

Jeff S Volek

List of Publications by Year in Descending Order

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Version: 2024-04-18

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

275
papers

12,383
citations

64
h-index

101
g-index

291
ext. papers

14,132
ext. citations

3.6
avg, IF

6.13
L-index

#	Paper	IF	Citations
275	Reply to A Drewnowski et al, O Devinsky, D A Booth and E L Gibson, and D J Millward.. <i>American Journal of Clinical Nutrition</i> , 2022 , 115, 595-597	7	0
274	Interaction effect of systemic inflammation and modifiable rheumatoid cachexia risk factors on resting energy expenditure in patients with rheumatoid arthritis. <i>JCSM Clinical Reports</i> , 2022 , 7, 12-23	1.5	0
273	Dietary Recommendations for Familial Hypercholesterolaemia: an Evidence-Free Zone. <i>BMJ Evidence-Based Medicine</i> , 2021 , 26, 295-301	2.7	5
272	Comparison of Ketogenic Diets with and without Ketone Salts versus a Low-Fat Diet: Liver Fat Responses in Overweight Adults. <i>Nutrients</i> , 2021 , 13,	6.7	4
271	The Effects of a 6-Week Controlled, Hypocaloric Ketogenic Diet, With and Without Exogenous Ketone Salts, on Body Composition Responses. <i>Frontiers in Nutrition</i> , 2021 , 8, 618520	6.2	2
270	Differences in brain structure and theta burst stimulation-induced plasticity implicate the corticomotor system in loss of function after musculoskeletal injury. <i>Journal of Neurophysiology</i> , 2021 , 125, 1006-1021	3.2	1
269	Acute Effects of High-intensity Resistance Exercise on Cognitive Function. <i>Journal of Sports Science and Medicine</i> , 2021 , 20, 391-397	2.7	1
268	Effects of Palm Stearin versus Butter in the Context of Low-Carbohydrate/High-Fat and High-Carbohydrate/Low-Fat Diets on Circulating Lipids in a Controlled Feeding Study in Healthy Humans. <i>Nutrients</i> , 2021 , 13,	6.7	1
267	Resistance Training and Milk-Substitution Enhance Body Composition and Bone Health in Adolescent Girls. <i>Journal of the American College of Nutrition</i> , 2021 , 40, 193-210	3.5	2
266	From bedside to battlefield: intersection of ketone body mechanisms in geroscience with military resilience. <i>GeroScience</i> , 2021 , 43, 1071-1081	8.9	3
265	Treating Alpelisib-Induced Hyperglycemia with Very Low Carbohydrate Diets and Sodium-Glucose Co-Transporter 2 Inhibitors: A Case Series. <i>Integrative Cancer Therapies</i> , 2021 , 20, 15347354211032283	3	2
264	Type 2 Diabetes Prevention Focused on Normalization of Glycemia: A Two-Year Pilot Study. <i>Nutrients</i> , 2021 , 13,	6.7	5
263	Hormonal stress responses of growth hormone and insulin-like growth factor-I in highly resistance trained women and men. <i>Growth Hormone and IGF Research</i> , 2021 , 59, 101407	2	1
262	Dietary Saturated Fats and Health: Are the U.S. Guidelines Evidence-Based?. <i>Nutrients</i> , 2021 , 13,	6.7	7
261	Alternative Dietary Patterns for Americans: Low-Carbohydrate Diets. <i>Nutrients</i> , 2021 , 13,	6.7	2
260	Impact of a 2-year trial of nutritional ketosis on indices of cardiovascular disease risk in patients with type 2 diabetes. <i>Cardiovascular Diabetology</i> , 2020 , 19, 208	8.7	16
259	Saturated Fats and Health: A Reassessment and Proposal for Food-Based Recommendations: JACC State-of-the-Art Review. <i>Journal of the American College of Cardiology</i> , 2020 , 76, 844-857	15.1	128

258	A Pre-Workout Supplement of Ketone Salts, Caffeine, and Amino Acids Improves High-Intensity Exercise Performance in Keto-Naïve and Keto-Adapted Individuals. <i>Journal of the American College of Nutrition</i> , 2020 , 39, 290-300	3.5	6
257	Genetic variants for personalised management of very low carbohydrate ketogenic diets. <i>BMJ Nutrition, Prevention and Health</i> , 2020 , 3, 363-373	6.7	11
256	A ketogenic diet combined with exercise alters mitochondrial function in human skeletal muscle while improving metabolic health. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2020 , 319, E995-E1007	6	19
255	Recovery using "float" from high intensity stress on growth hormone-like molecules in resistance trained men. <i>Growth Hormone and IGF Research</i> , 2020 , 55, 101355	2	
254	Low carbohydrate diet: are concerns with saturated fat, lipids, and cardiovascular disease risk justified?. <i>Current Opinion in Endocrinology, Diabetes and Obesity</i> , 2020 , 27, 291-300	4	13
253	Effects of Ketogenic Dieting on Body Composition, Strength, Power, and Hormonal Profiles in Resistance Training Men. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 3463-3474	3.2	44
252	Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. <i>Frontiers in Endocrinology</i> , 2019 , 10, 348	5.7	124
251	Extended Ketogenic Diet and Physical Training Intervention in Military Personnel. <i>Military Medicine</i> , 2019 , 184, e538-e547	1.3	20
250	Changes of Hydration Measures in Elite National Collegiate Athletic Association Division I Wrestlers. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 1378-1381	3.5	
249	Post hoc analyses of surrogate markers of non-alcoholic fatty liver disease (NAFLD) and liver fibrosis in patients with type 2 diabetes in a digitally supported continuous care intervention: an open-label, non-randomised controlled study. <i>BMJ Open</i> , 2019 , 9, e023597	3	25
248	Extended Ketogenic Diet and Physical Training Intervention in Military Personnel. <i>Military Medicine</i> , 2019 , 184, 199-200	1.3	2
247	Dietary carbohydrate restriction improves metabolic syndrome independent of weight loss. <i>JCI Insight</i> , 2019 , 4,	9.9	82
246	Quantification of Human Central Adipose Tissue Depots: An Anatomically Matched Comparison Between DXA and MRI. <i>Tomography</i> , 2019 , 5, 358-366	3.1	6
245	Improvement in patient-reported sleep in type 2 diabetes and prediabetes participants receiving a continuous care intervention with nutritional ketosis. <i>Sleep Medicine</i> , 2019 , 55, 92-99	4.6	11
244	Dairy milk proteins attenuate hyperglycemia-induced impairments in vascular endothelial function in adults with prediabetes by limiting increases in glycemia and oxidative stress that reduce nitric oxide bioavailability. <i>Journal of Nutritional Biochemistry</i> , 2019 , 63, 165-176	6.3	12
243	Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. <i>Diabetes Therapy</i> , 2018 , 9, 583-612	3.6	173
242	Replacing carbohydrate during a glucose challenge with the egg white portion or whole eggs protects against postprandial impairments in vascular endothelial function in prediabetic men by limiting increases in glycaemia and lipid peroxidation. <i>British Journal of Nutrition</i> , 2018 , 119, 259-270	3.6	10
241	The Effects of a Korean Ginseng, GINST15, on Hypo-Pituitary-Adrenal and Oxidative Activity Induced by Intense Work Stress. <i>Journal of Medicinal Food</i> , 2018 , 21, 104-112	2.8	17

240	Nutritional Ketosis and Mitohormesis: Potential Implications for Mitochondrial Function and Human Health. <i>Journal of Nutrition and Metabolism</i> , 2018 , 2018, 5157645	2.7	86
239	Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1 year: an open label, non-randomized, controlled study. <i>Cardiovascular Diabetology</i> , 2018 , 17, 56	8.7	94
238	Adrenal Stress and Physical Performance During Military Survival Training. <i>Aerospace Medicine and Human Performance</i> , 2018 , 89, 99-107	1.1	15
237	The Effects of a Korean Ginseng, GINST15, on Perceptual Effort, Psychomotor Performance, and Physical Performance in Men and Women. <i>Journal of Sports Science and Medicine</i> , 2018 , 17, 92-100	2.7	9
236	Keto-adaptation enhances exercise performance and body composition responses to training in endurance athletes. <i>Metabolism: Clinical and Experimental</i> , 2018 , 81, 25-34	12.7	87
235	Keto-adaptation enhances exercise performance and body composition responses to training in endurance athletes. <i>Metabolism: Clinical and Experimental</i> , 2018 , 83, e1-e2	12.7	5
234	Dietary fat: From foe to friend?. <i>Science</i> , 2018 , 362, 764-770	33.3	126
233	Paradox of hypercholesterolaemia in highly trained, keto-adapted athletes. <i>BMJ Open Sport and Exercise Medicine</i> , 2018 , 4, e000429	3.4	18
232	Co-ingestion of whole eggs or egg whites with glucose protects against postprandial hyperglycaemia-induced oxidative stress and dysregulated arginine metabolism in association with improved vascular endothelial function in prediabetic men. <i>British Journal of Nutrition</i> , 2018 , 120, 901-913	3.6	5
231	Endocrinological Roles for Testosterone in Resistance Exercise Responses and Adaptations. <i>Sports Medicine</i> , 2017 , 47, 1709-1720	10.6	33
230	The effects of different exercise training modalities on plasma proenkephalin Peptide F in women. <i>Peptides</i> , 2017 , 91, 26-32	3.8	1
229	The presence of symptoms of testosterone deficiency in the exercise-hypogonadal male condition and the role of nutrition. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1349-1357	3.4	43
228	Pleiotropic effects of nutritional ketosis: Conceptual framework for keto-adaptation as a breast cancer therapy. <i>Cancer Treatment and Research Communications</i> , 2017 , 12, 32-39	2	15
227	The effects of a transcontinental flight on markers of coagulation and fibrinolysis in healthy men after vigorous physical activity. <i>Chronobiology International</i> , 2017 , 34, 148-161	3.6	7
226	A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. <i>JMIR Diabetes</i> , 2017 , 2, e5	2.7	74
225	The effects of a roundtrip trans-American jet travel on physiological stress, neuromuscular performance, and recovery. <i>Journal of Applied Physiology</i> , 2016 , 121, 438-48	3.7	15
224	The Effects of Nitrate-Rich Supplementation on Neuromuscular Efficiency during Heavy Resistance Exercise. <i>Journal of the American College of Nutrition</i> , 2016 , 35, 100-7	3.5	20
223	Observed Dietary Practices of Recreational Ultraendurance Cyclists in the Heat. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1607-12	3.2	1

222	Metabolic characteristics of keto-adapted ultra-endurance runners. <i>Metabolism: Clinical and Experimental</i> , 2016 , 65, 100-10	12.7	168
221	The addition of beta-hydroxy-beta-methylbutyrate and isomaltulose to whey protein improves recovery from highly demanding resistance exercise. <i>Journal of the American College of Nutrition</i> , 2015 , 34, 91-9	3.5	14
220	Dietary carbohydrate restriction as the first approach in diabetes management: critical review and evidence base. <i>Nutrition</i> , 2015 , 31, 1-13	4.8	449
219	Rethinking fat as a fuel for endurance exercise. <i>European Journal of Sport Science</i> , 2015 , 15, 13-20	3.9	137
218	Greater Tocopherol status during acute smoking abstinence with nicotine replacement therapy improved vascular endothelial function by decreasing 8-iso-15(S)-prostaglandin F ₂ α <i>Experimental Biology and Medicine</i> , 2015 , 240, 527-33	3.7	11
217	Habitual Exercise May Maintain Endothelium-Dependent Dilation in Overweight Postmenopausal Women. <i>Journal of Aging and Physical Activity</i> , 2015 , 23, 40-46	1.6	
216	Influence of Habitual Carbohydrate Intake on Exercise-Induced Inflammation in Ultra-Endurance Athletes. <i>FASEB Journal</i> , 2015 , 29, LB668	0.9	
215	Targeting metabolism with a ketogenic diet during the treatment of glioblastoma multiforme. <i>Journal of Neuro-Oncology</i> , 2014 , 117, 125-31	4.8	137
214	The impact of an ultramarathon on hormonal and biochemical parameters in men. <i>Wilderness and Environmental Medicine</i> , 2014 , 25, 278-88	1.4	43
213	Influence of HMB supplementation and resistance training on cytokine responses to resistance exercise. <i>Journal of the American College of Nutrition</i> , 2014 , 33, 247-55	3.5	23
212	The effects of high intensity short rest resistance exercise on muscle damage markers in men and women. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1041-9	3.2	39
211	Effects of step-wise increases in dietary carbohydrate on circulating saturated Fatty acids and palmitoleic Acid in adults with metabolic syndrome. <i>PLoS ONE</i> , 2014 , 9, e113605	3.7	65
210	Cholesterol-induced inflammation and macrophage accumulation in adipose tissue is reduced by a low carbohydrate diet in guinea pigs. <i>Nutrition Research and Practice</i> , 2014 , 8, 625-31	2.1	5
209	Effects of resistance exercise on the HPA axis response to psychological stress during short-term smoking abstinence in men. <i>Addictive Behaviors</i> , 2014 , 39, 695-8	4.2	3
208	Leukocyte subpopulation responses to resistance exercise are different in men and women and affected by protein supplementation (LB800). <i>FASEB Journal</i> , 2014 , 28, LB800	0.9	
207	Effect of a very low carbohydrate diet followed by incremental increases in carbohydrate on respiratory exchange ratio (LB444). <i>FASEB Journal</i> , 2014 , 28, LB444	0.9	
206	Whey protein supplementation during resistance training augments lean body mass. <i>Journal of the American College of Nutrition</i> , 2013 , 32, 122-35	3.5	115
205	Betaine supplementation enhances anabolic endocrine and Akt signaling in response to acute bouts of exercise. <i>European Journal of Applied Physiology</i> , 2013 , 113, 793-802	3.4	61

204	Influence of training on markers of platelet activation in response to a bout of heavy resistance exercise. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2203-9	3.4	13
203	Beneficial effects of habitual resistance exercise training on coagulation and fibrinolytic responses. <i>Thrombosis Research</i> , 2013 , 131, e227-34	8.2	30
202	Responses of proenkephalin Peptide F to aerobic exercise stress in the plasma and white blood cell biocompartments. <i>Peptides</i> , 2013 , 42, 118-24	3.8	3
201	Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. <i>Journal of Clinical Lipidology</i> , 2013 , 7, 463-71	4.9	54
200	The effects of soy and whey protein supplementation on acute hormonal responses to resistance exercise in men. <i>Journal of the American College of Nutrition</i> , 2013 , 32, 66-74	3.5	31
199	Dietary carbohydrate restriction improves insulin sensitivity, blood pressure, microvascular function, and cellular adhesion markers in individuals taking statins. <i>Nutrition Research</i> , 2013 , 33, 905-12 ⁴		30
198	Tocopherol-rich supplementation additively improves vascular endothelial function during smoking cessation. <i>Free Radical Biology and Medicine</i> , 2013 , 65, 1291-1299	7.8	35
197	Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , 2013 , 62, 400-10	12.7	95
196	Obesity, growth hormone and exercise. <i>Sports Medicine</i> , 2013 , 43, 839-49	10.6	22
195	Supplementation of a Tocopherol-rich mixture of tocopherols in healthy men protects against vascular endothelial dysfunction induced by postprandial hyperglycemia. <i>Journal of Nutritional Biochemistry</i> , 2013 , 24, 196-203	6.3	25
194	Worldwide dietary therapies for adults with epilepsy and other disorders. <i>Journal of Child Neurology</i> , 2013 , 28, 1034-40	2.5	18
193	Triglyceride recrystallized phytosterols in fat-free milk improve lipoprotein profiles more than unmodified free phytosterols in hypercholesterolemic men and women. <i>Journal of the American College of Nutrition</i> , 2013 , 32, 234-42	3.5	5
192	Alterations in coagulatory and fibrinolytic systems following an ultra-marathon. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2705-12	3.4	18
191	Resistance exercise induces region-specific adaptations in anterior pituitary gland structure and function in rats. <i>Journal of Applied Physiology</i> , 2013 , 115, 1641-7	3.7	14
190	A New Look at Carbohydrate-Restricted Diets. <i>Nutrition Today</i> , 2013 , 48, E1-E7	1.6	5
189	The food matrix and sterol characteristics affect the plasma cholesterol lowering of phytosterol/phytostanol. <i>Advances in Nutrition</i> , 2013 , 4, 633-43	10	30
188	Low-fat milk ingestion prevents postprandial hyperglycemia-mediated impairments in vascular endothelial function in obese individuals with metabolic syndrome. <i>Journal of Nutrition</i> , 2013 , 143, 1602-10	4.0	32
187	Acute effects of ingestion of a novel whey-derived extract on vascular endothelial function in overweight, middle-aged men and women. <i>British Journal of Nutrition</i> , 2013 , 109, 882-93	3.6	52

186	Reproducibility of ambulatory blood pressure changes from the initial values on two different days. <i>Clinics</i> , 2013 , 68, 1509-15	2.3	18
185	Ultra-endurance exercise differentially affects highly unsaturated fatty acid composition in cheek cells and serum phospholipids. <i>FASEB Journal</i> , 2013 , 27, 1208.12	0.9	
184	Alterations in the Coagulation and Fibrinolytic Systems following an Ultra-marathon. <i>FASEB Journal</i> , 2013 , 27, 1136.18	0.9	
183	Low-fat milk protects against postprandial vascular endothelial dysfunction in adults with metabolic syndrome. <i>FASEB Journal</i> , 2013 , 27, 226.4	0.9	
182	Effects of resistance exercise and obesity level on ghrelin and cortisol in men. <i>Metabolism: Clinical and Experimental</i> , 2012 , 61, 860-8	12.7	10
181	Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. <i>European Journal of Applied Physiology</i> , 2012 , 112, 3335-40	3.4	23
180	Cortical Activity during a Highly-Trained Resistance Exercise Movement Emphasizing Force, Power or Volume. <i>Brain Sciences</i> , 2012 , 2, 649-66	3.4	5
179	The twisted tale of saturated fat. <i>Lipid Technology</i> , 2012 , 24, 106-107		1
178	Grape polyphenols reduce blood pressure and increase flow-mediated vasodilation in men with metabolic syndrome. <i>Journal of Nutrition</i> , 2012 , 142, 1626-32	4.1	107
177	Effects of increased dietary cholesterol with carbohydrate restriction on hepatic lipid metabolism in Guinea pigs. <i>Comparative Medicine</i> , 2012 , 62, 109-15	1.6	16
176	A nine month strength training program increases resting metabolic rate. <i>FASEB Journal</i> , 2012 , 26, 820.23.9		
175	Acute effects of ingestion of a novel whey-derived extract on vascular endothelial function in middle-aged men and women. <i>FASEB Journal</i> , 2012 , 26, 1026.18	0.9	
174	Cholesterol lowering effects of milk with added plant sterols. <i>FASEB Journal</i> , 2012 , 26, 626.28	0.9	
173	A Mediterranean-style low-glycemic-load diet improves variables of metabolic syndrome in women, and addition of a phytochemical-rich medical food enhances benefits on lipoprotein metabolism. <i>Journal of Clinical Lipidology</i> , 2011 , 5, 188-196	4.9	45
172	Neuroendocrine-immune interactions and responses to exercise. <i>Sports Medicine</i> , 2011 , 41, 621-39	10.6	78
171	Glucocorticoid receptor expression on human B cells in response to acute heavy resistance exercise. <i>NeuroImmunoModulation</i> , 2011 , 18, 156-64	2.5	10
170	Caffeine lowers muscle pain during exercise in hot but not cool environments. <i>Physiology and Behavior</i> , 2011 , 102, 429-35	3.5	14
169	Waist circumference is positively correlated with markers of inflammation and negatively with adiponectin in women with metabolic syndrome. <i>Nutrition Research</i> , 2011 , 31, 197-204	4	32

168	Ingestion of a high-molecular-weight hydrothermally modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. <i>Nutrition</i> , 2011 , 27, 659-65	4.8	31
167	Vitamin C status is related to proinflammatory responses and impaired vascular endothelial function in healthy, college-aged lean and obese men. <i>Journal of the American Dietetic Association</i> , 2011 , 111, 737-43		35
166	Immunoreactive and bioactive growth hormone responses to resistance exercise in men who are lean or obese. <i>Journal of Applied Physiology</i> , 2011 , 111, 465-72	3.7	13
165	Effect of ambient temperature on caffeine ergogenicity during endurance exercise. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1135-46	3.4	29
164	Leukocyte α -adrenergic receptor expression in response to resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1422-32	1.2	29
163	Postprandial hyperglycemia impairs vascular endothelial function in healthy men by inducing lipid peroxidation and increasing asymmetric dimethylarginine:arginine. <i>Journal of Nutrition</i> , 2011 , 141, 1961-8 ¹	4.1	86
162	Postprandial hyperglycemia induces vascular endothelial dysfunction by increasing lipid peroxidation and asymmetric dimethylarginine in healthy men.. <i>FASEB Journal</i> , 2011 , 25, 107.2	0.9	
161	Low HDL cholesterol is associated with increased atherogenic lipoproteins and insulin resistance in women classified with metabolic syndrome. <i>Nutrition Research and Practice</i> , 2010 , 4, 492-8	2.1	8
160	Metabolic syndrome prevalence, dietary intake, and cardiovascular risk profile among overweight and obese adults 18-50 years old from the United Arab Emirates. <i>Metabolic Syndrome and Related Disorders</i> , 2010 , 8, 39-46	2.6	17
159	Testosterone physiology in resistance exercise and training: the up-stream regulatory elements. <i>Sports Medicine</i> , 2010 , 40, 1037-53	10.6	227
158	Endogenous opioid peptide responses to opioid and anti-inflammatory medications following eccentric exercise-induced muscle damage. <i>Peptides</i> , 2010 , 31, 88-93	3.8	8
157	Low-carbohydrate diets reduce lipid accumulation and arterial inflammation in guinea pigs fed a high-cholesterol diet. <i>Atherosclerosis</i> , 2010 , 209, 442-8	3.1	14
156	Carbohydrate-restricted Diet With And Without Resistance Training: Effect On Immune Function And Indices Of Health. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 178	1.2	
155	Limited effect of dietary saturated fat on plasma saturated fat in the context of a low carbohydrate diet. <i>Lipids</i> , 2010 , 45, 947-62	1.6	61
154	l-Carnitine l-tartrate supplementation favorably affects biochemical markers of recovery from physical exertion in middle-aged men and women. <i>Metabolism: Clinical and Experimental</i> , 2010 , 59, 1190-5	12.7	19
153	Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet. <i>Journal of Nutritional Biochemistry</i> , 2010 , 21, 261-7	6.3	63
152	Dietary β and α tocopherol supplementation attenuates lipopolysaccharide-induced oxidative stress and inflammatory-related responses in an obese mouse model of nonalcoholic steatohepatitis. <i>Journal of Nutritional Biochemistry</i> , 2010 , 21, 1200-6	6.3	56
151	Ergogenic effects of betaine supplementation on strength and power performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 27	4.5	35

150	Tocopherol supplementation improves postprandial vascular endothelial function in lean and obese men by decreasing oxidative and nitrative stress. <i>FASEB Journal</i> , 2010 , 24, 535.6	0.9	
149	Resistance training improves the inflammatory response to an acute resistance exercise bout in healthy young adults. <i>FASEB Journal</i> , 2010 , 24, 743.2	0.9	2
148	Carbohydrate restriction, as a first-line dietary intervention, effectively reduces biomarkers of metabolic syndrome in Emirati adults. <i>Journal of Nutrition</i> , 2009 , 139, 1667-76	4.1	41
147	Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. <i>Metabolism: Clinical and Experimental</i> , 2009 , 58, 1769-77	12.7	39
146	Influences of a dietary supplement in combination with an exercise and diet regimen on adipocytokines and adiposity in women who are overweight. <i>European Journal of Applied Physiology</i> , 2009 , 105, 665-72	3.4	6
145	Effects of 14 days of microgravity on fast hindlimb and diaphragm muscles of the rat. <i>European Journal of Applied Physiology</i> , 2009 , 106, 885-92	3.4	23
144	Carbohydrate restriction has a more favorable impact on the metabolic syndrome than a low fat diet. <i>Lipids</i> , 2009 , 44, 297-309	1.6	251
143	Effect of circulating growth hormone on muscle IGF-I protein concentration in female mice with growth hormone receptor gene disruption. <i>Growth Hormone and IGF Research</i> , 2009 , 19, 242-4	2	4
142	Carbohydrate restriction (with or without additional dietary cholesterol provided by eggs) reduces insulin resistance and plasma leptin without modifying appetite hormones in adult men. <i>Nutrition Research</i> , 2009 , 29, 262-8	4	33
141	Elevated endogenous testosterone concentrations potentiate muscle androgen receptor responses to resistance exercise. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2009 , 114, 195-9 ^{5.1}	5.1	60
140	Raisins and walking alter appetite hormones and plasma lipids by modifications in lipoprotein metabolism and up-regulation of the low-density lipoprotein receptor. <i>Metabolism: Clinical and Experimental</i> , 2009 , 58, 120-8	12.7	19
139	Low-carbohydrate diet disrupts the association between insulin resistance and weight gain. <i>Metabolism: Clinical and Experimental</i> , 2009 , 58, 1116-22	12.7	13
138	Chronic effects of dietary carbohydrate variation on [18F]-2-fluoro-2-deoxyglucose uptake in rodent heart. <i>Nuclear Medicine Communications</i> , 2009 , 30, 675-80	1.6	5
137	Effects of amino acids supplement on physiological adaptations to resistance training. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1111-21	1.2	64
136	Regular eggs and lutein-enriched eggs increased macular pigment density without changing plasma lipids. <i>FASEB Journal</i> , 2009 , 23, 722.10	0.9	
135	Peer-counseling and inflammatory markers in Latinos diagnosed with type 2 diabetes. Results from the DIALBEST trial. <i>FASEB Journal</i> , 2009 , 23, 910.3	0.9	
134	Ingestion of a high molecular weight modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. <i>FASEB Journal</i> , 2009 , 23, LB114	0.9	
133	Effects of carnitine supplementation on flow-mediated dilation and vascular inflammatory responses to a high-fat meal in healthy young adults. <i>American Journal of Cardiology</i> , 2008 , 102, 1413-7 ³	3	21

132	Resistance exercise biology: manipulation of resistance exercise programme variables determines the responses of cellular and molecular signalling pathways. <i>Sports Medicine</i> , 2008 , 38, 527-40	10.6	127
131	Androgen receptors and testosterone in men--effects of protein ingestion, resistance exercise and fiber type. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2008 , 110, 130-7	5.1	33
130	Dietary carbohydrate restriction induces a unique metabolic state positively affecting atherogenic dyslipidemia, fatty acid partitioning, and metabolic syndrome. <i>Progress in Lipid Research</i> , 2008 , 47, 307-18	14.3	178
129	Influence of oral contraceptive use on growth hormone in vivo bioactivity following resistance exercise: responses of molecular mass variants. <i>Growth Hormone and IGF Research</i> , 2008 , 18, 238-44	2	11
128	Carbohydrate restriction as the default treatment for type 2 diabetes and metabolic syndrome. <i>Scandinavian Cardiovascular Journal</i> , 2008 , 42, 256-63	2	31
127	Effect of resistance exercise on muscle steroidogenesis. <i>Journal of Applied Physiology</i> , 2008 , 105, 1754-60	9.7	34
126	Effect of hydration state on resistance exercise-induced endocrine markers of anabolism, catabolism, and metabolism. <i>Journal of Applied Physiology</i> , 2008 , 105, 816-24	3.7	69
125	Dietary cholesterol from eggs increases plasma HDL cholesterol in overweight men consuming a carbohydrate-restricted diet. <i>Journal of Nutrition</i> , 2008 , 138, 272-6	4.1	109
124	Effects of stretching on upper-body muscular performance. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 1279-85	3.2	55
123	Effects of elevated circulating hormones on resistance exercise-induced Akt signaling. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1039-48	1.2	32
122	L-carnitine supplementation: influence upon physiological function. <i>Current Sports Medicine Reports</i> , 2008 , 7, 218-23	1.9	24
121	Creatine supplementation improves muscular performance in older women. <i>European Journal of Applied Physiology</i> , 2008 , 102, 223-31	3.4	64
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