Administration on Basal and Exercise Substrate Oxidation; **Collaborating Groups:** Grove City College.

FUNDING

Current Research Support

Title: Impact of Altered Nutrients on Sleep Disruption in Vulnerable Populations; **Submission Date:** September 2024; **Role:** Co-Principal Investigator; **Funding Agency:** Industry; **Award:** \$180,000 (5% FTE); **Status:** Awarded; Pending IRB approval.

Title: Therapeutic Carbohydrate Reduction in Type 1 Diabetes; **Submission Date:** March 2024; **Role:** Principal Investigator; **Funding Agency:** Silicon Valley Community Foundation; **Award:** \$200,000 (40% FTE); **Status:** Awarded.

Title: Effect of Dietary Carbohydrate on Diabetes Control and Beta Cell Function in Children with Newly Diagnosed Diabetes; **Date:** April 2023 – March 2028; **Role:** Co-Investigator/Consultant; **Funding Agency:** R01 DK135884; NIH; **Award:** \$2.5 Million; **Status:** Impact Score: 24; Percentile: 7th; Awarded.

Title: Strategies to Augment Ketosis (STAK) for Enhanced Readiness and Disease Reversal; **Date:** 2022-2026; **Role:** Co-Investigator/Consultant; **Funding Agency:** Congressionally Directed Medical Research Program (CDMRP); PRMRP Focused Program Award (W81XWH-22-1-0867); **Award:** \$9.8 Million; **Status:** Awarded

Completed Research Support

Title: Effect of Weight Loss on Sleep Quality in Latinos with Obesity; **Funding Dates:** September 2023 – August 2024; **Role:** Co-Principal Investigator; **Funding Agency:** Southern California Center for Latino Health; P50 MD017344; **Award:** \$117,814; NIH/Southern California Center for Latino Health; **Status:** Awarded; Completed.

Title: Pediatric Nutritional Paradigm for Individualized Diabetes Glycemic Control and Beta-Cell Function; **Submission Date:** March 2022; **Role:** Co-Investigator; **Funding Agency:** American Diabetes Association (ADA); ADA Leveraging Nutrition and Lifestyle for Diabetes Prevention Across the Life Span; **Award:** \$0.6 Million; **Status:** Awarded; Deferred (Overlap: NIH R01 DK137837).

Title: Multisystem Regulatory Capacity of Exogenous Ketone Administration at Rest; **Date:** 2021-2022; **Role:** Co-Principal Investigator; **Funding Agency:** Swezey & Jewell, Moore and MacKenzie Research Fund; **Award:** \$15,000; **Status:** Completed.

Title: Strategies To Augment Ketosis - Assessment of Prophylactic Ketone Administration on Concussive Injury in the US Army Basic Airborne Course (STAK mTBI) **Submission Date:** 2022-2025; **Role:** Key Personnel; **Funding Agency:** US Special Operations Command; **Award:** \$3.6 Million; **Status:** 2022-2024.

Title: Evaluating the Benefits of Intranasal Oxytocin Administration of Human Performance and Metabolism Under Extreme Conditions; **Date:** 2021-2023; **Role:** Key Personnel; **Funding Agency:** Office of Naval Research Undersea Medicine Program; **Award:** \$3.4 Million; **Status:** 2022-2024.

Title: Peerless Operator Biologic Aptitude. **Role:** Key Personnel; **Date:** 2019-2022; **Funding Agency:** Defense Advanced Research Projects Agency (DARPA); **Award:** \$49.8 Million; **Status:** Completed.

Title: Ketone Esters for Optimization of Operator Performance in Hypoxia Phase II. (7-Task/Project Research Proposal); **Role:** Task/Project 4, 5, 6, & 7 Principal Investigator; **Date:** 2019-2022; **Funding Agency:** US Department of Defense (DoD); **Award:** \$6.2 Million (HVMN); **Sub-Award:** \$2.9 Million (IHMC); **Status:** Task 3-6; Completed.

Title: Evaluating Ketone Bodies Impact on Cognitive and Physical Performance in Exercise-Induced Hypoxia. **Role:** Co-Principal Investigator; **Date:** 2020-2021; **Funding Agency:** Swezey & Jewell, Moore and MacKenzie Research Fund; **Amount:** \$15,000; **Status:** Completed

Title: Ketone Metabolism in Skeletal Muscle; **Role:** Key Personnel; **Date:** 2019-2020; **Funding Agency:** Disruptive Nutrition & Florida High Tech Corridor; **Amount:** \$250,000; **Status:** Completed

Title: Evaluation of Multisystem Adaptations to Hyperbaric Extremes; **Role:** Co-Principal Investigator; **Date:** 2017-2019; **Funding Agency:** Ketone Technologies; **Amount:** \$100,000; **Status:** Completed

Title: Testing Cancer Cachexia Therapy with Ketone Ester Supplementation; **Role:** Key Personnel; **Date:** 2017-2018; **Funding Agency:** Donner Foundation; **Award:** \$50,000; **Status:** Completed

Title: Ketone Supplementation for Cancer Cachexia; **Role:** Key Personnel; **Date:** 2017-2018; **Funding Agency:** Disruptive Nutrition & Florida High Tech Corridor; **Award:** \$50,000; **Status:** Completed

Title: Pre-Clinical Study to Assess Efficacy of Metabolic Therapy with a Branched Chain Amino Acid (BCAA) Formula in Mouse Model of Metastatic Cancer; **Role:** Key Personnel; **Date:** 2013-2017; **Funding Agency:** Scivation & Florida High Tech Corridor; **Award:** \$0.2 Million; **Status:** Completed

Applied Research Support

Title: Optimizing Naval Human Performance via Pleiotropic Metabolic Regulation **Submission Date:** March 2022; **Role:** Principal Investigator; **Funding Agency:** MTEC; Human Performance; Biomedical Solution to Improve Performance/Mitigate Negative Effects of Extreme Conditions **Award:** \$2.7 Million; **Status:** Stage 1 - Successful; Stage 2 – Not Awarded

Title: Carbon Dioxide Retention: Pluripotent Metabolic Countermeasures & Symptom Detection; **Submission Date:** November, 2021; **Role:** Principal Investigator; **Funding Agency:** Naval Sea Systems Command (NAVSEA); **Award:** \$2.2 Million **Status:** Not Awarded

Title: Personalized Network Approach to Modeling Effective TBI Pre-Intervention and Treatments; **Submission Date:** November 1, 2021; **Role:** Co-Investigator; **Funding Agency:** Traumatic Brain Injury and Psychological Health Research Program; CDMRP; **Status:** Phase 2-Invite; Phase 3-Not Awarded.

Title: Exogenous Ketones Bodies as a Multisystem Metabolic Countermeasure Against Spaceflight-Induce Accelerated Aging; **Date:** 2021-2023; **Role:** Principal Investigator; **Funding Agency:** Translation Research Institute for Spaceflight Health (TRISH) Biomedical Research Advances for Space Health (BRASH); **Award:** 1 Million **Status:** Step-2 Invite; Not Awarded.

Title: Ketone Monoesters as Prostate Cancer Chemoprotective Agents: A Preclinical Study in the Wistar-Unilever Rat. **Role:** Co-Principal Investigator; **Submission Date:** 2020; **Funding Agency:** PREVENT - National Cancer Institute – National Institute of Health; **Status:** Not Awarded

Title: Strategies to Augment Ketosis (STAK) for Enhancing Brain Health. **Role:** Co-Investigator; **Submission Date:** 2020; **Funding Agency:** Office of Naval Research Peer Review Medical Research Program; **Award:** 7.4 Million (direct); **Sub-Award:** 3.1 Million; **Status:** Not Awarded

Title: Exogenous Ketone Supplements in Men with Prostate Cancer on Active Surveillance **Role:** Co-Investigator; **Date:** 2020; **Funding Agency:** Northwestern Cancer Prevention – Clinical Trials Network; **Status:** Not Awarded

Title: Ketogenic Induction Therapy as A Treatment For Pancreatic Cancer; **Role:** Key Personnel; **Date:** 2019; **Funding Agency:** Pancreatic Cancer Action Network – Translational Research Grant; **Award:** 0.5 Million **Status:** Not Awarded

Title: Mitochondrial Damage and Diabetic Cardiomyopathy **Role:** Consultant; **Date:** 2019; **Funding Agency:** R01 – National Institute of Health; **Status:** Not Awarded

Title: Phase II Clinical Trial Evaluating the Safety, Effectiveness and Mechanism of Action of a Ketogenic Diet in Reducing Intermediate Endpoint Biomarkers of Disease Progression in Patients Diagnosed with Low-Grade Gliomas; **Role:** Key Personnel; **Date:** 2018; **Funding Agency:** R01 –National Institute of Health; **Status:** Not Awarded

PUBLICATIONS ([link](#))

1. McClure TS., Phillips J., Kernagis D., Coleman K., Chape E., Cutter G., Egan B., Norell T., Stubbs BJ., Bamman MM, **Koutnik AP.*** Ketone monoester attenuates declining oxygen saturation during exercise at simulated high altitude but does not impact cognitive performance. *Experimental Physiology*. 2024.
2. McClure TS., Phillips J., **Koutnik AP**, Coleman K., Chape E., Cutter G., Egan B., Norell T., Stubbs BJ., Bamman MM, Kernagis D. Exogenous ketone monoester ingestion attenuates declines in cognition and oxygen saturation during severe hypoxia. *Experimental Physiology*. 2024. (**The Physiology Society – Editor-In-Chief Physiology Research Round Up - October Molecular Paper of the Month;** <https://comms.physoc.org/cr/AQiRrRUQxP0VGKvq2iCwh5gDIubkQiu0eofnleaompwCdT0qztmeDVRczwyQPw>)
3. Watso JC.*, Robinson AT., Singar SAB., Cuba JN., **Koutnik AP.*** Case Report of Cardiovascular Physiology in Euglycemic Type 1 Diabetes After 10-Year Ketogenic Diet. *AJP Cell Physiology*. 2024 (**TOP 5% Altmetrics Score-All Time 143; TOP 1% Altmetrics High Attention Score-Compared to Article of Same Age**).
4. **Koutnik AP.***, Klein S., Robinson AT., Watso JC.* Efficacy and Safety of Long-Term Ketogenic Diet Therapy in a Patient with Type 1 Diabetes. *JCEM Case Reports*. 2024. (**TOP 5% Altmetrics Score-All Time 61; TOP 3% Altmetrics High Attention Score-Compared to Article of Same Age; Endocrine Society Thematic Issue Selection on Diabetes 2024;** <https://academic.oup.com/endocrinesociety/pages/diabetes-2024>).

5. Volek JD., Yancy, W., Gower B., Phinney SD., Slavin J., **Koutnik AP.**, Hurn M., Spinner J., Cucuzzella M., Hecht FM. Expert Consensus on Nutrition and Low-Carbohydrate Diets: An Evidence- and Equity- Based Approach to Dietary Guidelines. *Frontiers in Nutrition*. 2024. (**TOP 5% Altimetrics Score-All Time 67; TOP 4% Altimetrics High Attention Score-Compared to Article of Same Age**).
6. Cayabyab KB., Shin MJ., Heimuli, MS., Remund NP., Kim IJ., D'Agostino DP., Johnson RJ., **Koutnik AP.**, Bellissimo N., Diamond DM., Arroyo JA., Reynolds PR., Bikman BT. The Metabolic and Endocrine Effects of a 12-Week Allulose-Rich Diet. *Nutrients*. 2024.
7. Clark DE., **Koutnik AP.**, Johnson RJ., Bikman BT., Arroyo, JA., Reynolds PR. Differential Rates of Glycation Following Exposure to Unique Monosaccharides. *Nutrients*. 2024.
8. Waldman HS, O'Neal EK, Barker GA, Witt CR, Lara DA, Huber AK, Forsythe VN, **Koutnik AP**, D'Agostino DP, Staiano W, Egan B. Acute Ingestion of a Ketone Monoester with Carbohydrate Improve Cognitive Measures but Not Performance in Trained Females. *Medicine & Science in Sports & Exercise*. 2023.
9. Waldman H., O'Neal E., Barker G., Witt C., Lara D., Huber K., Forsythe V., **Koutnik A.**, D'Agostino D., Staiano W., & Egan B. (2023). No Benefit of Ingesting a Low-Dose Ketone Monoester Supplement on Markers of Cognitive Performance in Females. *Journal of Cognitive Enhancement*. 2023.
10. Narayanan S.A., Jamison D.A, Guarnieri J.W., Zaksas V., Topper M., **Koutnik A.P.**, Park J., Clark K.B., Enguita F.J., Leitão A.L., Das S., Moraes-Vieira P.M., Galeano D., Mason C.E., Trovão N.S., Schwartz R.E., Schisler J.C., Coelho-dos-Reis J., Wurtele E.S., Beheshti A. A Comprehensive SARS-CoV-2 and COVID-19 review, Part 2: Host Extracellular to Systemic Effects of SARS-CoV-2 Infection. *European Journal of Human Genetics*. 2023. (**TOP 5% Altimetrics Score-All Time 390; TOP 1% Altimetrics High Attention Score-Compared to Article of Same Age**).
11. Rogers C.Q., Ramirez M., Landon C.S., DeBlasi J.M., **Koutnik A.P.**, Ari C., D'Agostino D.P. A Glutamine Scavenging Protocol Combined with Deanna Protocol in SOD1-G93A Mouse Model of ALS. *Nutrients*. 2023
12. Noakes, TD., Prins PJ., Volek JS., D'Agostino DP., **Koutnik AP.*** The effect of low-carbohydrate high-fat diets on the crossover point during exercise of increasing intensity. *Frontiers in Physiology*. 2023 (**TOP 5% Altimetrics Score-All Time 125; TOP 1% Altimetrics High Attention Score-Compared to Article of Same Age**).
13. Buga A., Crabtree CD., Decker D., Stoner J., Robinson B., Kackley ML., Bedell TN., Buxton, JD., McClure T., D'Agostino DP., Beradi A., Cline S., Fleck T., Krout J., Newby D., **Koutnik AP.**, Volek JS., Prins PJ. Metabolic and Ruck Performance Effects of a Novel, Light-Weight, Energy-Dense Ketogenic Bar. *Experimental Physiology*. 2023

14. Prins PJ., Noakes, TD., Buga A., D'Agostino DP., Volek JS., Buxton JD., Heckman K., Jones DW., Tobias NE., Grose HM., Jenkins AK., Jancay KT., **Koutnik AP.*** Low and High Carbohydrate Isocaloric Diets on Performance, Fat Oxidation, Glucose and Cardiometabolic Health in Middle Age Athletes. *Frontiers in Nutrition*. 2023 (**TOP 5% Altmetrics Score-All Time 225; TOP 1% Altmetrics High Attention Score-Compared to Article of Same Age**).
15. Miyatsu T., Smith BM., **Koutnik AP.**, Pirollo P., Broderick TJ. Resting-State Heart Rate Variability After Stressful Events as a Measure of Stress Tolerance Among Elite Performers. *Frontiers in Physiology*. 2023
16. Evans M., McClure T., **Koutnik, AP.**, Egan, B. Exogenous Ketones Supplements in Athletic Contexts: Past, Present, and Future. *Sports Medicine*. 2022. (**TOP 5% Altmetrics Score-All Time 70; TOP 4% Altmetrics High Attention Score-Compared to Article of Same Age**)
17. Prins PJ., Buxton, JD., McClure, TS., D'Agostino, DP., Ault, DL., Welton, GL., Jones, DW., Atwell, AD., Slack, MA., Slack, ML., Williams, CE., Blanchflower, ME., Kannel, KK., Faulkner, MN., Szmaziasz, HL., Croll, SM., Stanforth, LM., Harris, TD., Gwaltney, HC., & **Koutnik AP***. Ketone Bodies Impact on Hypoxic CO₂ Retention Protocol During Exercise. *Frontiers in Physiology*. 2021. (**TOP 25% Altmetrics Score-All Time 20; TOP 8% Altmetrics High Attention Score-Compared to Article of Same Age**)
18. Lennerz BS, **Koutnik AP**, Azova S, Wolfsdorf JJ, Ludwig DS. Carbohydrate Restriction for Diabetes: Rediscovering Century-Old Wisdom. *Journal Clinical Investigation*. 2021. (**TOP 5% Altmetrics Score-All Time 375; TOP 1% Altmetrics High Attention Score-Compared to Article of Same Age**)
19. **Koutnik AP***, Favre M, Noboa K, Sanchez-Gonzalez MA, Moss SE, Goubran B, Ari C, Poff AM, Rogers CQ, DeBlasi JM, Samy B, Moussa M, Serrador J, D'Agostino DP. Human Adaptations to Multiday Saturation on NASA NEEMO. *Frontiers in Physiology*. (**TOP 5% Altmetrics Score-All Time 144; TOP 2% Altmetrics High Attention Score-Compared to Article of Same Age**)
20. Stubbs B, **Koutnik AP**, Volek J, Newman J. From Bedside to Battlefield: Intersection of Ketone Body Mechanism in Geroscience with Military Resilience. *Geroscience*. 2020. (**TOP 5% Altmetrics Score-All Time 54; TOP 6% Altmetrics High Attention Score-Compared to Article of Same Age**)
21. Prins PJ, D'Agostino DP, Rogers CQ, Ault DL, Welton GL, Jones DW, Henson SR, Rothfuss TJ, Aiken KG, Hose JL, England EL, Atwell AD, Buxton JD, **Koutnik AP***. Dose Response of a Novel Exogenous Ketone Supplement on Physiological, Perceptual, and Performance Parameters. *Nutrition & Metabolism*. 2020.
22. Ari C, Murdun C, Goldhagen C, **Koutnik AP**, Bharwani S, Diamond D, Kindy M, D'Agostino D, Kovacs Z. Exogenous Ketone Supplements Improved Motor Performance in Pre-Clinical Rodent Models. *Nutrients*. 2020.

23. Stubbs B, **Koutnik AP**, Goldberg E, Upadhyay V, Turnbaugh P, Verdin E, Newman JC. Investigating Ketone Bodies as Immunometabolic Countermeasures for Respiratory Viral Infection. *Cell Med*. 2020.
24. Poff AM, **Koutnik AP**, Egan B. Nutritional Ketosis with Ketogenic Diet or Exogenous Ketone Supplements: Defining Features, Convergence, and Divergence. *Curr Sp Med Rep*. 2020. (**TOP 5% Altmetrics Score-All Time 36; TOP 8% Altmetrics High Attention Score-Compared to Article of Same Age**)
25. Deemer SE, Davis RA, Smith DL, Poff AM, **Koutnik AP**, D'Agostino DP, Plaisance EP. Exogenous Dietary Ketone Esters Decrease Body Weight and Adiposity in Mice Housed at Thermoneutrality. *Obesity*. 2020.
26. **Koutnik, AP***, Poff AM, Ward NP, DeBlasi JM, Soliven, MA, Romero MA, Roberson PA, Fox CD, Roberts MD, D'Agostino DP. Ketone Bodies Attenuate Wasting is Diverse Models of Atrophy. *Journal of Cachexia Sarcopenia Muscle*. 2020.
27. Ari C, Murdun C, **Koutnik AP**, Goldhagen CR, Rogers CQ, Park C, Bharwani S, Diamond DM, Kindy M, D'Agostino DP, Kovac Z. Exogenous Ketones Lower Blood Glucose Levels in Rested and Exercise Rodent Models. *Nutrients*. 2020.
28. Prins PJ, **Koutnik AP**, D'Agostino DP, Rogers CQ, Seibert JF, Breckenridge JA, Jackson DS, Ryan EJ, Buxton JD, Ault DL. Effects of an Exogenous Ketone Supplement on Five-Kilometer Running Performance. *Journal of Human Kinetics*. 2020.
29. Deemer SE, Davis RA, Gower BA, **Koutnik AP**, Poff AM, Dickinson SL, Allison DB, D'Agostino DP, Plaisance EP. Concentration-Dependent Effects of a Dietary Ketone Ester on Components of Energy Balance in Mice. *Frontiers in Nutrition*. 2019.
30. **Koutnik AP**, D'Agostino DP, Egan B. The Anticatabolic Effect of Ketone Bodies. *Trends in Endocrinology and Metabolism*.
31. Ari C, **Koutnik AP**, DeBlasi J, Landon C, Rogers CQ, Vallas J, Bharwani S, Puchowicz M, Bederman I, Diamond D, Kindy MS, Dean J, D'Agostino DP. Delay Latency to Hyperbaric Oxygen Induce CNS Oxygen Toxicity Seizures by Combinations of Exogenous Ketone Supplements. *Physiological Reports*. 2019.
32. Ari C, Kovacs Z, Murdun C, **Koutnik AP**, Goldhagen CR, Rogers CQ, Diamond D, D'Agostino DP. Nutritional ketosis delays the onset of isoflurane induced anesthesia. *BMC Anesthesiology*. 2018.
33. **Koutnik AP**. Stair climbing exercise as a novel health intervention for menopause: cardiovascular and skeletal muscle implications. *Menopause*. 2018 Jul;25(7):721-722. doi: 10.1097/GME.0000000000001107
34. Stubbs B., **Koutnik AP**, Poff AM., Ford K., D'Agostino D. Commentary: Ketone Diester

Ingestion Impairs Time Trial Performance in Professional Cyclists. *Front. Physiol.* 2018 Mar 27;9:279. doi: 10.3389/fphys.2018.00279.

35. Poff AM, **Koutnik AP**, Egan KM, Sahebjum S., D'Agostino D., Kumar NB. Ketogenic Diets for Cancer: Implications for Management of Gliomas. *Seminar in Cancer Oncology.* 2017 Dec 30. pii: S1044-579X(17)30124-4. doi: 10.1016/j.semcancer.2017.12.011.
36. Ward NP, Poff AM, **Koutnik AP**, D'Agostino DP. Complex I inhibition augments dichloroacetate cytotoxicity through enhanced oxidative stress in VM-M3 glioblastoma cells. *Plus One.* 2017 Jun 23;12(6):e0180061. doi: 10.1371/journal.pone.0180061.
37. Dossat AM, Sanchez-Gonzalez MA, **Koutnik AP**, Leitner S, Ruiz EL, Griffin B, Rosenberg JT, Grant SC, Fincham FD, Pinto JR, Kabbaj M. Pathogenesis of depression- and anxiety-like behavior in an animal model of hypertrophic cardiomyopathy. *FASEB J.* 2017; 31(6):2492-2506
38. Ari C, Kovacs Z, Juhasz G, Murdun C, Goldhagen CR, **Koutnik AP**, Poff AM, Kesl SL, D'Agostino DP. Exogenous ketone supplements reduce anxiety-related behavior in Sprague-Dawley and Wistar Albino Glaxo/Rijswijk rats. *Frontiers in Molecular Neuroscience.* 2016; 9:137 (**TOP 5% Altmetrics Score-All Time 60; TOP 4% Altmetrics High Attention Score-Compared to Article of Same Age**)
39. Sanchez-Gonzalez MA, Guzik P., May RW, **Koutnik AP**, Hughes R., Muniz S., Kabbaj M., Fincham FD. Trait anxiety mimics age-related cardiovascular autonomic modulation in young adults. *Journal of Human Hypertension* 2015 Apr;29(4):274-80.
40. Sanchez-Gonzalez MA, May RW, **Koutnik AP**, Fincham FD. Impact of negative affectivity and trait forgiveness on aortic blood pressure and coronary circulation. *Psychophysiology* 2015 Feb;52(2):296-303. (**TOP 25% Altmetrics Score-All Time 10; TOP 15% Altmetrics High Attention Score-Compared to Article of Same Age**)
41. David Dweck, Marcos A. Sanchez-Gonzalez, Audrey N. Chang, Raul A. Dulce, Crystal-Dawn Badger, **Andrew P. Koutnik**, Edda L. Ruiz, Brittany Griffin, Jingsheng Liang, Mohamed Kabbaj, Frank Fincham, Joshua Hare, James T. Stull, Michael Overton, Jose R. Pinto. Long-term ablation of PKA-mediated cardiac troponin I phosphorylation leads to excitation-contraction uncoupling and diastolic dysfunction in a knock-out mouse model of hypertrophic cardiomyopathy. *Journal of Biological Chemistry* 2014 Aug 15;289(33):23097-111.
42. **Koutnik AP**, Wong A, Ramirez KJ, Ormsbee MJ, Figueroa A. Sanchez-Gonzalez MA. Impact of Acute Whole-Body Cold Exposure with Concurrent Isometric Handgrip Exercise on Aortic Pressure Waveform Characteristics. *European Journal of Applied Physiology* 2014 Sep;114(9):1779-87.
43. **Koutnik AP**, Sanchez-Gonzalez MA, May R, Fincham FD. Impact of psychological distress on Cardioagal reactivation after a speech task. *Journal of Human Hypertension*

2014 Jun;28(6):399-401.

44. May R, Sanchez-Gonzalez MA, Brown P, **Koutnik AP**, Fincham FD. School Burnout and Cardiovascular Functioning in Young Adult Males: A Hemodynamic Perspective. *Stress* 2014 Jan;17(1):79-87.
45. **Koutnik AP**, Wong A, Kalfon R, Madzima TA, Figueroa A. Acute Passive Vibration Reduces Arterial Stiffness and Aortic Wave Reflection in Stroke Survivors. *European Journal of Applied Physiology* 2014 Jan;114(1):105-11.
46. Sanchez-Gonzalez MA, May R, **Koutnik AP**, Kabbaj M, Fincham F. Sympathetic Vasomotor Tone is Associated with Depressive Symptoms in Young Females: A Potential Link Between Depression and Cardiovascular Disease. *American Journal of Hypertension* 2013 Dec;26(12):1389-97.
47. Sanchez-Gonzalez MA, May RW, Brown PC, **Koutnik AP**, Fincham FD. Depressive symptoms contribute to increased wave reflection during cold pressor test in young adult men. *American Journal of Hypertension* 2013 Apr; 26 (4):518-26.
48. Sanchez-Gonzalez MA, **Koutnik AP**, Ramirez KJ, Wong A, Figueroa A. The effects of short term l-citrulline supplementation on wave reflection responses to cold exposure with concurrent isometric exercise. *American Journal of Hypertension* 2013;26(4):518-26.

REPORTS, BOOK CHAPTER, MAGAZINE, AND ARTICLES

1. Raj A., **Koutnik, AP.**, Morley, S., Ford, K. Blue Sky; Left of Bang Prophylactic Neuroprotection and Unconventional Neurologic Assessment of TBI. Programmatic Technical Report. 2021.
2. **Koutnik, AP.**, Poff AM., Storoschuk K., D'Agostino DP. The Ketogenic Diet and Cancer. *Paleo Magazine: Special Edition*. KETO: The definitive guide. February 2020.
3. Poff AM, Kesl SL, **Koutnik AP**, Moss SE, Rogers CQ, D'Agostino DP. Chapter: Ketone Supplementation for Health and Disease. Ketogenic Diet and Metabolic Therapies. 2nd Edition. *Oxford Press*; 2020 Release.

ABSTRACTS & PRESENTATIONS

- 2024 **Presenter (Early-Stage Investigator Travel Scholarship Recipient)**, Health Equity Action Network (HEAN); Oct 7-9th.
Poster: *Association Between Sleep and Body Composition in Hispanic Population with Pre-Diabetes and Obesity.*
Received HEANs Research Poster Award
- 2024 **Presenter (Invited)**, Symposium for Metabolic Health; Aug 15-18th.
Oral: *Type 1 Diabetes: Nutrition & Cardiometabolic Health.*
- 2024 **Presenter**, American Diabetes Association 2025 Scientific Sessions; June 23rd. <https://doi.org/10.2337/db24-608-P>
Poster: *Carbohydrate Intake, Glycemic Control, and Cardiometabolic Risk Factors in Type 1 Diabetes—A Systematic Review and Meta-Regression.*
- 2024 **Presenter (Invited)**, John Hopkins Performing Arts and Sports Health Grand Rounds; Virtual; May 14th.
Oral: *Implications of Glycemic Control on Health and Performance.*
- 2024 **Presenter & Panelist (Invited)**, American Diabetes Association & Nutrition Sciences and Metabolism Interest Group; Virtual; April 23rd.
https://diabetesjournals.org/diabetes/article/73/Supplement_1/608-P/156330/608-P-Carbohydrate-Intake-Glycemic-Control-and
Oral: *Going Keto for Diabetes? Evidence in Type 1 and Type 2 Diabetes.*
- 2024 **Presenter (Invited)**, The Metabolic Health Summit; January 28th.
Oral: *Diabetes: Nutrition and Cardiometabolic Health*
- 2023 **Presenter (Invited)**, Ask the Expert; The Sugar Science; Virtual; December 12th.
Oral: *Type-1 Diabetes & Nutrition: Current Developments & Research Gaps*
- 2023 **Presenter (Invited)**, Carbohydrate Intake and Type-1 Diabetes; Let Me Be 83; Carb Conference; Sioux Falls, SD; April 14th.
Oral: *Carbohydrate Intake & Type-1 Diabetes*
- 2023 **Presenter (Invited)**, The Impact of Nutrition in Type-1 Diabetes (and Beyond); Translational Research Institute for Metabolism and Diabetes; Advent Health; Orlando, FL; February 9th.
Oral: *The Impact of Nutrition in Type-1 Diabetes (and Beyond)*
- 2023 **Presenter (Invited)**, The Impact of Nutrition on Type-1 Diabetes; Sansum Diabetes Research Institute; Santa Barbara, CA; January 24th.
Oral: *The Impact of Nutrition on Type-1 Diabetes*
- 2023 **Presenter (Invited)**, The Metabolic Impact of Nutrition in Disease & Extreme

Environments; Department of Nutrition and Integrative Physiology; Florida State University; Tallahassee, FL; January 7th.

Oral: *The Metabolic Impact of Nutrition in Disease and Extreme Environments*

2022 **Presenter (Invited)**, Type-1 Diabetes: Outcomes, Therapies & Future Innovation; American Osteopathic Society of Integrative Medicine; November 8th.

Oral: *Type-1 Diabetes: Outcomes, Therapies, & Future Innovation*

2022 **Presenter (Invited)**, Does Nutrition Matter More Than You Think in Type-1 Diabetes; Webinar; Blue Circle Foundation for Diabetes; November 6th.

Oral: *Does nutrition matter more than you think in Type-1 Diabetes?*

2022 **Presenter (Invited)**, History, Research, and Hype of Ketogenic Diet and Exogenous Ketones: Researcher Perspective; Department of Dietetics and Nutrition; Florida International University; November 4th.

Oral: *The History, Research, and Hype of the Ketogenic Diet and Exogenous Ketones: Researcher Perspective*

2022 **Presenter (Invited)**, Therapeutic Nutrition in Diabetes: Advancing the Conversation in Type-1 Diabetes; Institute for Personalized Therapeutic Nutrition; University of British Columbia; October 22nd.

Oral: *Type-1 Diabetes and Very-Low Carbohydrate Clinical Guidelines; Patient Question & Answer Panel*

2022 **Presenter (Invited)**, Exercise Physiology Department; Florida State University College of Human Sciences; October 13th.

Oral: *Type-1 Diabetes and Nutrition: Patients and Research Perspective.*

2022 **Presenter (Invited)**, Optimizing Human Performance Symposium; Metabolic Health Summit; May 5-8th.

Oral: *Ketone Esters for Optimization of Operator Performance in Hypoxia*

2021 **Presenter (Invited)**, Mid-Atlantic Regional Conference (MARC); American College of Sports Medicine (ACSM), November 7th, 2021.

Oral: *Nutritional Ketosis: Physical Performance & Beyond.*

2021 **Presenter (Invited)**, Allergy Diagnostic & Allergen Immunotherapy Workshop, University of Miami, October 15th, 2021.

Oral: *Allergy and Cardiovascular Disease.*

2021 **Presenter (Invited)**, 2021 USSOCOM Cold Weather and Altitude Symposium, August 24th, 2021.

Oral: *Ketone Esters for Optimization of Operator Performance in Hypoxia.*

- 2021 **Presenter (Invited)**, Blue Sky; Left of Bang Prophylactic Neuroprotection and Unconventional Neurologic Assessment of TBI, July 21st and 22nd, 2021. Oral: *Dysglycemia, Insulinemia & Ketone Bodies: Implications for the (Injured) Brain.*
- 2021 **Presenter (Invited)**, Society for Brain Mapping and Therapeutics (SBMT), July 7th, 2021. Oral: *Nutritional Ketosis: Beyond Glioma?*
- 2021 **Presenter (Invited)**, Allergy Diagnostic & Allergen Immunotherapy Workshop, University of Miami, June 26th, 2021. Oral: *Sneezing, Itchiness, and a Broken Heart: Understanding The Link Between Allergy and Cardiovascular Disease.*
- 2020 **Presenter (Invited)**, Stanford Continuing Studies, WSP161: Ketogenic Diets and Intermittent Fasting: Fads, Facts, and Fiction, Stanford University, 2020. Oral: *Altering Carbohydrate Profile in Type-1 Diabetes? Research Update.*
- 2020 **Presenter/Panelist (Invited)**, Global Entrepreneur Network; Global Entrepreneur Week; November 17th, 2020; Oral (Virtual): *Nutrition and Food is Medicine*
- 2020 **Presenter (Invited)**; Therapeutic Nutrition Webinar Series; November 15th, 2020; Oral (Virtual): *Carbohydrate Restriction for Diabetes: Rediscovering Century Old Wisdom?*
- 2020 **Presenter (Invited)**, Institute for Personalize Therapeutic Nutrition; Therapeutic Nutrition Webinar Series; September 23rd, 2020; Oral (Virtual): *Rethinking Nutrition for Type 1 Diabetes: Patient and Research Perspective*
- 2020 **Presenter (Invited)**, University of Florida Diabetes Institute, Gainesville, FL; September 15th, 2020; Oral (Virtual): *Carbohydrate Restriction in Type-1 Diabetes: Rediscovering Century Old-Wisdom?*
- 2020 **Presenter**, Experimental Biology, San Diego, CA; April 6th, 2020; Session: Hot Topics in Muscle Biology; Oral & Poster: *Ketone Bodies Attenuate Wasting in Diverse Models of Atrophy*
- 2020 **Presenter (Invited)**, Jacksonville University, Jacksonville, FL; March 2nd, 2020; BIO 221; Oral: *Nutritional Impact on Disease*
- 2020 **Presenter (Invited)**, Can Chronic Disease Be Reversed?; Palm Harbor, FL; February 7-8th, 2020; Oral: *Emergent Science of Nutritional Ketosis: Health and Disease Implications*
- 2019 **Presenter (Invited)**, Stanford Continuing Studies, WSP161: Ketogenic Diets

and Intermittent Fasting: Fads, Facts, and Fiction, Stanford University, 2019.
Oral: *Skeletal Muscle's Impact on Health & Disease: Role for Ketone Bodies?*

- 2019 **Presenter (Invited)**, National American Spine Society, 34th Annual Meeting, 2019; Oral: *Dietary Strategies: What Does the Science Show?*
- 2019 **Presenter (Invited)**, Florida Diabetes & Wellness Conference; Naples, FL; November 3rd, 2019; Oral: *Emergent and Century Old Science of Low Carbohydrate Nutrition for Type-1 Diabetes: Patient and Research Perspective*
- 2019 **Presenter (Invited)**, Institute for Human and Machine Cognition, Ocala, FL. Oral: *Low Carbohydrate Diet for Type-1 Diabetes? Patient and Research Perspective.*
- 2019 **Presenter (Invited)**, Friends for Life, Children with Diabetes, Orlando, FL.; Oral: *Low Carbohydrate Nutrition for T1D: Patient and Research Perspective.*
- 2019 **Presenter (Invited)**, Institute for Human and Machine Cognition, Pensacola, FL.; Oral: *Skeletal Muscle's Impact on Health & Disease: Role for Ketone Bodies?*
- 2019 **Presenter**, UF Muscle Biology: Basic Science Advances in Muscle Biology. Poster: *The VM-M3 model demonstrates the full cachexia-anorexia cachexia phenotype*
- 2019 **Presenter (Invited)**, Metabolic Health Summit; Oral: *Very Low Carbohydrate Nutrition as an Adjuvant Therapy for Type-1 Diabetes*
- 2018 **Presenter (Invited)**, Institute for the Protection of Natural Health; Marseille, France; Oral: *Nutritional Ketosis: Health & Disease Implications*
- 2018 **Presenter (Invited)**, University of South Florida Endocrinology/Diabetes Clinic; Oral: *Very Low Carbohydrate Nutrition as an Adjuvant Therapy for Type-1 Diabetes*
- 2018 **Presenter (Invited)**, Florida American Association for Laboratory Animal Sciences; Oral: *Ketogenic Diet and Metabolic Alternatives: General Health and Metabolic Alternatives*
- 2018 **Presenter (Invited)**, 1st Global Symposium Ketogenic Diet and Metabolic Therapies. South Tyrol, Italy; Oral: *Ketone-Based Metabolism: General Health and Metabolic Alternatives*
- 2018 **Presenter**, Experimental Biology. San Diego, CA; Oral & Poster: *Clinical*

Relevance of VM-M3 model for modeling cancer cachexia

- 2017 **Presenter**, Experimental Biology. Chicago, IL; Poster: *Ketogenic Therapies on Cancer Cachexia in a Mouse Model of Metastatic Cancer*
- 2017 **Presenter**, New Frontiers in Tumor Metabolism and Hypoxia, Keystone Symposium. Whistler, Canada; Poster: *VM-M3 Model may be Dependent on Metastasis to Induce Cachexia*
- 2017 **Presenter (Invited)**, Metabolic Therapeutics, Tampa, FL; Oral Poster: *Cancer Cachexia: Current and Future Therapies*; Poster: *VM-M3 Model of Cachexia: Metastatic vs. Non-Metastatic*
- 2016 **Presenter**, 5th Global Symposium on Ketogenic Therapies. Banff Springs, Canada.; Poster: *Cancer Cachexia in a Mouse Model of Systemic Metastasis*
- 2016 **Presenter**, Experimental Biology 2016. San Diego, CA; Poster: *Establishing that the VM-M3 Model of Metastatic Cancer Exhibits Cancer Cachexia*
- 2016 **Presenter**, USF Health Research Day. Tampa, FL; Poster: *Establishing a Model of Metastatic Cancer Exhibits Cancer cachexia*
- 2016 **Presenter**, Metabolic Therapeutics. Tampa, FL; Poster: *Cancer Cachexia in a Mouse Model of Systemic Metastasis*
- 2016 **Presenter**, New Frontiers in Tumor Metabolism, Keystone Symposium. Banff Springs, Canada; Poster: *Cancer Cachexia in a Mouse Model of Systemic Metastasis*
- 2013 **Presenter**, 3rd International Symposium of Hypertension New Investigators' Symposium. New Orleans, LA; Poster: *Impact of psychological distress on cardiovagal reactivation after a speech task*
- 2012 **Presenter**, ACC Meeting of the Minds Undergraduate Research Conference. Blacksburg, VA; Poster: *The effect of L-citrulline supplementation on blood pressure and wave reflection responses to isometric exercise during acute cold exposure*
- 2012 **Presenter**, Florida State University Twelfth Annual Undergraduate Research Symposium. Tallahassee, FL; Poster: *The effect of L-citrulline supplementation on blood pressure and wave reflection responses to isometric exercise during acute cold exposure*
1. Miriam Jacome-Sosa, Julia D. López, Brandon M. Cobb, Maggie Shuirman, Keyla Morales, Eliana Kohler, Rick Stein, Gordon Smith, Josiane L. Broussard, Samuel Klein, **Andrew P. Koutnik**. Relationship Between Social Determinant of Health, Metabolic Health, and Sleep in Latinos With Obesity, Health Equity Action Network, San Fransico, CA. October, 2024.

2. **Koutnik AP**, Wood T., Storoschuk, K., Lennerz, BS. Carbohydrate Intake, Glycemic Control, and Cardiometabolic Risk Factors in Type 1 Diabetes – A Systematic Review and Meta-Regression. American Diabetes Association. June 21-24, 2024.
3. E Plank, T McClure, J Buxton, B Egan, M Isles, **A Koutnik**, P Prin. Multisystem Regulator Capacity of Exogenous Ketone Administration at Rest. American College of Sports Medicine. May 28th-June 1st, 2024.
4. Anna K Huber, Eric K O'Neal, Gaven A Barker, Craig R Witt, David A Lara, Valerie N Forsythe, **Andrew P Koutnik**, Dominic P D'Agostino, Walter Staiano, Brendan Egan, Hunter S Waldman. No Benefit of Ingesting a Low-Dose Ketone Monoester Supplement on Cognitive Performance in Trained Females. American College of Sports Medicine. May 28th-June 1st, 2024.
5. Christian A Price, Eric K O'Neal, Gaven A Barker, Craig R Witt, David A Lara, Anna K Huber, Valerie N Forsythe, **Andrew P Koutnik**, Dominic P D'Agostino, Walter Staiano, Brendan Egan, Hunter S Waldman. Acute Ingestion of a Ketone Monoester With Carbohydrate Improves Cognitive Measures But Not Performance in Trained Females. American College of Sports Medicine. May 28th-June 1st, 2024.
6. Bradley Robinson, Madison L. Kackley, Teryn Bedell, Alex Buga, Christopher Crabtree, Drew Decker, Justen Stoner, **Andrew Koutnik**, Brianna Stubbs, Jeff S. Volek. A Comparison of Capillary Beta-hydroxybutyrate and Glucose Concentrations in Response to Two Doses of Four Exogenous Ketones Supplements. Metabolic Health Summit. January, 2024.
7. Natalya Thomas B.S., B.A., Francis Walson B.S., Angela Poff Ph.D., Reeman Alnajar, Ayesha Johnson Ph.D., Csilla Ari Ph.D., Constance Visovsky Ph.D., Kelly Matthew B.S., **Andrew Koutnik Ph.D.**, Allison Hull D.O., Dominic D'Agostino Ph.D. Continuous Glucose Monitoring: A Viable and Effective Method for Improving Cardiovascular and Cognitive-Behavioral Health in Non-Diabetic Patients. Metabolic Health Summit. January, 2024
8. Storoschuk, Kristi; Lennerz, Belinda; Vehik, Kendra; **Koutnik, Andrew***. Dietary Carbohydrate Content and Type-1 Diabetes: A Systematic Review and Analysis. Metabolic Health Summit. May, 2022
9. Thomas M. O'Connell, David L. Logsdon, Angela M. Poff, Dominic P. D'Agostino, Maricel A. Soliven, **Andrew P. Koutnik***. Exogenous Ketones Reprogram Metabolism to Mitigate Wasting in Cancer-induced Cachexia. American Institute for Cancer Research Conference. November 2021.
10. Thomas M. O'Connell, David L. Logsdon, Angela M. Poff, Dominic P. D'Agostino, Maricel A. Soliven, **Andrew P. Koutnik***. Exogenous Ketones Mitigate Cancer Cachexia by Mimicking the Effects of Calories Restriction. Cancer Cachexia Hybrid

Conference. August 27-29, 2021. Gainesville, FL.

11. **Koutnik, Andrew P.**; Poff, Angela M.; Ward, Nathan P.; DeBlasi, Janine M.; Soliven, Maricel A.¹; Romero, Matthew A.; Roberson Paul A.; Fox, Carl D.; Roberts, Michael D.; D'Agostino, Dominic P. Ketone Bodies Attenuate Wasting in Diverse Models of Atrophy. Experimental Biology. Session: Muscle Regeneration, Sarcopenia, Aging and Nutritional Regulation of Muscle Atrophy; Poster (Abstract ID: R7217; Poster # G183). April 4th-7th, San Diego, CA.
12. Karina Noboa, **Andrew P. Koutnik**, Sara Moss, Christopher Rogers, Janine DeBlasi, Csilla Ari, Angela Poff, Kristi Storoschuk, Dominic D'Agostino; D'Agostino, Dominic P. Altered Body Composition Via NASA NEEMO Long-Term Habituation at Saturation. Metabolic Health Summit. January 28th-February 3rd, Long Beach, CA.
13. **Koutnik, Andrew P.**; Poff, Angela M.; Ward, Nathan P.; DeBlasi, Janine M.; Soliven, Maricel A.¹; Romero, Matthew A.; Roberson Paul A.; Fox, Carl D.; Roberts, Michael D.; D'Agostino, Dominic P. Ketone Bodies Attenuate Cancer-Anorexia Cachexia Syndrome & Inflammatory Atrophy. Metabolic Health Summit. January 28th-February 3rd, Long Beach, CA.
14. Deemer, Sarah E.; Roberts, Brandon M.; Davis, Rachel A.H.; **Koutnik, Andrew P.**; Poff, Angela M.; Brown, Michayla B.; Smith, Daniel L.; Gower, Barbara A.; D'Agostino, Dominic P.; Plaisance, Eric P. A ketone ester (BD-AcAc2) added to diet results in weight loss and prevents weight gain in male mice. November, 3-4, 2019, Las Vegas, NV.
15. **Koutnik, Andrew P.**; Poff, Angela M.; Ward, Nathan P.; DeBlasi, Janine M.; Soliven, Maricel A.¹; Romero, Matthew A.; Roberson Paul A.; Fox, Carl D.; Roberts, Michael D.; D'Agostino, Dominic P. VM-M3 Model of Systemic Metastasis Demonstrates the Full Cancer-Anorexia Cachexia Phenotype. March 6-8th, 2019, Gainesville, FL.
16. **Koutnik AP.** Very-Low Carbohydrate Nutrition as an Adjuvant Therapy for Type-1 Diabetic Glycemic Management. Emerging Science of Carbohydrate Restriction and Nutritional Ketosis. August 16-17, 2018, Columbus, Ohio.
17. **Koutnik AP**, Poff AM, Deblasi J, Ward N, D'Agostino DP. Clinical Relevance of VM-M3 in Modeling Cancer Cachexia. Experimental Biology, April 21-25th, 2018, San Diego, CA.
18. Poff AM, **Koutnik AP**, DeBlasi J, Rogers C, Kesl S, Ward N, D'Agostino D. Characterizing Physiologic Effects of Exogenous Ketone Supplements-an Alternative or Adjuvant to the Ketogenic Diet. Experimental Biology, April 21-25th, 2018, San Diego, CA.
19. Ari C, **Koutnik AP**, DeBlasi J, Landon C, Vallas J, Bharwani S, Dean J, D'Agostino D. Comparison of Exogenous Ketone Supplements on Latency to CNS Oxygen Toxicity Seizures in Middle Aged Rats. Experimental Biology, April 21-25th, 2018, San Diego,

CA.

20. DeBlasi J, Poff A, Ward N, **Koutnik AP**, Rogers C, Diamond D, Moss S, D'Agostino D. Characterizing the Effects of Ascorbic Acid and Hyperbaric Oxygen on Glioblastoma Cells. Experimental Biology, April 21-25th, 2018, San Diego, CA. <https://cdn.technologynetworks.com/ep/pdfs/pharmacological-ascorbic-acid-and-hyperbaric-oxygen-therapy-target-tumor-cell-metabolism-via-an.pdf>
21. Ari C, Kovac S, Murdun C, **Koutnik AP**, Goldhagen C, Rogers C, Park C, Bharwani S, Diamond D, D'Agostino D. Exogenous Ketones Lower Blood Glucose Levels. Experimental Biology, April 21-25th, 2018, San Diego, CA.
22. Rogers C, Ramirez M, Landon C, DeBlasi J, Ward N, **Koutnik AP**, D'Agostino DP. Glutamic-Oxaloacetic Transaminase Combined with Metabolic Therapy in a Mouse Model of Amyotrophic Lateral Sclerosis. Experimental Biology, April 21-25th, 2018, San Diego, CA.
23. Moss SE, **Koutnik AP**, Poff AM, Mandala SR, D'Agostino DP. Exploring the Viability of Exogenous Ketones as Weight Loss Supplements. USF Undergraduate Research Symposium. April 19th, 2018, Tampa, FL.
24. **Koutnik AP**, Poff AM, DeBlasi J, Ward N, D'Agostino DP. Clinical Relevance of VM-M3 in Modeling Cancer Cachexia. Experimental Biology, April 21-25th, 2018, San Diego, CA.
25. **Koutnik AP**, Poff AM, Ward NP, DeBlasi JM, D'Agostino DP. Ketogenic Therapies on Cancer Cachexia in a Mouse Model of Metastatic Cancer. Experimental Biology, April 22-26th, 2017, Chicago, IL.
26. **Koutnik AP**, Poff AM, Ward NP, DeBlasi JM, D'Agostino DP. VM-M3 Model is Dependent on Metastasis to Induce Cachexia. Keystone Tumor Metabolism and Hypoxia Conference, March 4-10th, 2017, Whistler, British Columbia, CA.
27. **Koutnik AP**, Poff AM, Ward NP, DeBlasi JM, D'Agostino DP. Cancer Cachexia and Metabolic Therapeutics in a Mouse Model of Metastatic Cancer. *Conference on Metabolic Therapeutics & Nutritional Ketosis*, February 1-4th, 2017, Tampa, FL.
28. Ari C, **Koutnik AP**, DeBlasi JM, Landon C, Dean JB, D'Agostino DP. Comparison of Exogenous Ketone Supplements on Delayed Latency to CNS Oxygen Toxicity (CNSOT) Seizures. *Conference on Metabolic Therapeutics & Nutritional Ketosis*, February 1-4th, 2017, Tampa, FL.
29. Ward NP, DeBlasi JM, Poff AM, **Koutnik AP**, D'Agostino DP. Modulators of Mitochondrial Electron Transport Enhance Dichloroacetate Cytotoxicity Towards VM-M3 Glioblastoma Cells. *Conference on Metabolic Therapeutics & Nutritional Ketosis*, February 1-4th, 2017, Tampa, FL.

30. Rogers CQ, Ramirez M, Landon CS, DeBlasi JM, **Koutnik AP**, D'Agostino DP. Glutamic-Oxaloacetic Transaminase Combined with Metabolic Therapy in a Mouse Model of Amyotrophic Lateral Sclerosis. *Conference on Metabolic Therapeutics & Nutritional Ketosis*, February 1-4th, 2017, Tampa, FL.
31. DeBlasi JM, DeBlasi JM, Poff AM, **Koutnik AP**, Rogers CQ, Diamond DM, D'Agostino DP. Pharmacological Ascorbic Acid and Hyperbaric Oxygen Therapy Target Tumor Cell Metabolism via an Oxidative Stress Mechanism. *Conference on Metabolic Therapeutics & Nutritional Ketosis*, February 1-4th, 2017, Tampa, FL.
32. DeBlasi JM, Ward NP, Poff AM, **Koutnik AP**, Rogers C, D'Agostino DP. Selective cytotoxicity of ascorbic acid *in vitro*. *Southeastern Medical Scientist Symposium* November 5-6th, 2016, Birmingham, AL.
33. **Koutnik AP**, Poff AP, Ward NP, DeBlasi J, D'Agostino D. Establishing a Model of Metastatic Cancer Exhibits Cancer Cachexia. *5th Global Symposium on Ketogenic Diet Therapies*. September, 2016, Banff, Canada.
34. Ari C, Kovacs Z, Juhasz G, Murdun C, Goldhagen CR, **Koutnik AP**, Poff AM, Kesl SL, D'Agostino DP. Exogenous ketone supplements reduce anxiety-related behavior in Sprague-Dawley and Wistar Albino Glaxo/Rijswijk rats. *Behavioral Neuroscience Society*. June, 2016, Budapest, Hungary.
35. **Koutnik AP**, Poff AP, Ward NP, Ramirez M, D'Agostino D. Establishing that the VM-M3 Model of Metastatic Cancer Exhibits Cancer Cachexia. *The FASEB Journal*. vol. 30, no. 1, Supplement 1167.18; April, 2016, San Diego, California.
36. Ward N, Poff AM, **Koutnik AP**, D'Agostino DP. Metformin Modulation of Dichloroacetate-Induced Oxidative Stress and its Impact on Mitochondrial Integrity in VM-M3 Glioblastoma Cells. April 2016 *The FASEB Journal*. vol. 30 no. 1 Supplement 1099.17; April, 2016, San Diego, California.
37. **Koutnik AP**, Poff AP, Ward NP, Ramirez M, D'Agostino D. Cancer Cachexia in a Mouse Model of Systemic Metastasis. *USF Health Research Day*; February, 2016, Tampa, FL
38. **Koutnik AP**, Poff AP, Ward NP, Ramirez M, D'Agostino D. Cancer Cachexia in a Mouse Model of Systemic Metastasis. *Metabolic Therapeutics*; January, 2016, Tampa, FL.
39. Ward NP, Poff AM, **Koutnik AP**, D'Agostino DP (2016) Metformin Modulation of Dichloroacetate-Induced Oxidative Stress and its Impact on Mitochondrial Integrity in VM-M3 Glioblastoma Cells. *Metabolic Therapeutics Conference*, January, 2016, Tampa, FL

40. **Koutnik AP**, Poff AP, Ward NP, Ramirez M, D'Agostino D. Cancer Cachexia in a Mouse Model of Systemic Metastasis. New Frontiers of Tumor Metabolism, Keystone Conference; February, 2016, Banff Springs, Calgary, Canada.
41. Ward NP, Poff AM, **Koutnik AP**, D'Agostino DP (2016) Metformin modulation of dichloroacetate-induced oxidative stress and its impact on mitochondrial integrity in VM-M3 glioblastoma cells. New Frontiers in Understanding Tumor Metabolism, Banff, AB, Canada.
42. Figueroa A, Wong A, Kalfon R, Madzima TA, **Koutnik AP**. A Session of Vibration Decreases Arterial Stiffness in Stroke Patients. ACSM. May 2014, Orlando, FL.
43. **Koutnik, AP**, Sanchez-Gonzalez, M. A., May, R. W., & Fincham, F. D. Individuals with higher levels of distress have reduced cardiovagal modulation after an interpersonal speech task. 3rd International Society of Hypertension New Investigators' Symposium on Hypertension and Cardiovascular Disease. September, 2013, New Orleans, LA.
44. May RW, Sanchez-Gonzalez MA, **Koutnik AP**, Hughes RM, Fincham, FD. Cardioprotective influence of trait forgiveness: the role of cardiac autonomic modulation, aortic hemodynamics, and nocturnal blood pressure. 3rd International Society of Hypertension New Investigators' Symposium on Hypertension and Cardiovascular Disease. September, 2013, New Orleans, LA.
45. Sanchez-Gonzalez, MA, May, RW, **Koutnik, AP**, & Fincham, FD. Impact of anxiety symptoms on cardiovascular autonomic modulation: Does anxiety mimic age-related autonomic dysfunction? 3rd International Society of Hypertension New Investigators' Symposium on Hypertension and Cardiovascular Disease. September, 2013, New Orleans, LA.
46. Sanchez-Gonzalez MA, May R, **Koutnik AP**, Brown P, Fincham FD. Vasomotor Tone Predicts Depressive Symptoms in Premenopausal Women: A Neurovascular Perspective. 25th Annual Convention Association for Psychological Science. May 2013, Washington, D.C.
47. May R, Sanchez-Gonzalez MA, Brown P, **Koutnik AP**, Fincham FD. School Burnout Attenuates Diurnal Blood Pressure Variability in Young Adult Women. 25th Annual Convention Association for Psychological Science. May 2013, Washington, D.C.
48. Brown P, May R, Sanchez-Gonzalez MA, **Koutnik AP**, Fincham FD. The Relationship of School Burnout, Anxiety, and Depressive Symptoms with Academic Performance. 25th Annual Convention Association for Psychological Science. May 2013, Washington, D.C.
49. Leitner S, Sanchez-Gonzalez MA, **Koutnik AP**, Fincham FD and Pinto JR. Impaired cardiovagal modulation is associated with the hypertrophic cardiomyopathy mutation R21C in cardiac troponin I in conscious knock-in mice. ACC Research Congress. April

2013 Winston-Salem, NC.

50. Sanchez-Gonzalez MA, **Koutnik AP**, Leitner S, Ruiz EL, Kabbaj M, Fincham FD, Pinto JR. Impaired cardiovagal modulation and diastolic dysfunction are features associated with the hypertrophic cardiomyopathy mutation R21C in cardiac troponin I. 57TH Annual Conference Biophysical Society. February 2013, Philadelphia, PA
51. **Koutnik AP**, Sanchez-Gonzalez MA, Wong A, Ramirez KJ, Figueroa A. The effect of L-citrulline supplementation on blood pressure and wave reflection responses to isometric exercise during acute cold exposure. ACC Research Congress. April 2012 Blacksburg, VA.
52. Sanchez-Gonzalez MA, Wong A, Park SY, **Koutnik AP**, Ramirez KJ, Figueroa A. Impact of cold exposure with concurrent isometric handgrip exercise on wave reflection and heart rate variability. ACSM World Congress. June 2012 San Francisco, CA.

PATENTS

Koutnik AP, D'Agostino DP. Prevention and Treatment of Muscle Wasting with Ketone Supplementation; **Date Issued: 9/27/2022; US Patent US11452704B2**

Poff AM, **Koutnik AP**, D'Agostino DP. Compositions and Methods for Weight Loss Maintenance; **Date Issued: 3/7/2023; US Patent US11596616B2**; Europe Patent Application No. 18888960.4 (*Patent Pending*)

Koutnik AP, McClure TS, Philip P. Ketone Bodies Mitigate Carbon Dioxide Retention; Date: 2021; US Patent Application; *Patent Pending*.

Koutnik AP, D'Agostino DP. Ketone Bodies Multifaceted Anti-Aging/Pro-Longevity Therapeutic Effect; Date: 2020; US Patent Application No. 62/964,952; *Patent Pending*

Koutnik AP, D'Agostino DP. Methods to Mitigate Symptoms of Hypoglycemia; Date: 2020; US Patent Application No. 16/998,281; *Patent Pending*

COLLABERATORS

Ongoing

Jonathan Jun; Johns Hopkins School of Medicine; Sleep Disorder Center; Topic: Nutrition, Sleep, Metabolic Disease

Belinda Lennerz; Boston Children's Hospital; Harvard Medical School; Topic: Nutrition, Carbohydrate Restriction, Type-1 Diabetes

Jeff Volek; Ohio State University; Topic: Strategies to Augment Nutrition Ketosis.

Kendra Vehik; Health Informatics Institute; College of Public Health; University of South Florida; Topic: Autoimmunity, Type-1 Diabetes, Nutrition

Phillip Prins, Jeffrey Buxton; Exercise Science; Grove City College; Topic: Carbohydrate Restriction, Exogenous Ketones, Cognitive & Physical Performance, Metabolism

Brianna Stubbs, John Newman; Buck Institute for Research on Aging; Topic: Ketone Bodies; Metabolism; Diabetes

Brendan Egan; School of Health & Human Performance; Dublin City University; Topic: Ketone Bodies, Nutritional Ketosis, Metabolism, Skeletal Muscle, Exercise, Performance

Past

Sam Klein, Gordon Smith, Miriam Jacome-Sosa, Debra Haire-Joshu, Ashley Thorsell, Kristin Castorino; Sansum Diabetes Research Institute; Washington St. Louis College of Medicine; Topic: Nutrition, Carbohydrate Restriction, Type-1 Diabetes, Type-2 Diabetes, Obesity, Sleep, Tirzepatide.

Thomas O'Connell; Otolaryngology-Head& Neck Surgery; Indiana University School of Medicine; Topic: Exogenous Ketone Bodies; Metabolism; Cachexia; Skeletal Muscle

Chia-Wei Cheng, Omer Yilmaz; David H. Koch Institute for Integrative Cancer Research; Department of Biology; Massachusetts Institute of Technology; Topic: Exogenous Ketones, Ketogenesis, Intestinal Stem Cell

Marcus Goncalves; Meyers Cancer Center, Department of Medicine; Division of Endocrinology; Weill Department of Medicine; Topic: Exogenous Ketones, Lung Cancer, Cachexia.

Sarah Deemer, Brandon Roberts, Eric Plaisance; Nutrition Obesity Research Center; Department of Human Students; University of Alabama Birmingham; Topic: Exogenous Ketone Bodies, Body Composition, Adipolysis, Appetite.

Nagi Kumar, Kathleen Egan, Solmaz Sahebjam; Cancer Chemo Prevention; Division of Population Sciences & Genitourinary Oncology; Oncologic Sciences; Moffitt Cancer Center

Annalisa Zecchin, Peter Carmeliet; VIB Center for Cancer Biology; Department of Oncology;

Leuven Cancer Institute; KU Leuven; Topic: Ketone Bodies, Pre-Clinical Modeling, Lymphatic, Angiogenesis.

Michael Roberts; School of Kinesiology; Auburn University; Topic: Ketone Bodies, Cachexia, Skeletal Muscle Atrophy

Angelia Holland; Department of Kinesiology; College of Education; Augusta University; Topic: Ketone Bodies, Traumatic Brain Injury

Paras Mishra, So-Young Park; Department of Cellular & Integrative Physiology, College of Medicine; School of Health & Kinesiology; University of Nebraska; Topic: Cardiac Remodeling; Diabetes; Ketogenesis

Alexei Wong; Human Health and Performance; Marymount University; Topic: Diabetes, Exercise, Metabolism

Marcos Sanchez-Gonzalez, Bishoy Goubran; Department of Psychiatry; Division of Clinical & Translation Research; Larkin Health System; Topic: Extreme Environments, Autonomic, Cardiovascular

Michelle Favre, Jorge Serrador; Department of Pharmacology, Physiology and Neuroscience; Rutgers Biomedical and Health Sciences; Topic: Cerebrovascular Hemodynamics, Extreme Environments

TEACHING/ACADEMIC CONTRIBUTION

1. Lecturer (*Invited*) – Ohio State University; Colloquium: Health & Exercise Science. Ergogenic Aids; Exercise Physiology Graduate Program; Spring 2023
2. Lecturer (*Invited*) – Florida State University; Topics in Exercise Physiology; Exercise Physiology Graduate Program; Fall 2022.
3. Lecturer (*Invited*) – Florida State University; Topics in Exercise Physiology; Exercise Physiology Graduate Program; Fall 2021.
4. Lecturer (*Invited*) – Stanford University; Stanford Continuing Studies; WSP161: Ketogenic Diets and Intermittent Fasting; Fall 2020.
5. Lecturer (*Invited*) – Jacksonville University; BIO 221: Nutritional Impact on Disease. 2020.
6. Lecturer (*Invited*) – Stanford University; Stanford Continuing Studies; WSP161: Ketogenic Diets and Intermittent Fasting: Fads, Facts, and Fiction; 2019.
7. Advisory Board Member (Biomedical & Sports Medicine and Fitness Technology) - Keiser University, Tampa, FL

8. Lecturer (*Invited*) - Special Topics in Cellular Energy Metabolism in Health and Disease. Cardiovascular Disease and Stroke Lecture. University of Tampa. November 1, 2016.
9. Lecturer (*Invited*) – Sports Medicine and Fitness Technology. Obesity and Metabolic Adaptations. Keiser College. November 2016.
10. Lecturer (*Invited*) – Molecular Biology & Sports Medicine. Scientific Path. Keiser College. March 2017.
11. Lecturer (*Invited*) – Special Seminars in Nutrition. University of South Florida Physical Therapy. October 2018

REVIEWER

Grant Panels:

- Department of Defense (DoD); Peer Reviewed Medical Research Program (PRMRP); Congressionally Directed Medical Research Programs (CDMRP); October 26th-27th, 2021; Topic: Nutrition Optimization-Eating Disorder (NO-ED); Program Review: Investigator Initiated Research Award (IIRA), Technology/Therapeutic Development Award (TTDA) and Expansion Award (ExpA).
- Department of Defense (DoD); Peer Reviewed Medical Research Program (PRMRP); Congressionally Directed Medical Research Programs (CDMRP); October 4th, 2022; Topic: Food Allergies-Nutritional Optimization-Mitochondrial Diseases (CT-FA-NM); Program Review: Clinical Trial Award (CTA).

Journals:

- Obesity Review
- Cancer Communications
- Cell Communication and Signaling
- Journal of Physiology
- Journal of Applied Physiology
- Experimental Physiology
- Physiological Reports
- Frontiers in Physiology
- Frontiers in Nutrition
- Frontiers in Pharmacology
- American Journal of Physiology – Cell Physiology
- American Journal of Physiology – Regulatory, Integrative and Comparative Physiology
- American Journal of Applied Physiology
- American Journal of Hypertension
- Menopause Journal
- PeerJ

MENTORSHIP

Florida State University:

- Claudia Rivero; Cardiovascular Research, AWH leadership role, Kendall Regional Medical Center; Emergency Department Registered Nurse.
- Cole Mackenzie; Cardiovascular Research, AWH leadership role, Current University of Central Florida Medical Student (Residency)
- Joseph Leonard; Cardiovascular Research, Honor Thesis, Current Florida State University Medical Student
- Stefano Leitner; Cardiovascular Research, Current Florida State University Medical Student; George Washington University School of Medicine and Health Sciences Resident; University of California San Francisco Occupational & Health Medicine Resident
- Eric Krivensky; Cardiovascular Research, Current Florida State University Medical Student; Navy Medical Operational Training Center; Naval Hospital Jacksonville; Resident; Naval Flight Surgeon

University of South Florida:

- Karina Noboa; Body Composition, Extreme Environmental Physiology; University of South Florida; Exercise Physiology Graduate Student.
- Maricel Soliven; Cancer Cachexia, Metastatic Imaging, Rodent Colony Development, Therapeutic Assessment in Cancer Modeling; University of South Florida Morsani College of Medicine Medical Student.
- Sara Moss; Cancer Cachexia, Metastatic Imaging, Rodent Colony Development, Therapeutic Assessment in Cancer Modeling; Dietary Design and Implementation, Experimental Design, Statistical Analysis; University of South Florida Morsani College of Medicine Ph.D. Student
- Janine DeBlasi; Cancer Metabolic Research, Animal Care, Experimental Design, Cancer Cachexia, Body Recomposition, Autonomic Regulation, Undersea Physiological Research; 2018 Oxford Graduate Student, Radiation Oncology; Moffitt Research Center Ph.D. Student
- Melissa Ramirez M.S.; Cancer Metabolic Research, Animal Care, Experimental Design, Cancer Cachexia; Lake Erie College of Osteopathic Medicine Medical Student; Residency.
- Brandi Williams B.S.; In-Vitro and In-Vivo VM-M3 and VM/dK experiments
- Sahith Mandala B.S.; Body Recomposition, Metabolic Setpoint, Ketogenic Therapeutics, Animal Care, Experimental Design; University of South Florida Medical Student

Institute of Human and Machine Cognition:

- Adam Isherwood M.S.; Ketone-Based Metabolism, Extreme Environmental Physiology, Experimental Design and Implementation.; Research Associate; University of Oxford D.Phil Student.
- Tyler McClure, M.S.; Ketone-Based Metabolism, Extreme Environmental Physiology, Experimental Design and Implementation. Doctoral Student; Dublin City University.
- Shelby Greene, M.S.; Ketone-Based Metabolism, Extreme Environmental Physiology, Experimental Design and Implementation. Research Associate.
- Kody Coleman, M.S.; Ketone-Based Metabolism, Extreme Environmental Physiology, Experimental Design and Implementation. Research Associate.
- Ryan Baker, M.S.; Ketone-Based Metabolism, Extreme Environmental Physiology,

- Experimental Design and Implementation. Research Associate.
- Lucas Westfall, B.S.; Ketone-Based Metabolism, Extreme Environmental Physiology, Experimental Design and Implementation. Intern.

Sansum Diabetes Research Institute:

- Brandon Cobb B.S.; Nutrition, Obesity, Type 2 Diabetes, Underserved Hispanic Population, Advanced Cardiometabolism, Polysomnography, Magnetic Resonance Imaging, Dual Energy X-Ray Imaging; Clinical Research Coordinator; University of California Los Angeles Medical Student.
- Maggie Shuirman B.S.; Nutrition, Obesity, Type 2 Diabetes, Underserved Hispanic Population, Advanced Cardiometabolism, Polysomnography; Clinical Research Coordinator; University of California Santa Barbara; Physician Assistant Applicant.
- Eliana Kohler; Nutrition, Obesity, Type 2 Diabetes, Underserved Hispanic Population, Advanced Cardiometabolism, Polysomnography, Magnetic Resonance Imaging; Research Associate; University of California Santa Barbara.
- Keyla Morales; Obesity, Type 2 Diabetes, Underserved Hispanic Population, Advanced Cardiometabolism, Polysomnography; Research Associate.

PROFESSIONAL EXPERIENCE, COMMUNITY & SCHOLARLY SERVICE

2023-Present	<i>Scientific Advisory Board Member.</i> Nutrishus Brands Inc.
2021-Present	<i>Scientific Advisory Board Member.</i> Simply Good Foods.
2019-Present	<i>Member.</i> Type-1 Diabetes Clinical Research Working Group (IPTN). Victoria, British Columbia. Task Force Development of Type-1 Diabetes Clinical Guide.
2019-2022	<i>Affiliate.</i> Help a Diabetic Child. Research and Therapeutic Outreach
2018	<i>Speaker.</i> TEDxUSF 2018. Tampa, FL. <i>Rethinking Nutrition for Type-1 Diabetics: A Personal and Research Perspective.</i>
2017	<i>Researcher & Topside Support Crew.</i> NASA NEEMO 22. Islamorada, FL. Design, initiate and coordinate two separate research projects for NASA NEEMO 22 mission. 1. <i>Recomposition and Altered Functionality Resulting from Long Term Habituation at Saturation</i> 2. <i>Evaluate Sleep Quality Using Autonomous Function During an Operational Space Analog Mission in a Saturated Diving Habitat</i> Assist in data collection for two additional research projects for NASA NEEMO 22 mission. 1. <i>Effect of the Extreme Environment of Saturation on Microbiome in Humans</i> 2. <i>Evaluate Psychological, Motor and Sensory function during an operational space analog mission in a saturated diving habitat</i>

- 2017 *De Novo Nutrition Elements Contributor.* DeNovo Nutrition. Scranton, PA. Review, revise, and developed content for company content regarding Philosophy, Physiology, Nutrition, and Supplementation. Specialized topics in Cardiovascular Health.
- 2010-2014 *Plan Development Specialists.* Disaster Strategies and Ideas Group (DSI). Tallahassee, FL. Review, revise, and developed documentation for several Homeland Security/Emergency Management Plans for State of Florida. Assisted DSI Homeland Security Specialist in the development of Healthcare Coalitions in Leon County and conducting research for Wakulla County Health Department's efforts to be accredited. Evaluator for FDEM Human Services for 2014 Hurricane Exercise.
- 2013 *Advocates for World Health Tallahassee Regional Chapter Co-Founder and Advisor.* Advocates for World Health. Tallahassee, FL. Co-establish chapter, organize and advice club leadership, and approach local organizations, facilities, and corporations to gather surplus medical supplies.
- 2013 *Honors Program Assistant.* The Florida State University, Honors Program Assistant. Tallahassee, FL. Assisted Honors Director with required FSU Honors Program course *Honors Colloquium* (HUM 2944).
- 2011-2013 *Community Group Assistant.* Tallahassee Memorial Hospital Cerebrovascular Rehabilitation Center. Tallahassee, FL. Helped set up weekly held stroke wellness group meetings (~20). Watched and assisted in stroke physical therapy classes. Participated in community events with stroke wellness group.
- 2011-2012 *Undergraduate Mentor.* The Florida State University Alpha Epsilon Delta Pre-Health Honors Society. Tallahassee, FL. Mentored two Florida State University freshman students pursuing careers in medicine.
- 2012 *Clinical Observer.* Dr. Kris D. Stowers, The Tallahassee Orthopedic Center. Tallahassee, FL.
- 2012 *Club Member/Volunteer.* Medlife Medical Mission Trip Florida State University Chapter. Tena, Ecuador. Provided medical assistance to family physicians, dentists, and gynecologist. Helped build shelter and medical facilities.
- 2012 *Undergraduate Assistant.* Honors in the Major Undergraduate Representative. Tallahassee, FL. Represented and promoted FSU's Honors, Undergraduate Research, and Fellowship Departments/Programs at different campus events (fundraisers, class lectures, ceremonies, etc...).
- 2011 *Undergraduate Research Ambassador.* Florida State University Student

Council for Undergraduate Research and Creativity. Tallahassee, FL. Worked and spoke at FSU sponsored events to promote and give guidance to students on undergraduate research, creativity, and opportunities within FSU

2009 *Counselor*, Tallahassee Memorial Hospital Diabetes Center Family Weekend for Children with Type-1 Diabetes. 3 days/2 nights; Children & Families with Type-1 Diabetes.

FEATURES

Written:

2018-Present AndrewKoutnik.com Educational Resource

2018-Present [Andrew Koutnik Social Media](#)

2018	Low Carb & Type-1 Diabetes:
Video:	
2024	Thomas DeLauer: Insulin Resistance Scientist on How to Reduce Abdominal Fat & Lower Insulin Resistance
2024	Metabolic Mind: Can Keto Transform Type 1 Diabetes Treatment? A Decade of Insights from Dr. Andrew Koutnik
2024	Physiologically Speaking: The Case for Keto for Type 1 Diabetes with Andrew Koutnik, Ph.D.
2024	Merdith For Real: Type 1 Diabetes & Keto Diet
2024	Sports Science Dudes: Pioneering Nutrition for Improved Type 1 Diabetes Management – Andrew Koutnik, PhD
2024	Power Athlete Radio: Power Athlete Radio Ep 740: Decoding Diabetes
2024	Supersapiens Podcast: Low Carb for Athletes, Learning Metabolism through Diabetes and Diabetes as an Asset – Dr Andrew Koutnik
2024	H.V.M.N. Podcast: Why is Diabetes so Common in the United States? With Dr. Andrew Koutnik
2023	The Sugar Science: Ask the Expert: Andrew Koutnik. Type 1 Diabetes & Nutrition: Current Developments & Research Gaps
2023	I Fix Heart Radio: Dr. Andrew Koutnik: Unlocking the Power of Metabolic Health in Type 1 Diabetes Care: I Fix Heart
2023	Human Performance Outlier: Human Performance Outlier: Andrew Koutnik, PhD – Low Carb Health & Performance – Ep. 353
2023	Low Carb MD: Low Carb MD – Episode 277.
2023	I Fix Hearts: Dr. Andrew Koutnik: Unlock the Power of Metabolic Health in Type 1 Diabetes Care
2023	Bipolarcast: Impact of Type 1 Diabetes and Nutrition on Mental Health
2022	Clearfield Medical Group: Type 1 Diabetes Outcomes, Therapies, and Future Innovations with Dr Andrew Koutnik
2022	Blue Circle Diabetes: Does nutrition matter more than you think in T1D?
2022	Blue Circle Diabetes: Metabolic & Mental Health Impact of Type 1 Diabetes: Implications of a Low Carb Diet FB Live
2021	Metabolic Health Summit: Metabolic Health Summit; Low Carb and Type 1 Diabetes (Interview Clip)
2019	Institute for Human and Machine Cognition: IHMC: Low Carbohydrate Diet for Type-1 Diabetes? Patient and Research Perspective
2019	Institute for Personalized Therapeutic Nutrition: IPTN; Clinician Webinar on Nutrition for Type-1 Diabetes
2018	TEDx: TEDx: Rethinking Nutrition for Type-1 Diabetics
2018	Metabolic Health Summit: Metabolic Health Summit; Type-1 Diabetes & Low Carb
2018	International Congress of Natural Health: International Congress of Natural Health; Ketogenic Diet in Brain, Neurological & Metabolic Disorders
2017	Diet Doctor: Diet Doctor; Carbs or Not for Type 1 Diabetes?

Podcasts:

- 2024 [Meredith for Real: The Curious Introvert - Does Diet Matter if You Have to Take Insulin Anyways](#)
- 2024 [HVMN: Why is Diabetes So Common in the United States? With Dr. Andrew Koutnik](#)
- 2024 [Ep 171: Low Carbs Diet, Type 1 Diabetes and Living Well with Dr. Andrew Koutnik](#)
- 2024 [Power Athlete Raio Ep 740: Decoding Diabetes](#)
- 2024 [Supersapiens: Episode 43 - Low Carb for Athletes, Learning Metabolism through Diabetes and Diabetes as an Asset - Dr Andrew Koutnik](#)
- 2023 [HIIT Science - A Fully Detailed Useful & Grounded View on Fat for Endurance, Performance & Health – With Dr. Andrew Koutnik](#)
- 2023 [Ask the Expert: Andrew Koutnik. Type 1 Diabetes & Nutrition: Current Developments & Research Gaps](#)
- 2023 [Human Performance Outlier: Andrew Koutnik, PhD – Low Carb Health & Performance – Ep. 353](#)
- 2023 [Low Carb MD – Episode 277.](#)
- 2023 [Hey Coach Radio: Living with Diabetes \[Part 1\]\(#\) & \[Part 2\]\(#\)](#)
- 2021 [Jessica Ancaya; Managing Type 1 Diabetes with the Keto Diet.](#)
- 2021 [Mikkipedia \[Part 1\]\(#\) & \[Part 2\]\(#\); Type 1 Diabetes and an LCHF diet.](#)
- 2020 [Kristi Storoschuk; Type-1 Diabetes and Very Low Carb Diets.](#)
- 2019 [Futuretech Podcast; \[The Nutrition to Diabetes Connection\]\(#\) & \[Diabetes & Diet.\]\(#\)](#)
- 2018 [Joe Rogan Experience; #1176; \[Mentioned: 02:11:55\]](#)
- 2016 [Tim Ferris; #172; \[Mentioned: 19:16\]](#)

PROFESSIONAL REFERENCES

References will be provided upon request.