

John L Ivy

List of Publications by Year in descending order

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Version: 2024-02-01

70
papers

3,599
citations

212478

28
h-index

150775

59
g-index

71
all docs

71
docs citations

71
times ranked

3477
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Nitric oxide enhancement supplement containing beet nitrite and nitrate benefits high intensity cycle interval training. <i>Current Research in Physiology</i> , 2021, 4, 183-191. | 0.8 | 2 |
| 2 | Editorial: Possible Mechanisms to Explain Abdominal Fat Loss Effect of Exercise Training Other Than Fatty Acid Oxidation. <i>Frontiers in Physiology</i> , 2021, 12, 789463. | 1.3 | 1 |
| 3 | Exhaustive Exercise and Post-exercise Protein Plus Carbohydrate Supplementation Affect Plasma and Urine Concentrations of Sulfur Amino Acids, the Ratio of Methionine to Homocysteine and Glutathione in Elite Male Cyclists. <i>Frontiers in Physiology</i> , 2020, 11, 609335. | 1.3 | 8 |
| 4 | Coingestion of protein and carbohydrate in the early recovery phase, compared with carbohydrate only, improves endurance performance despite similar glycogen degradation and AMPK phosphorylation. <i>Journal of Applied Physiology</i> , 2020, 129, 297-310. | 1.2 | 18 |
| 5 | Co-ingestion of carbohydrate and whey protein induces muscle strength and myofibrillar protein accretion without a requirement of satellite cell activation. <i>Current Research in Physiology</i> , 2020, 2, 12-21. | 0.8 | 2 |
| 6 | Aerobic exercise induces tumor suppressor p16 ^{INK4a} expression of endothelial progenitor cells in human skeletal muscle. <i>Aging</i> , 2020, 12, 20226-20234. | 1.4 | 5 |
| 7 | Chocolate Milk versus carbohydrate supplements in adolescent athletes: a field based study. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 6. | 1.7 | 7 |
| 8 | Protein intake in the early recovery period after exhaustive exercise improves performance the following day. <i>Journal of Applied Physiology</i> , 2018, 125, 1731-1742. | 1.2 | 19 |
| 9 | Co-ingestion of carbohydrate and whey protein increases fasted rates of muscle protein synthesis immediately after resistance exercise in rats. <i>PLoS ONE</i> , 2017, 12, e0173809. | 1.1 | 8 |
| 10 | Intake of Protein Plus Carbohydrate during the First Two Hours after Exhaustive Cycling Improves Performance the following Day. <i>PLoS ONE</i> , 2016, 11, e0153229. | 1.1 | 45 |
| 11 | Improved Inflammatory Balance of Human Skeletal Muscle during Exercise after Supplementations of the Ginseng-Based Steroid Rg1. <i>PLoS ONE</i> , 2015, 10, e0116387. | 1.1 | 23 |
| 12 | The effect of an amino acid beverage on glucose response and glycogen replenishment after strenuous exercise. <i>European Journal of Applied Physiology</i> , 2015, 115, 1283-1294. | 1.2 | 3 |
| 13 | Inorganic nitrite and nitrate: evidence to support consideration as dietary nutrients. <i>Nutrition Research</i> , 2015, 35, 643-654. | 1.3 | 96 |
| 14 | L-Alanylglutamine inhibits signaling proteins that activate protein degradation, but does not affect proteins that activate protein synthesis after an acute resistance exercise. <i>Amino Acids</i> , 2015, 47, 1389-1398. | 1.2 | 11 |
| 15 | The Timing of Postexercise Protein Ingestion Is/Is Not Important. <i>Strength and Conditioning Journal</i> , 2014, 36, 51-55. | 0.7 | 0 |
| 16 | Nutrient Timing. <i>American Journal of Lifestyle Medicine</i> , 2014, 8, 246-259. | 0.8 | 12 |
| 17 | Deep ocean mineral water accelerates recovery from physical fatigue. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 7. | 1.7 | 27 |
| 18 | An amino acid mixture improves glucose tolerance and lowers insulin resistance in the obese Zucker rat. <i>Amino Acids</i> , 2013, 45, 191-203. | 1.2 | 16 |

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|----|--|-----|-----------|
| 19 | Effect of acute DHEA administration on free testosterone in middle-aged and young men following high-intensity interval training. <i>European Journal of Applied Physiology</i> , 2013, 113, 1783-1792. | 1.2 | 13 |
| 20 | Effect of dehydroepiandrosterone administration on recovery from mix-type exercise training-induced muscle damage. <i>European Journal of Applied Physiology</i> , 2013, 113, 99-107. | 1.2 | 12 |
| 21 | Caffeine Increases Performance in Cross-country Double-Poling Time Trial Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 2175-2183. | 0.2 | 44 |
| 22 | Coping with a Cluttered Marketplace: Athlete Choice of Products to Support Training*. <i>Journal of Sport Management</i> , 2013, 27, 59-72. | 0.7 | 4 |
| 23 | Effect of insulin and contraction on glycogen synthase phosphorylation and kinetic properties in epitrochlearis muscles from lean and obese Zucker rats. <i>American Journal of Physiology - Cell Physiology</i> , 2012, 302, C1539-C1547. | 2.1 | 8 |
| 24 | An amino acid mixture is essential to optimize insulin-stimulated glucose uptake and GLUT4 translocation in perfused rodent hindlimb muscle. <i>Journal of Applied Physiology</i> , 2012, 113, 97-104. | 1.2 | 18 |
| 25 | Effect of an Energy Drink on Physical and Cognitive Performance in Trained Cyclists. <i>Journal of Caffeine Research</i> , 2012, 2, 167-175. | 1.0 | 6 |
| 26 | Amino acid mixture acutely improves the glucose tolerance of healthy overweight adults. <i>Nutrition Research</i> , 2012, 32, 30-38. | 1.3 | 13 |
| 27 | Aerobic Exercise Training Adaptations Are Increased by Postexercise Carbohydrate-Protein Supplementation. <i>Journal of Nutrition and Metabolism</i> , 2011, 2011, 1-11. | 0.7 | 51 |
| 28 | A Low Carbohydrate-Protein Supplement Improves Endurance Performance in Female Athletes. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 879-888. | 1.0 | 16 |
| 29 | Postexercise Carbohydrate-Protein Supplementation Improves Subsequent Exercise Performance and Intracellular Signaling for Protein Synthesis. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1210-1224. | 1.0 | 71 |
| 30 | Effect of carbohydrate-protein supplementation postexercise on rat muscle glycogen synthesis and phosphorylation of proteins controlling glucose storage. <i>Metabolism: Clinical and Experimental</i> , 2011, 60, 1406-1415. | 1.5 | 7 |
| 31 | An amino acid mixture enhances insulin-stimulated glucose uptake in isolated rat epitrochlearis muscle. <i>Journal of Applied Physiology</i> , 2011, 111, 163-169. | 1.2 | 24 |
| 32 | An amino acid mixture improves glucose tolerance and insulin signaling in Sprague-Dawley rats. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2011, 300, E752-E760. | 1.8 | 44 |
| 33 | Added Protein Maintains Efficacy of a Low-Carbohydrate Sports Drink. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 48-59. | 1.0 | 31 |
| 34 | The Effect of a Low Carbohydrate Beverage with Added Protein on Cycling Endurance Performance in Trained Athletes. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2577-2586. | 1.0 | 22 |
| 35 | Optimizing Resistance Exercise Adaptations Through the Timing of Post-Exercise Carbohydrate-Protein Supplementation. <i>Strength and Conditioning Journal</i> , 2010, 32, 30-36. | 0.7 | 12 |
| 36 | International society of sports nutrition position stand: caffeine and performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 5. | 1.7 | 388 |

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|----|---|-----|-----------|
| 37 | Cereal and nonfat milk support muscle recovery following exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 11. | 1.7 | 15 |
| 38 | Improved Cycling Time-Trial Performance after Ingestion of a Caffeine Energy Drink. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 61-78. | 1.0 | 111 |
| 39 | International Society of Sports Nutrition position stand: Nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 17. | 1.7 | 217 |
| 40 | Exercise training increases components of the c-Cbl-associated protein/c-Cbl signaling cascade in muscle of obese Zucker rats. <i>Metabolism: Clinical and Experimental</i> , 2008, 57, 858-866. | 1.5 | 6 |
| 41 | Adding protein to a carbohydrate supplement provided after endurance exercise enhances 4E-BP1 and RPS6 signaling in skeletal muscle. <i>Journal of Applied Physiology</i> , 2008, 104, 1029-1036. | 1.2 | 28 |
| 42 | Exercise Physiology: A Brief History and Recommendations Regarding Content Requirements for the Kinesiology Major. <i>Quest</i> , 2007, 59, 34-41. | 0.8 | 12 |
| 43 | The Effect of a Carbohydrate and Protein Supplement on Resistance Exercise Performance, Hormonal Response, and Muscle Damage. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 321. | 1.0 | 67 |
| 44 | Effect of Systemic Hypoxia on GLUT4 Protein Expression in Exercised Rat Heart. <i>The Japanese Journal of Physiology</i> , 2004, 54, 357-363. | 0.9 | 17 |
| 45 | Effect of glycogen synthase overexpression on insulin-stimulated muscle glucose uptake and storage. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2004, 286, E363-E369. | 1.8 | 23 |
| 46 | Carbohydrates and fat for training and recovery. <i>Journal of Sports Sciences</i> , 2004, 22, 15-30. | 1.0 | 316 |
| 47 | Role of insulin on exercise-induced GLUT-4 protein expression and glycogen supercompensation in rat skeletal muscle. <i>Journal of Applied Physiology</i> , 2004, 96, 621-627. | 1.2 | 25 |
| 48 | Effect of prolonged intermittent hypoxia and exercise training on glucose tolerance and muscle GLUT4 protein expression in rats. , 2004, 11, 838. | | 3 |
| 49 | Regulation of muscle glycogen repletion, muscle protein synthesis and repair following exercise. <i>Journal of Sports Science and Medicine</i> , 2004, 3, 131-8. | 0.7 | 36 |
| 50 | Muscle insulin resistance amended with exercise training: role of GLUT4 expression. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1207-11. | 0.2 | 41 |
| 51 | Effect of a Carbohydrate-Protein Supplement on Endurance Performance during Exercise of Varying Intensity. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003, 13, 382-395. | 1.0 | 159 |
| 52 | Effects of Recovery Beverages on Glycogen Restoration and Endurance Exercise Performance. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 12. | 1.0 | 111 |
| 53 | Exercise training improves muscle insulin resistance but not insulin receptor signaling in obese Zucker rats. <i>Journal of Applied Physiology</i> , 2002, 92, 736-744. | 1.2 | 75 |
| 54 | Early postexercise muscle glycogen recovery is enhanced with a carbohydrate-protein supplement. <i>Journal of Applied Physiology</i> , 2002, 93, 1337-1344. | 1.2 | 278 |

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|----|---|-----|-----------|
| 55 | Epinephrine inhibits insulin-stimulated muscle glucose transport. <i>Journal of Applied Physiology</i> , 2002, 93, 1638-1643. | 1.2 | 69 |
| 56 | Clenbuterol prevents epinephrine from antagonizing insulin-stimulated muscle glucose uptake. <i>Journal of Applied Physiology</i> , 2002, 92, 1285-1292. | 1.2 | 33 |
| 57 | Propranolol prevents epinephrine from limiting insulin-stimulated muscle glucose uptake during contraction. <i>Journal of Applied Physiology</i> , 2002, 93, 697-704. | 1.2 | 9 |
| 58 | Effects of clenbuterol on insulin resistance in conscious obese Zucker rats. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2001, 280, E554-E561. | 1.8 | 34 |
| 59 | Exercise training increases ERK2 activity in skeletal muscle of obese Zucker rats. <i>Journal of Applied Physiology</i> , 2001, 90, 454-460. | 1.2 | 25 |
| 60 | Effect of carbohydrate supplementation on postexercise GLUT-4 protein expression in skeletal muscle. <i>Journal of Applied Physiology</i> , 1999, 87, 2290-2295. | 1.2 | 41 |
| 61 | ROLE OF CARBOHYDRATE IN PHYSICAL ACTIVITY. <i>Clinics in Sports Medicine</i> , 1999, 18, 469-484. | 0.9 | 55 |
| 62 | Amylin-mediated inhibition of insulin-stimulated glucose transport in skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998, 275, E531-E536. | 1.8 | 10 |
| 63 | Amylin influences insulin-stimulated glucose metabolism by two independent mechanisms. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998, 274, E6-E12. | 1.8 | 9 |
| 64 | Role of Exercise Training in the Prevention and Treatment of Insulin Resistance and Non-Insulin-Dependent Diabetes Mellitus. <i>Sports Medicine</i> , 1997, 24, 321-336. | 3.1 | 293 |
| 65 | Training adaptations of baboons to light and moderate treadmill exercise. <i>Journal of Medical Primatology</i> , 1994, 23, 442-449. | 0.3 | 6 |
| 66 | Conditioned exercise method for use with nonhuman primates. <i>American Journal of Primatology</i> , 1992, 27, 215-224. | 0.8 | 4 |
| 67 | Muscle Glycogen Synthesis Before and After Exercise. <i>Sports Medicine</i> , 1991, 11, 6-19. | 3.1 | 257 |
| 68 | 2 The Insulin-Like Effect of Muscle Contraction. <i>Exercise and Sport Sciences Reviews</i> , 1987, 15, 29-32. | 1.6 | 43 |
| 69 | Skeletal muscle creatine kinase MB alterations in women marathon runners. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1987, 56, 49-52. | 1.2 | 33 |
| 70 | Comparison of serum creatine kinase and creatine kinase MB activities post marathon race versus post myocardial infarction. <i>Clinica Chimica Acta</i> , 1984, 138, 111-118. | 0.5 | 47 |