



Dr. Lilla Bessenyei

PROFESSIONAL PORTFOLIO

THENOOTROPICSPECIALIST.COM





Qualifications and Expertise:

PHARMACIST

SUPERFOOD EXPERT

AUTHOR

FUNCTIONAL RECIPE
DEVELOPMENT SPECIALIST

PRODUCTIVITY COACH

Experience:

3 years of experience in the functional drinks industry

2x Quality Food 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

From an early age, Dr. Lilla Bessenyei was captivated by the intricate relationship between nutrition, health, and human performance. This passion led her to pursue a degree at the University of Pharmacy in Szeged, where she graduated in 2016 with a deep understanding of the science behind holistic health. But her journey didn't stop there—instead, it evolved into a mission to redefine how we approach wellness in the modern world.

Over the past several years, Dr. Lilla has carved out a unique niche at the intersection of superfoods, nootropics, and functional drinks. Her work is driven by a singular goal: to empower individuals to unlock their full potential through targeted, science-backed nutrition. Whether it's formulating nootropic blends to enhance mental clarity or designing recovery-focused superfood recipes, Dr. Lilla's innovative approach has set her apart as a thought leader in the wellness industry.

Bio

Her expertise has been sought after by both established brands and trailblazing startups across the UK. From collaborating with well-known names like Spacegoods and Nutrein to guiding emerging brands like Carouse, Progevity, and Lusty, Dr. Lilla's ability to craft functional ingredients into powerful wellness solutions is unparalleled.



Brands she worked with



Nooi

Natural energy drinks



Happy sip

Vitamin drinks for children



Elevate

Effervescent tablets with nootropics

spacegoods

Spacegoods

Natural energy drinks



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



B'liev

Vegan protein drinks



EauGlo

Beauty drinks with vegan collagen



Carouse

Non-alcoholic spirits with functional ingredients



Hidden nature

Spicy cocktails



Nutrein

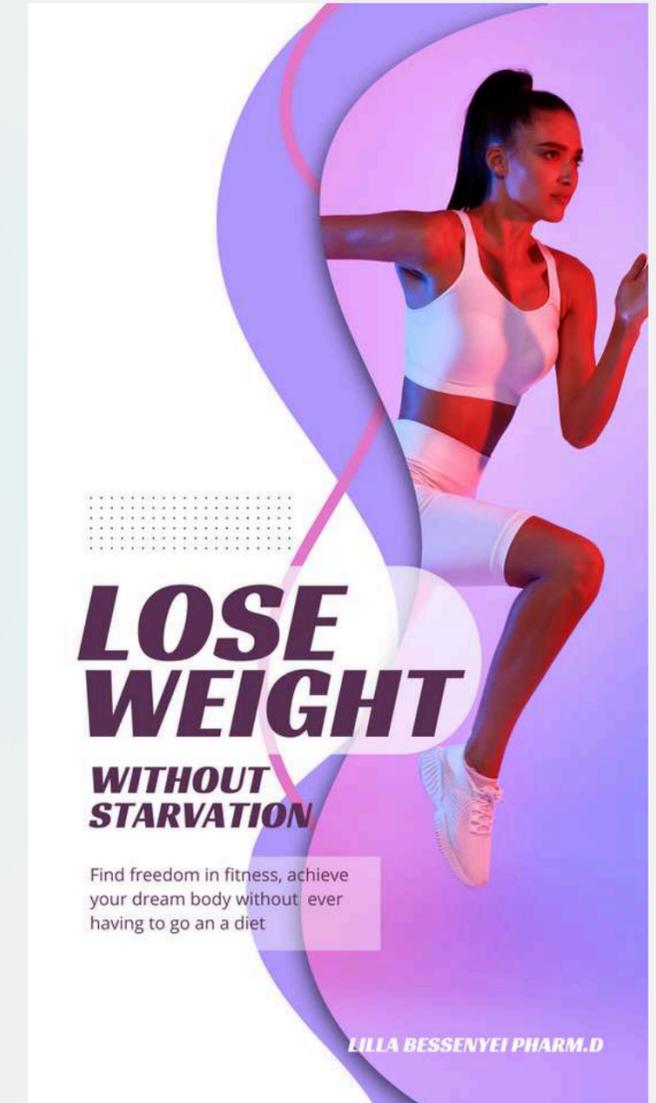
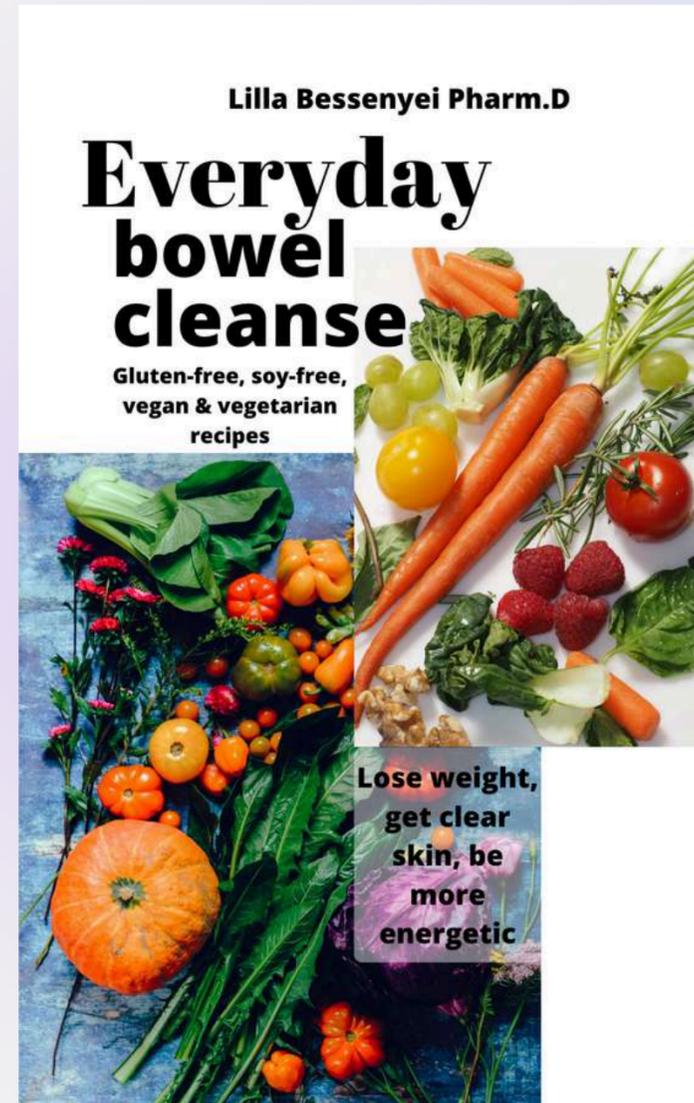
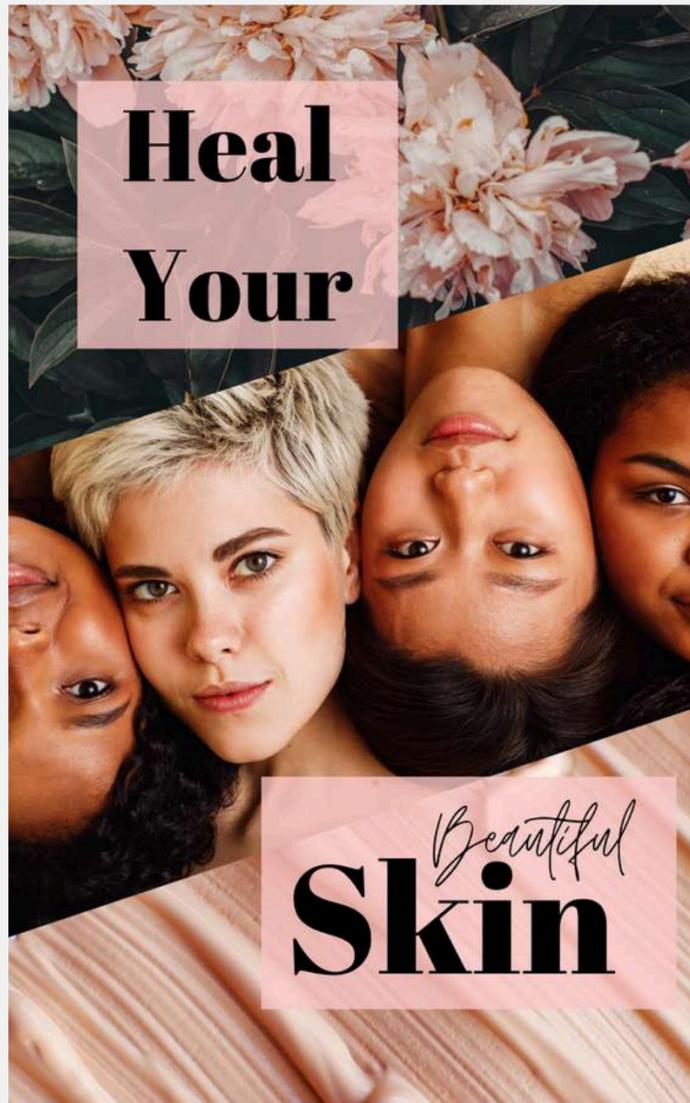
Natural energy drinks



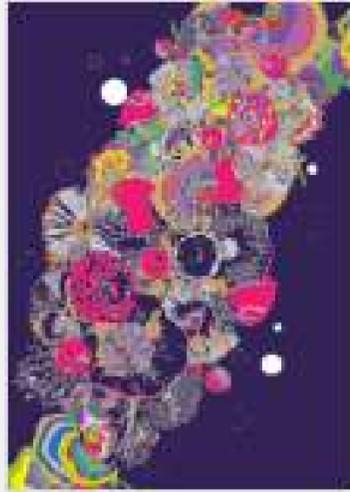
Root Mylk

Tiger nut milk drinks

Books she has written



Publications



Latest beverage trend: superfood mushrooms

Functional drinks have enjoyed a lot of spotlight since 2020 as people were more concerned about their health than ever...

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 driving this shift.

[Branding Innovations UK](https://brandinginnovations.co.uk) / Jun 27, 2022



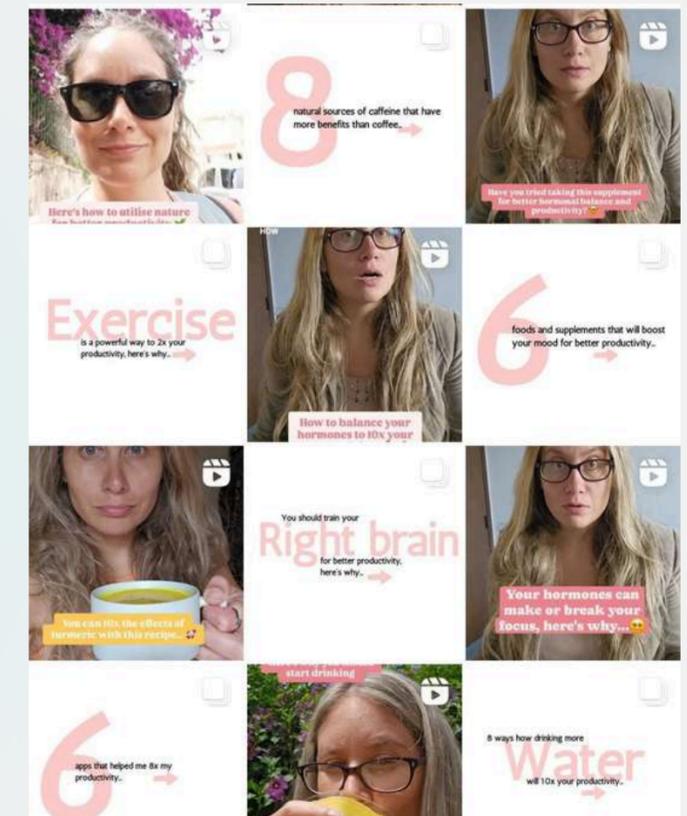
Beverage industry trends: Gut Health & Prebiotic Fibre

The emergence of Covid has ignited a strong focus on boosting immunity, leading to a surge of interest...

[Branding Innovations UK](https://brandinginnovations.co.uk) / Jun 14, 2023

Personal

In addition to her professional work, Dr. Lilla is a passionate health and fitness advocate. As a vegetarian chef, self-development enthusiast, and environmentalist, she lives out the principles she champions. Through her Instagram, @productivitywithlilla, she shares insights on maximising productivity, balancing life's demands, and pursuing personal growth—all while staying rooted in wellness.





Overview

Dr. Lilla's journey is one of constant learning and innovation, as she continues to explore new ways to enhance both her life and the lives of those around her. Her commitment to excellence has not only earned her the role of a Quality Food Awards judge but also the respect of her peers as one of the UK's leading experts in nootropics and functional wellness.



Get in touch

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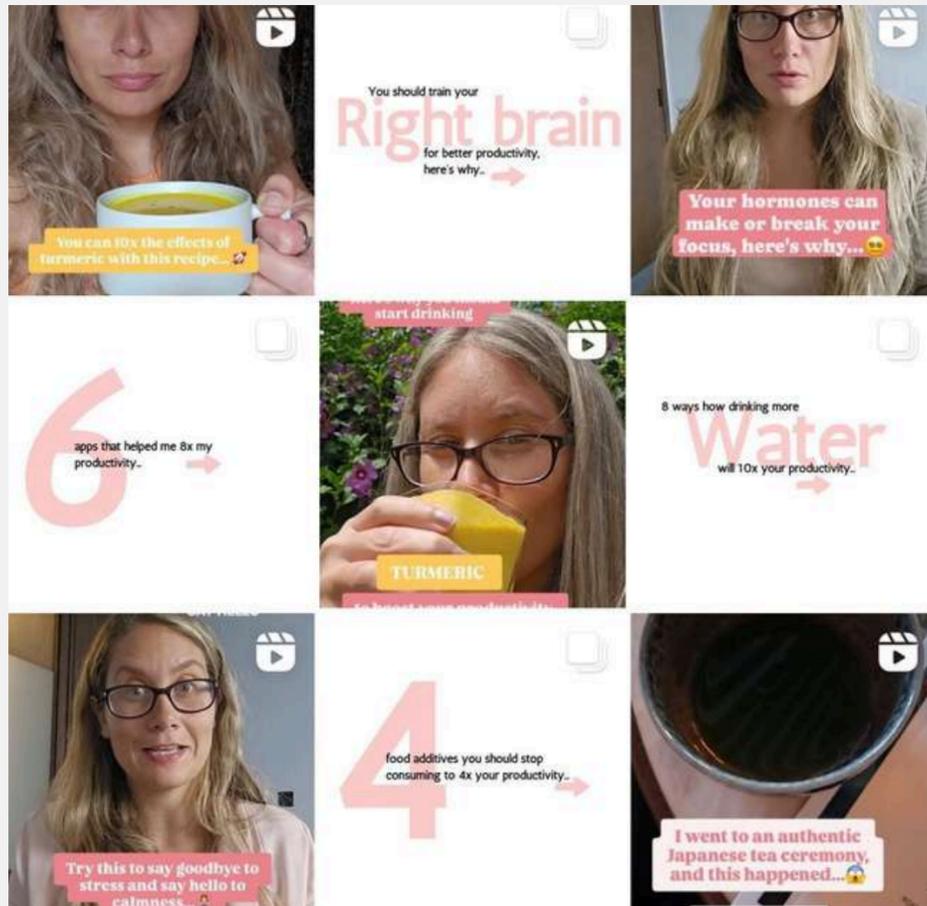
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