

## PERSONAL INFORMATION

Rita Stefani



## POSITION

Scientific and Regulatory Affairs, Dept. Head

## WORK EXPERIENCE

Mar 2005–Present

**Scientific and Regulatory Affairs, Dept. Head - Food Division**

Fine Foods &amp; Pharmaceuticals NTM SpA, Verdellino - BG (Italy)

*Main responsibilities:* managing the regulatory team; monitoring the full spectrum of local and european food legislation, food-contact material regulations, and customs legislation; ensuring full compliance of products with the applicable legislation; keeping informal networks with company senior management, updating them on regulatory developments; providing a value added function to the other departments by working on internal procedures and supervising new product development; offering comprehensive regulatory and scientific assistance to customers; preparing complete regulatory packages; determining the origin of goods and checking for their eligibility for preferential treatment under the Customs Union.

*Engagement with external organizations:* working proactively on regulatory and technical issues within expert groups of national (AIIPA) and european (FSE) associations; collaborating with public and private training organizations as seminar speaker

Jun 2002–Feb 2005

**Scientific Assistant to the Sales Director**

Fine Foods &amp; Pharmaceuticals NTM SpA, Verdellino - BG (Italy)

*Main responsibilities:* devising new food supplements based on market trend; preparing scientific dossiers; providing scientific assistance to customers

Jan 2001–May 2002

**Assistant to Lab Head**

Mario Negri Institute, Bergamo (Italy)

*Main tasks:* managing daily administrative office functions; organising external activities related to the research projects of the lab; writing abstracts; helping students with their thesis writing

Apr 1999–Dec 2001

**Postdoctoral Researcher**

University of Milan, Milan (Italy)

Leader of the research project funded by NicOx SA, Nice (France) on pharmacokinetics studies of nitroderivatives of NSAIDs using *in vitro* and *in vivo* experimental models

Jan 1998–Feb 1999

**Postdoctoral Fellow**

University of Texas Medical Branch at Galveston, Texas (United States)

Active on discovery projects on oxidative stress and DNA repair enzymes involving the use of a range of techniques in cell and molecular biology

Oct 1996–Nov 1997

**Head of Lab - Pharmacodynamics Lab**

Boehringer Ingelheim SpA, Milan (Italy)

Supervisor of research studies on traumatic brain injury using animal models. Member of the international team responsible for selecting new research projects

Oct 1995–Sep 1996 **Researcher - Biochemistry Lab**  
Boehringer Ingelheim SpA, Milan (Italy)  
Active on early drug discovery programs using ligand binding assays with conventional and *High-Throughput Screening* techniques

## EDUCATION AND TRAINING

1997 **Ph. D. in Pharmaceutical Chemistry** EQF level 8  
University of Milan, Milan (Italy)  
*In vitro* and *in vivo* drug metabolism and pharmacokinetics studies

1993 **Degree in Pharmaceutical Chemistry and Technology** EQF level 7  
University of Milan, Milan (Italy)  
Experimental thesis: *in vitro* and *ex vivo* studies on antioxidant and antienzymatic activities of botanical preparations

## PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	C1	B2	B2	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

Communication skills Excellent written and verbal communication with the ability to tailor content, style and approach to different audiences and purposes (speaking at scientific congresses and educational seminars; making formal presentations to customers; writing product brochure, fact sheets and journal articles)

Organisational / managerial skills Prioritization and planning skills with talent for managing projects and staff, time management skills

Job-related skills Extensive experience and judgment to plan and accomplish goals; critical thinking and investigative mind; strong understanding of scientific concepts; technical proficiency

Digital competence Good command of office suite (word processor, spread sheet, presentation software)

Driving licence B

## ADDITIONAL INFORMATION

Memberships Since 2015: Vice-President, *Integratori Italia - Italian Association of Food Industry (AIIPA)*  
Since 2013: Member of the Regulatory & Technical Forum, *Food Supplements Europe (FSE, ex-ERNA)*  
2010-2013: Member of the Operational Board, *European Responsible for Nutrition Alliance (ERNA)*  
Since 2008: Member of the Operational Boards, Food Supplements and PARNUTs Groups, *Italian*

Association of Food Industry (AIIPA)

Since 2008: Member of the Scientific Board of the Journal "L'Integratore Nutrizionale"

Speaker in educational seminars  
and courses

Food Supplement Forum 2016. Pharma Education Center, Milan; October 24, 2016

Corso di Alta Formazione in Legislazione Alimentare - CAFLA, VII Ed. University of Piemonte Orientale, Alessandria, 2016

Complementos Alimenticios en Italia y Rumania: situación actual y perspectivas de futuro del marco legal. AFINUR, Barcelona, October 2, 2015

Food Supplement Forum 2015. Pharma Education Center, Florence, September 29, 2015

Corso di Alta Formazione in Legislazione Alimentare - CAFLA, VI Ed. University of Piemonte Orientale, Alessandria, 2015

Integratori alimentari: come ampliare le opportunità di mercato. Focus su export in Europa e in paesi extra UE. Temas-Forum, Milan, October 29, 2014

Postgraduate course: "Progettazione, sviluppo, controllo ed aspetti regolatori degli integratori alimentari". University of Milan, Milan, AY 2013-2014

Il futuro degli integratori alimentari alla luce dell'attuale normativa europea ed italiana: opportunità e aree di criticità. Temas-Forum, Milan, November 28, 2013

Integratori alimentari: update! Focus sui *claims*. Temas-Forum, Milan, June 15, 2011

Integratori alimentari. Temas-Forum, Milano, March 24, 2010

Publications

F. Borsini, R. Stefani. Cervello, personalità e alimentazione. *Integr Nutr*. 2010; 13(2):9-13

R. Stefani. Diabetic-related ocular diseases: ingredients and their potential benefits. *NutraCos*. 2010; 9(3):9-11

R. Stefani. Integratori alimentari nel trattamento della malattia da reflusso gastroesofageo. *Integr Nutr*. 2009; 12(3):29-33

R Stefani. Obesità, preobesità e complicanze. Interventi in atto e orientamenti futuri. *Integr Nutr*. 2008; 11(4):9-13

R Stefani. Diarrea del viaggiatore. Prevenzione con probiotici-lieviti. *Integr Nutr*. 2008; 11(1):17-22

R Stefani. L'operato del terzista nella panoramica generale della legislazione dell'integrazione alimentare e i requisiti indispensabili per un'azienda che lavora conto terzi per corsi come referente sul mercato internazionale. *NCF*. 2007; Ottobre:152-156

R Stefani. Integrazione per la futura mamma. Integratori ad elevata tollerabilità. *Integr Nutr*. 2007; 10(3):23-27

R Stefani. Diabete e complicanze micro vascolari. Il ruolo degli integratori alimentari. *Integr Nutr*. 2007; 10(1):15-21

R. Stefani. Neurodegenerazione da glaucoma. Integratori coadiuvanti nella terapia. *Integr Nutr*. 2006; 9(4):9-15

Carini M, Stefani R, Aldini G, Orioli M, Facino RM. Procyanidins from *Vitis vinifera* seeds inhibit the respiratory burst of activated human neutrophils and lysosomal enzyme release. *Planta Med*. 2001; 67(8):714-7

Carini M, Aldini G, Stefani R, Orioli M, Facino RM. Nitrosylhemoglobin, an unequivocal index of nitric oxide release from nitroaspirin: in vitro and in vivo studies in the rat by ESR spectroscopy. *J Pharm Biomed Anal*. 2001; 26(4):509-18

Carini M, Aldini G, Furlanetto S, Stefani R, Facino RM. LC coupled to ion-trap MS for the rapid screening and detection of polyphenol antioxidants from *Helichrysum stoechas*. *J Pharm Biomed Anal*. 2001; 24(3):517-26

Carini M, Aldini G, Stefani R, Marinello C, Facino RM. Mass spectrometric characterization and HPLC determination of the main urinary metabolites of nimesulide in man. *J Pharm Biomed Anal*. 1998; 18(1-2):201-11

R Maffei Facino, M Carini, L Saibene, R Stefani, R Mendichi, A Giacometti Schieronni Lipid peroxidative markers of inflammation in synovial fluid from rheumatoid patients. *Bollettino Chimico Farmaceutico*. 1997; 136:351-5

Facino RM, Carini M, Stefani R, Aldini G, Saibene L. Anti-elastase and anti-hyaluronidase activities of saponins and sapogenins from *Hedera helix*, *Aesculus hippocastanum*, and *Ruscus aculeatus*:

factors contributing to their efficacy in the treatment of venous insufficiency. *Arch Pharm (Weinheim)*. 1995; 328(10):720-4

R Maffei Facino, M Carini, R Stefani, C Marinello, A Macciocchi. In vitro metabolism of the antiinflammatory drug nimesulide by rat liver. *Polish J Pharmacol*. 1994; 46:357-8

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