



# Dr. Lilla Bessenyei

PROFESSIONAL PORTFOLIO

[THENOOTROPICSPECIALIST.COM](http://THENOOTROPICSPECIALIST.COM)





# Qualifications and Expertise:

PHARMACIST

SUPERFOOD EXPERT

AUTHOR

FUNCTIONAL RECIPE  
DEVELOPMENT SPECIALIST

PRODUCTIVITY COACH

## **Experience:**

5 years of experience in the functional drinks industry

Worked with 80 brands

4x Quality Food Awards Judge

Women and Food and Drink Awards Judge

## **Education:**

University of Pharmacy (Szeged, 2009-2016)

# Specialities



**SUPERFOODS**



**NOOTROPICS**



**NUTRITION**



**SPORTS  
RECOVERY**



**PLANT-BASED  
DIET**



**GUT HEALTH**



**BEAUTY  
INGREDIENTS**



**HORMONAL  
HEALTH**



**INNOVATION**



**HEALTHY  
HABITS**



# Bio

Dr Lilla graduated from university in 2016 and has since worked on a wide range of projects focused on holistic health and sports recovery. She is recognised as an expert in superfoods and plant-based ingredients, with a strong focus on functional nutrition and evidence-based wellness.

Her expertise includes nootropic ingredients that support mental performance, compounds that aid physical recovery, and functional ingredients that contribute to hormonal balance and overall well-being. Dr Lilla is particularly known for her ability to strategically combine ingredients and develop highly effective active formulations designed to genuinely improve people's lives.

In addition to her industry work, Dr Lilla serves as a judge for the Quality Food Awards, recognising excellence and innovation across the UK food and drink sector.

[BRANDINGINNOVATIONS.CO.UK](https://brandinginnovations.co.uk)

# Bio

Over the past five years, particularly since the onset of the pandemic, Dr Lilla has dedicated her work to the food and drink industry, specialising in the rapidly growing functional and wellness sector. Since then, she has collaborated with more than **75 brands and over 150 recipes**, ranging from established UK companies to innovative start-ups, helping them develop products that combine efficacy with strong consumer appeal. She worked with the likes of VitClear, Spacegoods, and Carouse.



# Brands she worked with

**vitclear.**

Award-Winning Drinks for focus, balance and recovery.



# Brands she worked with



**Spooky's Kiosk**

Fermented, probiotic  
kvass drinks



**PÜRCHARGE**

Energy water with  
nootropics



**SeltSake**

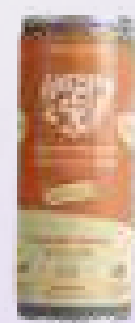
Premium sake  
spritzers

# Brands she worked with



**Nooi**

Natural energy drinks



**Happy sip**

Vitamin drinks for children



**Elevate**

Effervescent tablets with nootropics

**spacegoods**



**Lusty**

Hydration drinks with functional ingredients



**Progevity**

Protein drinks for the 50+ market with functional ingredients



**Apeal World  
ACV**

Apple cider vinegar drinks



**Saints &  
Angels**

Non-alcoholic champagne with functional ingredients



**Bliev**

Vegan protein drinks



**EauGlo**

Beauty drinks with vegan collagen



**Carouse**

Non-alcoholic spirits with functional ingredients



**Hidden  
nature**

Spicy cocktails



**Nutrein**

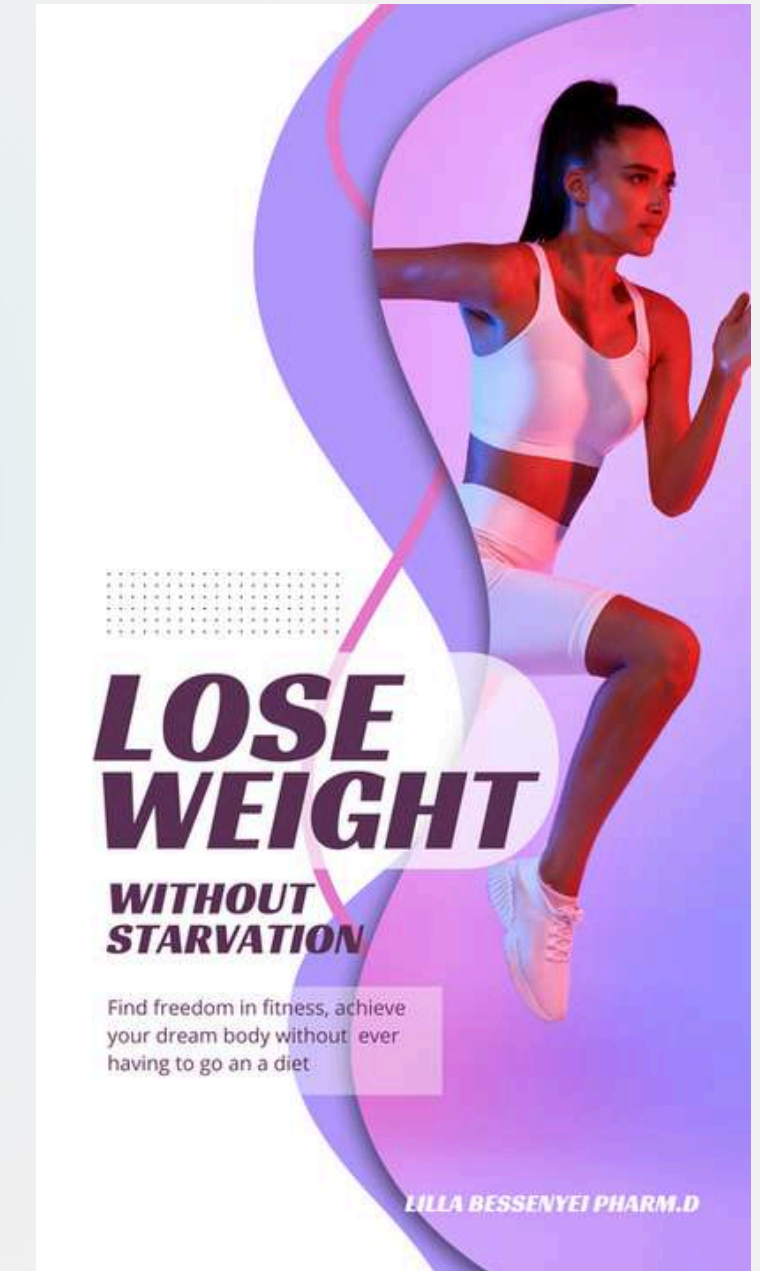
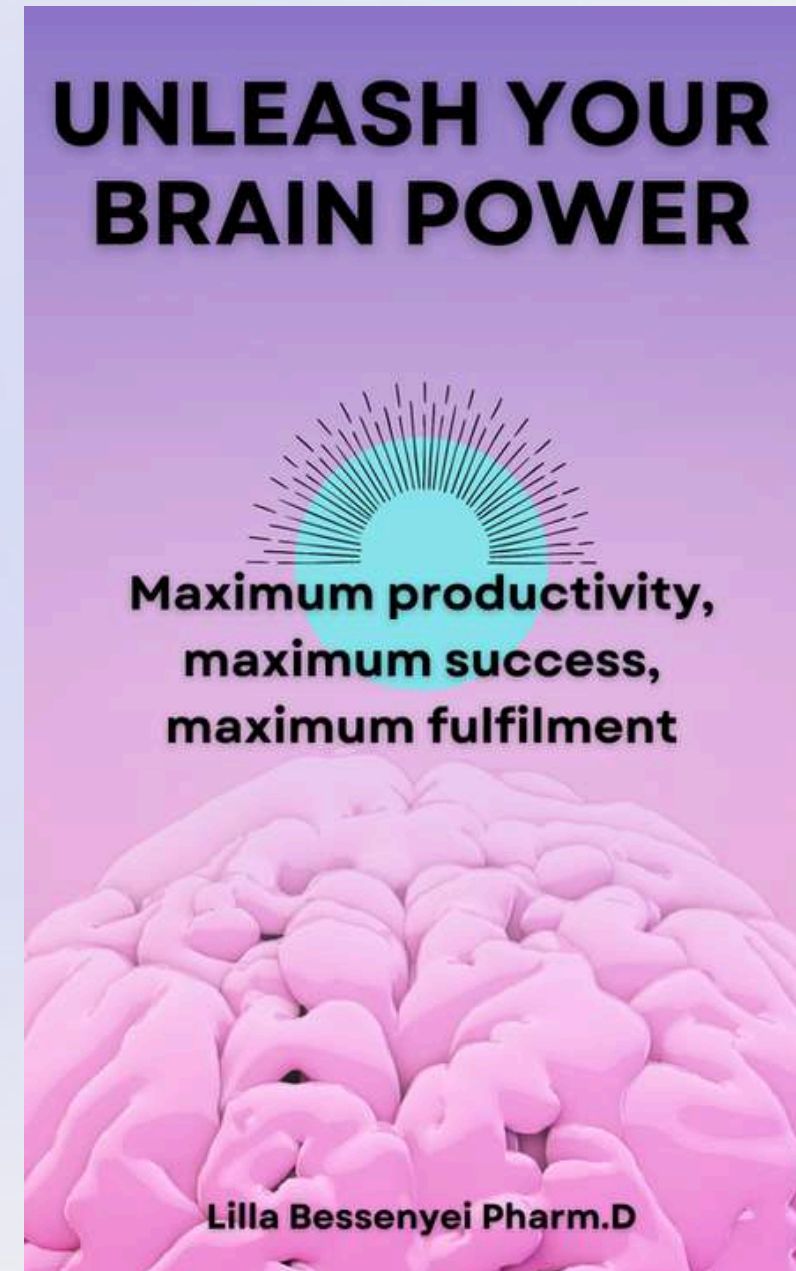
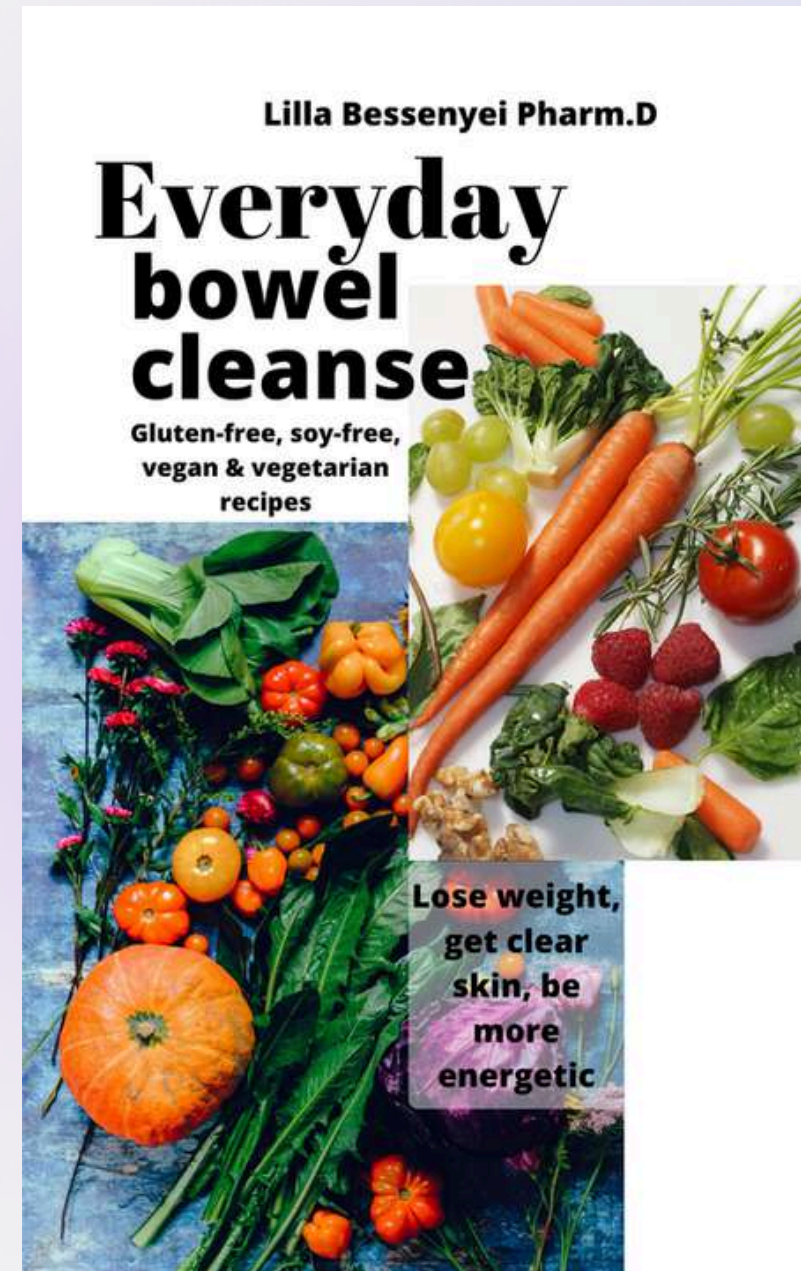
Natural energy drinks



**Root Mylk**

Tiger nut milk drinks

# Books she has written



# Publications



## Latest beverage trend: superfood mushrooms

Explore the superfood mushroom drink trend of 2023. Learn key insights & benefits. Read now to stay ahead in beverage innovation!

[brandinginnovations.co.uk](https://brandinginnovations.co.uk)



## Traditional Energy Drinks vs. Plant-Based Drinks

Discover why traditional energy drinks are declining and plant-based alternatives are rising. Explore market trends and consumer preferences.

[Branding Innovations UK / Jun 27, 2022](#)



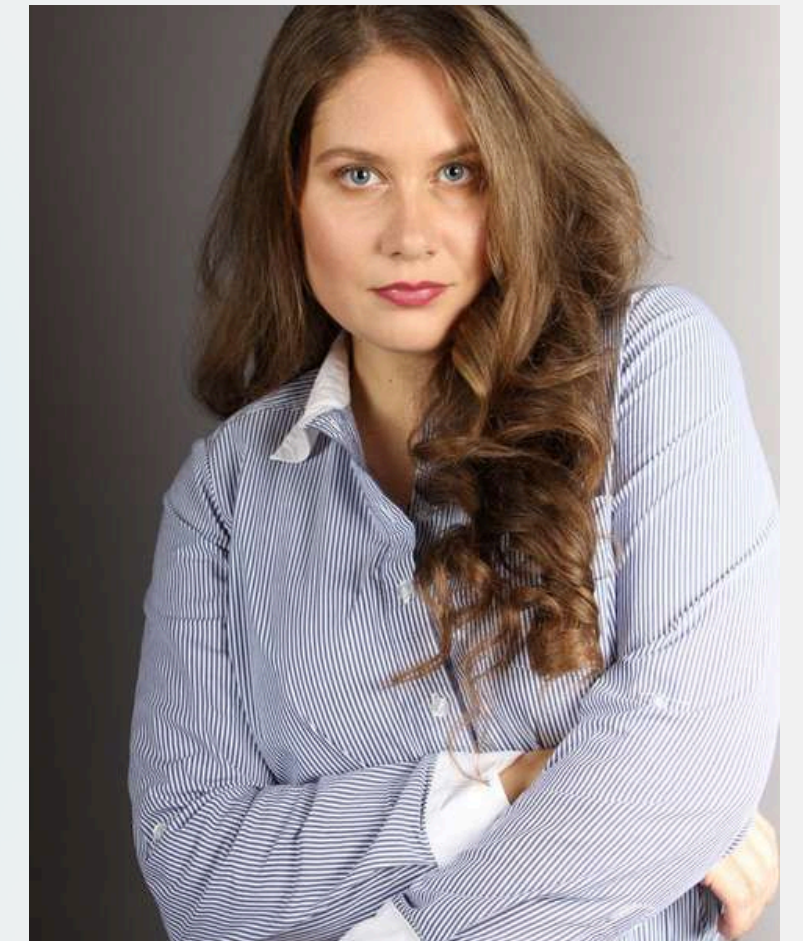
## Beverage industry trends: Gut Health & Prebiotic Fibre

The beverage industry is reshaping with trends like wellness-focused drinks, plant-based innovations, &...

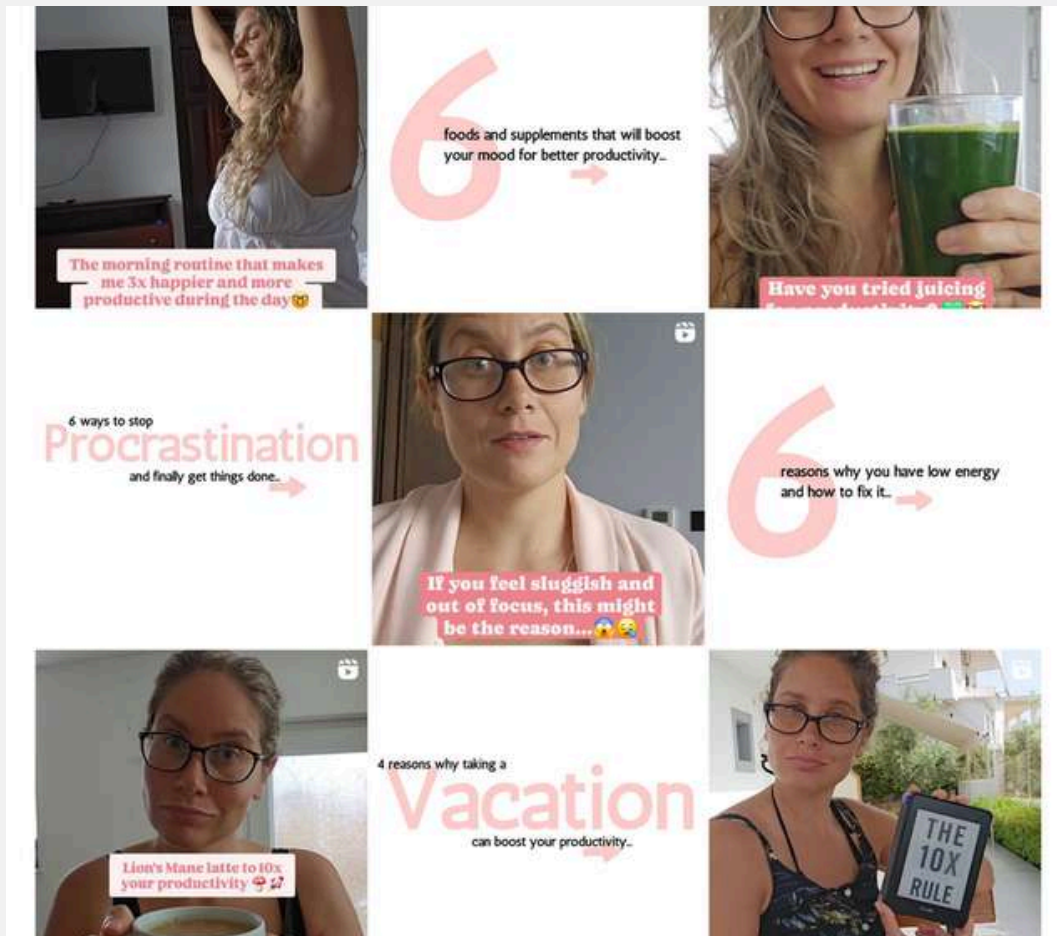
[Branding Innovations UK / Jun 14, 2023](#)

# Personal

Besides focusing on her career, she is a health and fitness influencer, self-development addict, vegetarian chef, model, environmentalist, and lifelong learner, constantly looking for ways to improve her and other people's lives.



Instagram



@productivitywithlilla

# Get in touch

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