

OFFICIAL REGULATIONS – VITAFOR AWARDS 2026

1. PROMOTING COMPANY

1.1. Promoting Company: VIDA FORTE NUTRIENTES INDÚSTRIA E COMÉRCIO DE PRODUTOS NATURAIS LTDA.

1.2. Address: Estrada Municipal Dr. Celso Charuri, No. 405 – Jundiaguara District – Municipality of Araçoiaba da Serra – State of São Paulo – ZIP Code 18190-000.

1.3. CNPJ: 07.455.576/0001-92.

1.4. The promoter will carry out the award entitled Vitafor Awards 2026, of an exclusively cultural and scientific nature, aimed at recognizing healthcare professionals who present clinical cases related to the technical application of nutritional strategies involving Vitafor products.

1.5. The Vitafor Awards is exclusively intended for technical-scientific, cultural, and educational purposes, and does not constitute a promotional campaign, prescription incentive, commercial recommendation, bonus, commission, financial advantage, or any form of direct or indirect remuneration to participating professionals for the indication, prescription, sale, or consumption of Vitafor products.

1.6. Participation in the competition is not conditioned upon the purchase of Vitafor products, nor does it constitute a commercial incentive for the prescription, acquisition, or commercialization of products from the brand.

1.7. Participants acknowledge that the Vitafor Awards is an initiative promoted by VIDA FORTE NUTRIENTES INDÚSTRIA E COMÉRCIO DE PRODUTOS NATURAIS LTDA., owner of the Vitafor brand, and therefore recognize the existence of a potential institutional conflict of interest, undertaking to comply with the ethical standards applicable to their profession.

2. DEADLINES AND SCHEDULE

2.1. The initiative will take place throughout the national territory, following the schedule below:

- Registrations: March 6, 2026 to July 5, 2026 (until 11:59 p.m.);
- Technical evaluation of cases by jurors: July 31, 2026;
- Announcement of finalists: August 3, 2026;
- Submission of finalist videos: August 4 to August 7, 2026;
- Popular voting: August 10 to August 23, 2026;
- Award ceremony: August 26, 2026, in the city of São Paulo.

2.2. The promoter may change dates due to operational or strategic needs, with prior notice to participants.

2.3. Communication with participants will take place via email and WhatsApp, using the contact information registered by the professional on the Vitafor Science Portal.

2.4. Communications will be sent through the following contacts:

Email: relacionamento@science1.vitafor.com.br

WhatsApp: +55 (15) 99813-8728.

3. PARTICIPANTS AND ELIGIBILITY

3.1. The following professionals may participate in Vitafor Awards 2026:

- a) Nutritionists with active registration at the CRN;
- b) Physicians with active registration at the CRM;



c) Specialties authorized to prescribe dietary supplements and holding active registration with their respective professional councils.

3.2. All participants must:

- a) Be at least 18 years old;
- b) Hold an active professional registration;
- c) Hold a valid CPF, if Brazilian;
- d) For other nationalities, only an active registration in the respective professional council will be considered.

3.3. Scientific certifications:

At the time of registration, the participant must mandatorily attach:

- a) One (01) certificate of participation in a course, event, or educational activity promoted by Vitafor or Vitafor Science.

3.4. Failure to submit mandatory documents will result in automatic disqualification.

3.5. If selected for the final stage, the participant must be present on the award delivery date, as provided in these Regulations.

4. CATEGORIES

4.1. There will be 8 award categories for healthcare professionals.

The case category must be aligned with the patient's main clinical objective and the central scientific theme of the intervention, respecting the categories designated for Physicians and Nutritionists.

Nutritionists – Eligible Categories

- **Hospital Nutrition**
Nutritional care of hospitalized patients, focusing on recovery in the hospital environment.
- **Sports Nutrition**
Nutritional strategies to improve performance, recovery, and body composition in athletes and physically active individuals.
- **Women's Health**
Nutritional approaches aimed at different stages of a woman's life, focusing on hormonal balance, prevention, and quality of life.
- **Aesthetic Nutrition**
Nutritional interventions for skin health, body composition, and healthy aging.
- **Clinical Nutrition**
Nutritional management for the prevention and treatment of diseases in clinical practice.

Physicians – Eligible Categories

- **General Clinical Medicine**
Comprehensive medical care focused on prevention, diagnosis, and continuous follow-up.
- **Sports Medicine**
Medical care focused on physical performance and injury prevention.

Other Health Professions



- Specialties
Approaches by professionals from different areas of healthcare dedicated to promoting well-being, disease prevention, and specialized support across various life stages.

4.2. Each participant may:

- a) Submit only one (01) case;
- b) Compete in only one (01) category.

4.3. At registration, the professional must choose one category. Failure to identify a category excludes participation.

5. REGISTRATION AND CASE SUBMISSION

5.1. To participate, the applicant must:

- a) Access the official Vitafor Awards page on the Vitafor Science Portal;
- b) Fully complete the registration form;
- c) Fully accept the terms of these Regulations;
- d) Submit a clinical case in which the nutritional conduct was carried out using Vitafor products;
- e) Attach the required supporting documents.

5.2. The case must contain a maximum of 1,000 words and strictly comply with the technical, structural, and ethical guidelines defined in the official criteria document.

5.3. It is forbidden to include:

- a) Author's personal data in the case text;
- b) Patient's personal data;
- c) Any information that allows direct or indirect identification of the patient or author.

5.4. Participation does not constitute an institutional recommendation of clinical or therapeutic practices.

5.5. The case must comply with Annex I – Technical Criteria for Case Submission, which is an integral part of these Regulations.

5.6. Non-compliance with Annex I will result in rejection during the eligibility analysis stage.

6. ELIGIBILITY ANALYSIS

- 6.1. Submitted cases will undergo an eligibility review to verify compliance with formal criteria.
- 6.2. No merit or quality judgment will occur at this stage.
- 6.3. Approved cases will proceed to technical evaluation.
- 6.4. Non-approved cases may be resubmitted within the registration deadline.
- 6.5. Category mismatches may be corrected during the registration period.
- 6.6. Resubmission replaces previous submissions.
- 6.7. Only approved cases proceed to technical evaluation.
- 6.8. Categories with fewer than three approved cases will be excluded.
- 6.9. The organization is not responsible for communication failures due to incorrect contact details or spam filters.

7. TECHNICAL EVALUATION

- 7.1. Approved cases will be assessed by a specialized technical panel.
- 7.2. Evaluation will be blinded.
- 7.3. Each criterion will receive a score from 1 to 5:



- a) Scientific clarity and quality
- b) Technical application of Vitafor products
- c) Clinical relevance
- d) Innovation and originality
- e) Replicability potential

7.4. Total scores will define rankings.

7.5. The top three cases per category advance to popular voting.

7.6. Technical tie-breaking criteria will follow the order established in the Regulations.

8. POPULAR VOTING

8.1. Finalists must submit a video of up to 3 minutes.

8.2. Videos are for promotional purposes only.

8.3. Voting rules:

- a) One vote per email;
- b) One case per category;
- c) Votes counted via internal system.

8.4. Finalists may promote their participation.

8.5. Final ranking is determined by valid votes.

8.6. Fraud will result in disqualification.

9. AWARDS

9.1. Category Awards

One winner per category will receive the Vitafor Awards 2026 Trophy.

9.2. General Award – Vitafor Gold

- 1st place: Speaker at Vitafor Science International Congress (Portugal, 2027).
- 2nd place: Speaker at Vitafor Science Congress 2026.
- 3rd place: Speaker at a scientific summit in 2027.

9.3. Awards are personal, non-transferable, and non-convertible into cash.

9.4. The award is exclusively technical-scientific and cultural in nature, and is granted based on the objective criteria set forth in these regulations, without any relation to the volume of prescription, recommendation, sale, purchase, commercial promotion, or market performance of Vitafor products.

10. FINALISTS, ATTENDANCE, AND DISQUALIFICATION

10.1. Attendance at the award ceremony is mandatory.

10.2. Unjustified absence results in disqualification.

11. AWARDING OF WINNERS

11.1. Category Winners

The winner is the finalist with the highest number of votes.

11.2. General Winner – Vitafor Gold

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Final score = (Technical Score × 2) + Public Voting Score
Tie-breaking: highest technical score.

12. CONTENT LEGITIMACY

Participants are fully responsible for the accuracy and authenticity of submitted content.

13. ELIMINATION AND DISQUALIFICATION CRITERIA

Any violation of regulations, ethical standards, or submission rules may result in disqualification at any stage.

14. USE OF IMAGE, VOICE, AND CONTENT

Participants authorize free, indefinite use of their image, voice, name, and submitted content for institutional, scientific, and promotional purposes.

15. PERSONAL DATA PROTECTION

Vitafor complies with the Brazilian General Data Protection Law (LGPD – Law No. 13,709/2018).

16. FINAL PROVISIONS

- 16.1. Registration implies full acceptance of these Regulations.
- 16.2. The organizing committee will decide on omitted cases.
- 16.3. Annex I is an integral part of these Regulations.
- 16.5. The Vitafor Awards 2026 is an exclusively cultural competition and is not subject to Law No. 5,768/71.



ANNEX I – TECHNICAL CRITERIA FOR CASE SUBMISSION

1. PURPOSE OF THIS ANNEX

The guidelines and criteria set forth herein aim to ensure that the cases submitted to the Vitafor Awards 2026 present clear, complete, ethical information grounded in scientific evidence.

These criteria guide participants regarding the formats, content, and data required so that cases may be evaluated in a fair, comparable, and transparent manner, ensuring the scientific and professional credibility of the event.

Full compliance with these guidelines is a mandatory condition for validation of registration and eligibility of the submitted case.

2. GENERAL AND ETHICAL GUIDELINES

2.1. Identification of the healthcare professional must occur exclusively in the registration form. The inclusion, within the case text, of the following is expressly prohibited:

- a) Name, address, telephone number, email, social media profiles, or any data that allows direct or indirect identification of the author;
- b) Personal data of the patient or client, including initials, images, medical record numbers, or any information that allows their identification.

2.2. Failure to comply with this guideline will result in immediate rejection of the case during the eligibility analysis stage.

3. REPRODUCIBILITY AND SCIENTIFIC FOUNDATION OF THE CASE

3.1. Every submitted case must allow reproducibility by other healthcare professionals or scientific research groups.

3.2. For reproducibility purposes, the case text must contain clear, objective, and sufficient information regarding:

- a) Patient or client gender and age;
- b) Previous metabolic conditions and initial or prior diagnosis;
- c) Names of the Vitafor products used in the protocol;
- d) Clearly identified dosages;
- e) Timing information, including administration schedules and duration of use;
- f) Test results, when applicable, or anthropometric assessments, mandatorily comparing the initial and final scenarios of the intervention.

4. MANDATORY CASE STRUCTURE

The case must contain a maximum of 1,000 (one thousand) words, and must be organized into the following mandatory sections:

Title

Subtitle

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Introduction
Methodology
Results
Conclusion
References

5. MANDATORY CONTENT PER SECTION

5.1. Introduction

The introduction must present the context and clinical relevance of the case and must include:

- a) A brief description of the clinical condition;
- b) Gender, age, metabolic conditions, and diagnosis of the patient or client.

5.2. Methodology

This section must objectively and ethically describe the stages of follow-up or intervention, and must include:

- a) Interventions, strategies, and products used;
- b) The relationship between the Vitafor products used and the clinical condition or parameter evaluated;
- c) Dosages and timing information (administration schedules and duration of use);
- d) Duration of follow-up;
- e) Main parameters assessed.

5.3. Results

This section must present the main observed outcomes and include:

- a) Objective description of the results obtained;
- b) Comparison with the initial condition, when applicable;
- c) Relevant observations regarding adherence, tolerance, or response to the intervention;
- d) Changes in prescription, including discontinuation of supplements or product replacement, when applicable.

5.4. Conclusion

The conclusion must summarize the contributions of the case and the patient's or client's final clinical condition, including:

- a) Key highlights and lessons learned;
- b) Practical relevance of the case for other healthcare professionals;
- c) A brief, objective final message aligned with ethical and professional best practices.



6. RECOMMENDED WORD DISTRIBUTION

To ensure appropriate balance within the maximum limit of 1,000 words, the following distribution is recommended:

Introduction: up to 300 words;

Methodology: up to 300 words;

Results: up to 300 words;

Conclusion: up to 100 words.

7. SCIENTIFIC REFERENCES

7.1. The inclusion of 1 (one) to 5 (five) scientific references is mandatory to support the scientific coherence of the case with the professional practice presented.

7.2. References must be current, relevant to the topic, and aligned with best scientific practices in the healthcare field.

8. FINAL PROVISIONS OF THIS ANNEX

Full compliance with the criteria and guidelines established in this Annex is essential to ensure the quality, ethics, and reliability of the cases submitted to the Vitafor Awards 2026.

By following these guidelines, participants reinforce their commitment to scientific integrity, professional responsibility, and the ethical dissemination of clinical experiences.

Sharing a case ethically is also a way of caring for the integrity of health information.

