John L Ivy

List of Publications by Year
in descending order

70 papers	3,599 citations	186265 28 h-index	133252 59 g-index
71 all docs	71 docs citations	71 times ranked	3220 citing authors

#	Article	IF	Citations
1	Nitric oxide enhancement supplement containing beet nitrite and nitrate benefits high intensity cycle interval training. Current Research in Physiology, 2021, 4, 183-191.	1.7	2
2	Editorial: Possible Mechanisms to Explain Abdominal Fat Loss Effect of Exercise Training Other Than Fatty Acid Oxidation. Frontiers in Physiology, 2021, 12, 789463.	2.8	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. Frontiers in Physiology, 2020, 11, 609335.	2.8	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. Journal of Applied Physiology, 2020, 129, 297-310.	2.5	18
5	Co-ingestion of carbohydrate and whey protein induces muscle strength and myofibrillar protein accretion without a requirement of satellite cell activation. Current Research in Physiology, 2020, 2, 12-21.	1.7	2
6	Aerobic exercise induces tumor suppressor p16^{INK4a} expression of endothelial progenitor cells in human skeletal muscle. Aging, 2020, 12, 20226-20234.	3.1	5
7	Chocolate Milk versus carbohydrate supplements in adolescent athletes: a field based study. Journal of the International Society of Sports Nutrition, 2019, 16, 6.	3.9	7
8	Protein intake in the early recovery period after exhaustive exercise improves performance the following day. Journal of Applied Physiology, 2018, 125, 1731-1742.	2.5	19
9	Co-ingestion of carbohydrate and whey protein increases fasted rates of muscle protein synthesis immediately after resistance exercise in rats. PLoS ONE, 2017, 12, e0173809.	2.5	8
10	Intake of Protein Plus Carbohydrate during the First Two Hours after Exhaustive Cycling Improves Performance the following Day. PLoS ONE, 2016, 11, e0153229.	2.5	45
11	Improved Inflammatory Balance of Human Skeletal Muscle during Exercise after Supplementations of the Ginseng-Based Steroid Rg1. PLoS ONE, 2015, 10, e0116387.	2.5	23
12	The effect of an amino acid beverage on glucose response and glycogen replenishment after strenuous exercise. European Journal of Applied Physiology, 2015, 115, 1283-1294.	2.5	3
13	Inorganic nitrite and nitrate: evidence to support consideration as dietary nutrients. Nutrition Research, 2015, 35, 643-654.	2.9	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. Amino Acids, 2015, 47, 1389-1398.	2.7	11
15	The Timing of Postexercise Protein Ingestion Is/Is Not Important. Strength and Conditioning Journal, 2014, 36, 51-55.	1.4	0
16	Nutrient Timing. American Journal of Lifestyle Medicine, 2014, 8, 246-259.	1.9	12
17	Deep ocean mineral water accelerates recovery from physical fatigue. Journal of the International Society of Sports Nutrition, 2013, 10, 7.	3.9	27
18	An amino acid mixture improves glucose tolerance and lowers insulin resistance in the obese Zucker rat. Amino Acids, 2013, 45, 191-203.	2.7	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. European Journal of Applied Physiology, 2013, 113, 1783-1792.	2.5	13
20	Effect of dehydroepiandrosterone administration on recovery from mix-type exercise training-induced muscle damage. European Journal of Applied Physiology, 2013, 113, 99-107.	2.5	12
21	Caffeine Increases Performance in Cross-country Double-Poling Time Trial Exercise. Medicine and Science in Sports and Exercise, 2013, 45, 2175-2183.	0.4	44
22	Coping with a Cluttered Marketplace: Athlete Choice of Products to Support Training*. Journal of Sport Management, 2013, 27, 59-72.	1.4	4
23	Effect of insulin and contraction on glycogen synthase phosphorylation and kinetic properties in epitrochlearis muscles from lean and obese Zucker rats. American Journal of Physiology - Cell Physiology, 2012, 302, C1539-C1547.	4.6	8
24	An amino acid mixture is essential to optimize insulin-stimulated glucose uptake and GLUT4 translocation in perfused rodent hindlimb muscle. Journal of Applied Physiology, 2012, 113, 97-104.	2.5	18
25	Effect of an Energy Drink on Physical and Cognitive Performance in Trained Cyclists. Journal of Caffeine Research, 2012, 2, 167-175.	0.9	6
26	Amino acid mixture acutely improves the glucose tolerance of healthy overweight adults. Nutrition Research, 2012, 32, 30-38.	2.9	13
27	Aerobic Exercise Training Adaptations Are Increased by Postexercise Carbohydrate-Protein Supplementation. Journal of Nutrition and Metabolism, 2011, 2011, 1-11.	1.8	51
28	A Low Carbohydrateâ€"Protein Supplement Improves Endurance Performance in Female Athletes. Journal of Strength and Conditioning Research, 2011, 25, 879-888.	2.1	16
29	Postexercise Carbohydrateâ€"Protein Supplementation Improves Subsequent Exercise Performance and Intracellular Signaling for Protein Synthesis. Journal of Strength and Conditioning Research, 2011, 25, 1210-1224.	2.1	71
30	Effect of carbohydrate-protein supplementation postexercise on rat muscle glycogen synthesis and phosphorylation of proteins controlling glucose storage. Metabolism: Clinical and Experimental, 2011, 60, 1406-1415.	3.4	7
31	An amino acid mixture enhances insulin-stimulated glucose uptake in isolated rat epitrochlearis muscle. Journal of Applied Physiology, 2011, 111, 163-169.	2.5	24
32	An amino acid mixture improves glucose tolerance and insulin signaling in Sprague-Dawley rats. American Journal of Physiology - Endocrinology and Metabolism, 2011, 300, E752-E760.	3.5	44
33	Added Protein Maintains Efficacy of a Low-Carbohydrate Sports Drink. Journal of Strength and Conditioning Research, 2010, 24, 48-59.	2.1	31
34	The Effect of a Low Carbohydrate Beverage with Added Protein on Cycling Endurance Performance in Trained Athletes. Journal of Strength and Conditioning Research, 2010, 24, 2577-2586.	2.1	22
35	Optimizing Resistance Exercise Adaptations Through the Timing of Post-Exercise Carbohydrate-Protein Supplementation. Strength and Conditioning Journal, 2010, 32, 30-36.	1.4	12
36	International society of sports nutrition position stand: caffeine and performance. Journal of the International Society of Sports Nutrition, 2010, 7, 5.	3.9	388

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37	Cereal and nonfat milk support muscle recovery following exercise. Journal of the International Society of Sports Nutrition, 2009, 6, 11.	3.9	15
38	Improved Cycling Time-Trial Performance after Ingestion of a Caffeine Energy Drink. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 61-78.	2.1	111
39	International Society of Sports Nutrition position stand: Nutrient timing. Journal of the International Society of Sports Nutrition, 2008, 5, 17.	3.9	217
40	Exercise training increases components of the c-Cblâ€"associated protein/c-Cbl signaling cascade in muscle of obese Zucker rats. Metabolism: Clinical and Experimental, 2008, 57, 858-866.	3.4	6
41	Adding protein to a carbohydrate supplement provided after endurance exercise enhances 4E-BP1 and RPS6 signaling in skeletal muscle. Journal of Applied Physiology, 2008, 104, 1029-1036.	2.5	28
42	Exercise Physiology: A Brief History and Recommendations Regarding Content Requirements for the Kinesiology Major. Quest, 2007, 59, 34-41.	1.2	12
43	The Effect of a Carbohydrate and Protein Supplement on Resistance Exercise Performance, Hormonal Response, and Muscle Damage. Journal of Strength and Conditioning Research, 2007, 21, 321.	2.1	67
44	Effect of Systemic Hypoxia on GLUT4 Protein Expression in Exercised Rat Heart. The Japanese Journal of Physiology, 2004, 54, 357-363.	0.9	17
45	Effect of glycogen synthase overexpression on insulin-stimulated muscle glucose uptake and storage. American Journal of Physiology - Endocrinology and Metabolism, 2004, 286, E363-E369.	3.5	23
46	Carbohydrates and fat for training and recovery. Journal of Sports Sciences, 2004, 22, 15-30.	2.0	316
47	Role of insulin on exercise-induced GLUT-4 protein expression and glycogen supercompensation in rat skeletal muscle. Journal of Applied Physiology, 2004, 96, 621-627.	2.5	25
48	Effect of Prolonged Intermittent Hypoxia and Exercise Training on Glucose Tolerance and Muscle GLUT4 Protein Expression in Rats. Journal of Biomedical Science, 2004, 11, 838-846.	7.0	3
49	Regulation of muscle glycogen repletion, muscle protein synthesis and repair following exercise. Journal of Sports Science and Medicine, 2004, 3, 131-8.	1.6	36
50	Muscle insulin resistance amended with exercise training: role of GLUT4 expression. Medicine and Science in Sports and Exercise, 2004, 36, 1207-11.	0.4	41
51	Effect of a Carbohydrate-Protein Supplement on Endurance Performance during Exercise of Varying Intensity. International Journal of Sport Nutrition and Exercise Metabolism, 2003, 13, 382-395.	2.1	159
52	Effects of Recovery Beverages on Glycogen Restoration and Endurance Exercise Performance. Journal of Strength and Conditioning Research, 2003, 17, 12.	2.1	111
53	Exercise training improves muscle insulin resistance but not insulin receptor signaling in obese Zucker rats. Journal of Applied Physiology, 2002, 92, 736-744.	2.5	75
54	Early postexercise muscle glycogen recovery is enhanced with a carbohydrate-protein supplement. Journal of Applied Physiology, 2002, 93, 1337-1344.	2.5	278

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55	Epinephrine inhibits insulin-stimulated muscle glucose transport. Journal of Applied Physiology, 2002, 93, 1638-1643.	2.5	69
56	Clenbuterol prevents epinephrine from antagonizing insulin-stimulated muscle glucose uptake. Journal of Applied Physiology, 2002, 92, 1285-1292.	2.5	33
57	Propranolol prevents epinephrine from limiting insulin-stimulated muscle glucose uptake during contraction. Journal of Applied Physiology, 2002, 93, 697-704.	2.5	9
58	Effects of clenbuterol on insulin resistance in conscious obese Zucker rats. American Journal of Physiology - Endocrinology and Metabolism, 2001, 280, E554-E561.	3.5	34
59	Exercise training increases ERK2 activity in skeletal muscle of obese Zucker rats. Journal of Applied Physiology, 2001, 90, 454-460.	2.5	25
60	Effect of carbohydrate supplementation on postexercise GLUT-4 protein expression in skeletal muscle. Journal of Applied Physiology, 1999, 87, 2290-2295.	2.5	41
61	ROLE OF CARBOHYDRATE IN PHYSICAL ACTIVITY. Clinics in Sports Medicine, 1999, 18, 469-484.	1.8	55
62	Amylin-mediated inhibition of insulin-stimulated glucose transport in skeletal muscle. American Journal of Physiology - Endocrinology and Metabolism, 1998, 275, E531-E536.	3.5	10
63	Amylin influences insulin-stimulated glucose metabolism by two independent mechanisms. American Journal of Physiology - Endocrinology and Metabolism, 1998, 274, E6-E12.	3.5	9
64	Role of Exercise Training in the Prevention and Treatment of Insulin Resistance and Non-Insulin-Dependent Diabetes Mellitus. Sports Medicine, 1997, 24, 321-336.	6.5	293
65	Training adaptations of baboons to light and moderate treadmill exercise. Journal of Medical Primatology, 1994, 23, 442-449.	0.6	6
66	Conditioned exercise method for use with nonhuman primates. American Journal of Primatology, 1992, 27, 215-224.	1.7	4
67	Muscle Glycogen Synthesis Before and After Exercise. Sports Medicine, 1991, 11, 6-19.	6.5	257
68	2 The Insulin-Like Effect of Muscle Contraction. Exercise and Sport Sciences Reviews, 1987, 15, 29???52.	3.0	43
69	Skeletal muscle creatine kinase MB alterations in women marathon runners. European Journal of Applied Physiology and Occupational Physiology, 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. Clinica Chimica Acta, 1984, 138, 111-118.	1.1	47