

Berkwood Research

Capabilities, Methodologies & Engagement Models

Who We Are

Berkwood Research is a scientific consulting firm that functions as an extension of clients' R&D teams. We translate complex scientific evidence into strategic clarity for organizations navigating questions that span multiple scientific domains—from pharmacology to nutrition science, from aging biology to strategy.

Founded by Robert Bergia, PhD, MBA, Berkwood brings deep expertise in protein metabolism, GLP-1 receptor agonists, longevity & geroscience, and evidence-based product development. Over the past year, the firm has grown to include two additional scientists, allowing us to take on more complex, multi-workstream engagements while maintaining the rigor and responsiveness that has made nearly every client a repeat client.

Team Member	Expertise	Role
Robert Bergia, PhD, MBA	Protein science, GLP-1 pharmacology, geroscience, systematic reviews, translational strategy	Principal; leads all engagements
Christian Wright, PhD	Evidence synthesis, literature review, scientific writing	Senior researcher; manuscript and review support
Ethan Braun, RD	Data extraction, literature screening, evidence mapping, clinical grounding	Research support; systematic processes

Core Expertise Domains

Pharmacological-Nutritional Convergence. GLP-1 receptor agonist mechanisms and nutritional interactions. Nutritional priorities, relative need states, appetite regulation, food reward neuroscience, and the interface between emerging obesity medications and dietary behavior. We have published multiple peer-reviewed articles on this topic, co-chairing a GLP-1 & Food System international convening, and helping clients navigate numerous aspects of this domain.

Protein Science & Metabolic Health. Protein metabolism, skeletal muscle health, dietary protein adequacy across the lifespan, and the ongoing Dietary Reference Intake re-evaluation. Active engagements include a major review for a global nutrition organization examining the evidence base for updated protein DRIs.

Aging, Longevity & Geroscience. Nutraceutical and therapeutic strategies targeting hallmarks of aging (mitochondrial dysfunction, senescence, immunosenescence, inflammaging). Active advisory work with longevity therapeutics startups, including systematic ingredient evaluation, evidence-based formulation strategy, and clinical study design.

Advanced Nutritional Science. Precision nutrition frameworks, ultra-processed food navigation and policy, evolving dietary guidelines, and research grant design.

Berkwood Methodologies

1. Translational Evidence Synthesis

For complex scientific landscapes (e.g., GLP-1 medications and dietary behavior, protein DRI re-evaluation), Berkwood conducts rigorous evidence syntheses that go beyond traditional literature reviews. Our approach integrates systematic search methodology with strategic interpretation—identifying not just what the evidence says, but what it means for product development, positioning, and organizational strategy. Deliverables typically include comprehensive reviews, distilled 1-page strategic briefs, messaging frameworks, and clinical counseling toolkits.

2. Ingredient Evidence Dossier System

A structured, repeatable framework for evaluating nutraceutical and functional ingredients against clinical evidence, mechanism of action, dosing, safety, regulatory status, commercial viability, and strategic fit. Each dossier follows a standardized template covering: evidence tier rating (Tier 1–5 based on RCT quality), mechanism confidence scoring, dose-response mapping, branded vs. generic sourcing assessment (scored 1–5 across six dimensions), DSHEA-compliant claims ladder, and health domain mapping.

3. Scientific Competitive Intelligence

Structured analysis of competitive landscapes through a scientific lens. Rather than traditional market research, we evaluate competitors' evidence bases, clinical pipelines, claims strategies, and ingredient architectures, identifying where the science supports differentiation and where it doesn't. Applied in both the longevity therapeutics and functional food/ingredient spaces.

4. Study & Grant Design Support

Research design, grant writing, and protocol development for nutrition and health science studies. Experienced in designing clinical pilots, biomarker selection, and translating commercial questions into fundable research hypotheses.

5. Consumer & Claims Research Design

Rigorous design of consumer and claims-substantiation research—survey and instrument design, bias control, sampling and analysis, and honest data presentation. We translate commercial and marketing questions into scientifically defensible consumer evidence that withstands scrutiny, rather than research engineered to a predetermined answer.

Services

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| • State-of-the-science assessments and landscape reviews | • R&D strategy and portfolio prioritization |
| • Systematic reviews and meta-analyses | • Scientific competitive intelligence |
| • Narrative literature reviews and white papers | • Strategic communications and stakeholder materials |
| • Scientific advisory for R&D leadership | • Research grant design and protocol development |
| • Ingredient evaluation and formulation strategy (nutraceuticals) | • Scientific convening facilitation and session design |

How We Work

Berkwood operates as an extension of your team, not a black-box vendor. Engagements typically begin as defined projects and, when the relationship works well, evolve into ongoing retainer arrangements. Nearly all of our current clients started with a single project and are now repeat engagements.

Model	Structure	Best For
Project-Based	Defined scope, timeline, and deliverables. Fixed-fee or hourly.	Evidence reviews, white papers, ingredient evaluations, grant writing, specific analyses.
Retainer	Monthly hours bank. Flexible allocation across tasks. Priority scheduling.	Ongoing R&D advisory, scientific intelligence, iterative strategy development.
Embedded Scientific Function	Berkwood operates as a standing, named member of your science team. Deeper integration than a retainer; fractional and ongoing.	Clients with an internal science group that needs a dedicated rigor layer (evidence synthesis, claims defensibility, study design) on call, with visibility.
Subcontractor / Vendor	Work under a lead consultancy's umbrella. White-label or co-branded.	When a lead consultant needs deep scientific depth to complement strategic advisory.

Selected Engagements (De-Identified)

- Global Nutrition Organization — GLP-1 & Dietary Behavior.** Comprehensive evidence synthesis on how emerging obesity medications reshape food preference and dietary behavior. Delivered: perspective manuscript (in peer-review), suite of strategic 1-pagers (clinical evidence summary, messaging framework, counseling toolkit), and designed scientific session for upcoming multi-stakeholder convening.
- Longevity Therapeutics Startup — Portfolio Review.** Full scientific evaluation of a multi-track supplement & biologic portfolio targeting hallmarks of aging. Delivered: 30+ ingredient evidence dossiers, evidence cards, competitive landscape analysis, branded vs. generic sourcing assessments, claims strategy, clinical pilot study design recommendations, and publication strategy.
- Global Nutrition Organization — Protein DRI Review.** Systematic evidence review examining the scientific basis for updating Dietary Reference Intakes for protein. Long-term engagement involving structured literature extraction, evidence grading, and strategic framing for presentation at a national scientific meeting – designed to influence DRI panel.

Robert Bergia, PhD, MBA

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