



MISTA SYMPOSIUM HEALTHSPAN

When	March 18, 2026 from 8:30am to 5:30pm, followed by a cocktail
Where	San Francisco (address shared with confirmed guests)
What	Immersive event featuring keynotes, panels, and start-up at the intersection of longevity and healthy eating
Who	Decision makers in the food space – corporates, start-ups, VCs, academics, NGO's, press – capped at 200 attendees (by invite only)

Program Day built around 4 typical consumers

- *Bob, a middle aged sedentary adult*
- *Jennifer, a menopausal active woman*
- *Dereck, a GLP-1 user looking to ramp off*
- *Onyx, a biohacker who wants to live forever*

We will explore their health needs and nutritional goals through start-up showcases, key notes and panel discussion

- *New start-up technology showcase*
- *Exploring food as a vector of healthy aging*
- *Blurring the lines between drug, supplements and foods*
- *Going beyond weight loss, GLP-1 as a longevity tool*

The Symposium is the Discovery phase of the 2026 MISTA Growth Hack and will be followed by a Road Show in April (Switzerland), an Application/Integration phase mid-year and a Demo Day in the fall (SF)

Participating Corporates:

AAK

BÜHLER

Givaudan

Ingredion

Nestlé

**california
almonds**

HWA

**the
INCREDIBLE EGG**

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SIG

Select MISTA Growth Attendants' Feedback for the 2025 edition

I loved the combination of visionary conversations and real product demos — it created incredible energy in the room. It truly felt like being part of a movement shaping the future of food.

Julien Henon - Cultivated Food Lab

I enjoyed tasting the products and learning about the novel ideas from start ups! Really special to see so many Ingredient companies working together.

Kirstie Canene-Adams - Ingredion

This Hack embodied creativity, insight, and collaboration. It was great to see how intentional partnerships can accelerate the future of healthy nutrition.

Patricia Catauro - Welch's

Overall event rating: 4.8/5



A delightful event where leading innovators unite with a unified goal towards innovation.

Dan Altschuler - Unovis VC

Superb event! I loved the mix of panel debates, short presentations, tastings and networking opportunities.

Elaine Watson - AgFunder News

As a startup looking to launch a new food technology brand, I could not have designed a better room to do so. We walked away with a big list of connections and next steps.

Rick Marquardt - Lasso

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MISTA
GROWTH HACK
HEALTHSPAN

Evolving the food system, together.

