

Jeff S Volek

List of Publications by Year in descending order

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287
papers

16,293
citations

11908

72
h-index

23173

116
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291
all docs

291
docs citations

291
times ranked

13762
citing authors

#	ARTICLE	IF	CITATIONS
1	Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base. <i>Nutrition</i> , 2015, 31, 1-13.	1.1	666
2	Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. <i>Journal of Applied Physiology</i> , 1999, 87, 982-992.	1.2	374
3	Carbohydrate Restriction has a More Favorable Impact on the Metabolic Syndrome than a Low Fat Diet. <i>Lipids</i> , 2009, 44, 297-309.	0.7	316
4	Testosterone Physiology in Resistance Exercise and Training. <i>Sports Medicine</i> , 2010, 40, 1037-1053.	3.1	316
5	Saturated Fats and Health: A Reassessment and Proposal for Food-Based Recommendations. <i>Journal of the American College of Cardiology</i> , 2020, 76, 844-857.	1.2	302
6	Performance and muscle fiber adaptations to creatine supplementation and heavy resistance training. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 1147-1156.	0.2	283
7	Comparison of Low Fat and Low Carbohydrate Diets on Circulating Fatty Acid Composition and Markers of Inflammation. <i>Lipids</i> , 2008, 43, 65-77.	0.7	272
8	Low-carbohydrate nutrition and metabolism. <i>American Journal of Clinical Nutrition</i> , 2007, 86, 276-284.	2.2	270
9	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.	1.2	267
10	A Ketogenic Diet Favorably Affects Serum Biomarkers for Cardiovascular Disease in Normal-Weight Men. <i>Journal of Nutrition</i> , 2002, 132, 1879-1885.	1.3	261
11	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, 307-318.	5.3	229
12	Metabolic characteristics of keto-adapted ultra-endurance runners. <i>Metabolism: Clinical and Experimental</i> , 2016, 65, 100-110.	1.5	225
13	Creatine Supplementation Enhances Muscular Performance During High-Intensity Resistance Exercise. <i>Journal of the American Dietetic Association</i> , 1997, 97, 765-770.	1.3	215
14	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.	1.5	202
15	Body composition and hormonal responses to a carbohydrate-restricted diet. <i>Metabolism: Clinical and Experimental</i> , 2002, 51, 864-870.	1.5	199
16	Dietary fat: From foe to friend?. <i>Science</i> , 2018, 362, 764-770.	6.0	194
17	Effect of resistance training on women's strength/power and occupational performances. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1011-1025.	0.2	189
18	Hydration and Muscular Performance. <i>Sports Medicine</i> , 2007, 37, 907-921.	3.1	184

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19	Low-volume circuit versus high-volume periodized resistance training in women. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 635-643.	0.2	182
20	Carbohydrate restriction improves the features of Metabolic Syndrome. Metabolic Syndrome may be defined by the response to carbohydrate restriction. <i>Nutrition and Metabolism</i> , 2005, 2, 31.	1.3	182
21	Rethinking fat as a fuel for endurance exercise. <i>European Journal of Sport Science</i> , 2015, 15, 13-20.	1.4	182
22	Targeting metabolism with a ketogenic diet during the treatment of glioblastoma multiforme. <i>Journal of Neuro-Oncology</i> , 2014, 117, 125-131.	1.4	174
23	Physiological and performance responses to tournament wrestling. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1367-1378.	0.2	172
24	Influence of Compression Therapy on Symptoms Following Soft Tissue Injury from Maximal Eccentric Exercise. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2001, 31, 282-290.	1.7	170
25	The influence of direct supervision of resistance training on strength performance. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1175-1184.	0.2	169
26	Resistance Exercise Biology. <i>Sports Medicine</i> , 2008, 38, 527-540.	3.1	169
27	Hormonal responses to consecutive days of heavy-resistance exercise with or without nutritional supplementation. <i>Journal of Applied Physiology</i> , 1998, 85, 1544-1555.	1.2	166
28	Mixed-methods resistance training increases power and strength of young and older men. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1367-1375.	0.2	161
29	Changes in Exercise Performance and Hormonal Concentrations Over a Big Ten Soccer Season in Starters and Nonstarters. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 121.	1.0	161
30	Influence of exercise training on physiological and performance changes with weight loss in men. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 1320-1329.	0.2	156
31	Physiological Changes with Periodized Resistance Training in Women Tennis Players. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 157-168.	0.2	155
32	Dietary carbohydrate restriction improves metabolic syndrome independent of weight loss. <i>JCI Insight</i> , 2019, 4, .	2.3	141
33	Very Low-Carbohydrate and Low-Fat Diets Affect Fasting Lipids and Postprandial Lipemia Differently in Overweight Men. <i>Journal of Nutrition</i> , 2004, 134, 880-885.	1.3	140
34	Whey Protein Supplementation During Resistance Training Augments Lean Body Mass. <i>Journal of the American College of Nutrition</i> , 2013, 32, 122-135.	1.1	137
35	Comparison of a Very Low-Carbohydrate and Low-Fat Diet on Fasting Lipids, LDL Subclasses, Insulin Resistance, and Postprandial Lipemic Responses in Overweight Women. <i>Journal of the American College of Nutrition</i> , 2004, 23, 177-184.	1.1	135
36	Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1Åyear: an open label, non-randomized, controlled study. <i>Cardiovascular Diabetology</i> , 2018, 17, 56.	2.7	135

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37	Modification of Lipoproteins by Very Low-Carbohydrate Diets. <i>Journal of Nutrition</i> , 2005, 135, 1339-1342.	1.3	130
38	Grape Polyphenols Reduce Blood Pressure and Increase Flow-Mediated Vasodilation in Men with Metabolic Syndrome. <i>Journal of Nutrition</i> , 2012, 142, 1626-1632.	1.3	129
39	Nutritional Ketosis and Mitohormesis: Potential Implications for Mitochondrial Function and Human Health. <i>Journal of Nutrition and Metabolism</i> , 2018, 2018, 1-27.	0.7	128
40	Creatine supplementation improves muscular performance in older men. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 537-543.	0.2	127
41	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, 400-410.	1.5	127
42	L-Carnitine-tartrate supplementation favorably affects markers of recovery from exercise stress. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2002, 282, E474-E482.	1.8	125
43	Dietary Cholesterol from Eggs Increases Plasma HDL Cholesterol in Overweight Men Consuming a Carbohydrate-Restricted Diet. <i>Journal of Nutrition</i> , 2008, 138, 272-276.	1.3	123
44	Keto-adaptation enhances exercise performance and body composition responses to training in endurance athletes. <i>Metabolism: Clinical and Experimental</i> , 2018, 81, 25-34.	1.5	123
45	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.	0.9	120
46	Changes in Muscle Hypertrophy in Women with Periodized Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 697-708.	0.2	112
47	Physiological adaptations to a weight-loss dietary regimen and exercise programs in women. <i>Journal of Applied Physiology</i> , 1997, 83, 270-279.	1.2	107
48	An Isoenergetic Very Low Carbohydrate Diet Improves Serum HDL Cholesterol and Triacylglycerol Concentrations, the Total Cholesterol to HDL Cholesterol Ratio and Postprandial Lipemic Responses Compared with a Low Fat Diet in Normal Weight, Normolipidemic Women. <i>Journal of Nutrition</i> , 2003, 133, 2756-2761.	1.3	106
49	A review of low-carbohydrate ketogenic diets. <i>Current Atherosclerosis Reports</i> , 2003, 5, 476-483.	2.0	104
50	Androgen receptor content following heavy resistance exercise in men. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2005, 93, 35-42.	1.2	103
51	Neuroendocrine-Immune Interactions and Responses to Exercise. <i>Sports Medicine</i> , 2011, 41, 621-639.	3.1	102
52	The effect of heavy resistance exercise on the circadian rhythm of salivary testosterone in men. <i>European Journal of Applied Physiology</i> , 2001, 84, 13-18.	1.2	101
53	Effect of Hydration State on Strength, Power, and Resistance Exercise Performance. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1817-1824.	0.2	100
54	Scientific basis and practical aspects of creatine supplementation for athletes. <i>Nutrition</i> , 2004, 20, 609-614.	1.1	99

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55	Postprandial Hyperglycemia Impairs Vascular Endothelial Function in HealthyMen by Inducing Lipid Peroxidation and Increasing Asymmetric Dimethylarginine:Arginine. <i>Journal of Nutrition</i> , 2011, 141, 1961-1968.	1.3	99
56	CREATINE SUPPLEMENTATION. <i>Clinics in Sports Medicine</i> , 1999, 18, 651-666.	0.9	94
57	Effects of Concurrent Resistance and Aerobic Training on Load-Bearing Performance and the Army Physical Fitness Test. <i>Military Medicine</i> , 2004, 169, 994-999.	0.4	94
58	Maintenance of the LDL Cholesterol:HDL Cholesterol Ratio in an Elderly Population Given a Dietary Cholesterol Challenge. <i>Journal of Nutrition</i> , 2005, 135, 2793-2798.	1.3	93
59	Influence of compression hosiery on physiological responses to standing fatigue in women. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1849-1858.	0.2	92
60	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.	1.1	89
61	The effects of creatine supplementation on muscular performance and body composition responses to short-term resistance training overreaching. <i>European Journal of Applied Physiology</i> , 2004, 91, 628-637.	1.2	83
62	Acute Hormonal Responses to a Single Bout of Heavy Resistance Exercise in Trained Power Lifters and Untrained Men. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1999, 24, 524-537.	1.7	81
63	Continuous Compression as an Effective Therapeutic Intervention in Treating Eccentric-Exercise-Induced Muscle Soreness. <i>Journal of Sport Rehabilitation</i> , 2001, 10, 11-23.	0.4	81
64	Carbohydrate Restriction Alters Lipoprotein Metabolism by Modifying VLDL, LDL, and HDL Subfraction Distribution and Size in Overweight Men. <i>Journal of Nutrition</i> , 2006, 136, 384-389.	1.3	81
65	Creatine supplementation improves muscular performance in older women. <i>European Journal of Applied Physiology</i> , 2007, 102, 223-231.	1.2	79
66	Effect of hydration state on resistance exercise-induced endocrine markers of anabolism, catabolism, and metabolism. <i>Journal of Applied Physiology</i> , 2008, 105, 816-824.	1.2	79
67	Fasting Lipoprotein and Postprandial Triacylglycerol Responses to a Low-Carbohydrate Diet Supplemented with n-3 Fatty Acids. <i>Journal of the American College of Nutrition</i> , 2000, 19, 383-391.	1.1	78
68	Effects of Stretching on Upper-Body Muscular Performance. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1279-1285.	1.0	78
69	Effects of Amino Acids Supplement on Physiological Adaptations to Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 1111-1121.	0.2	78
70	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.	1.0	78
71	Limited Effect of Dietary Saturated Fat on Plasma Saturated Fat in the Context of a Low Carbohydrate Diet. <i>Lipids</i> , 2010, 45, 947-962.	0.7	75
72	Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet. <i>Journal of Nutritional Biochemistry</i> , 2010, 21, 261-267.	1.9	75

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73	Maximal Power at Different Percentages of One Repetition Maximum: Influence of Resistance and Gender. <i>Journal of Strength and Conditioning Research</i> , 2007, 21, 336.	1.0	75
74	Resistance Training and Elite Athletes: Adaptations and Program Considerations. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 1998, 28, 110-119.	1.7	73
75	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.	1.2	73
76	Effects of resistance training on neuromuscular junction morphology. <i>Muscle and Nerve</i> , 2000, 23, 1576-1581.	1.0	71
77	High intake of cholesterol results in less atherogenic low-density lipoprotein particles in men and women independent of response classification. <i>Metabolism: Clinical and Experimental</i> , 2004, 53, 823-830.	1.5	71
78	Body Size and Composition of National Football League Players. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 485.	1.0	70
79	Effects of a carbohydrate-restricted diet with and without supplemental soluble fiber on plasma low-density lipoprotein cholesterol and other clinical markers of cardiovascular risk. <i>Metabolism: Clinical and Experimental</i> , 2007, 56, 58-67.	1.5	69
80	Physiological responses to short-term exercise in the heat after creatine loading. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1101-1108.	0.2	68
81	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. <i>Metabolism: Clinical and Experimental</i> , 2006, 55, 282-291.	1.5	68
82	Performance, biochemical, and endocrine changes during a competitive football game. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1845-1853.	0.2	67
83	Comparison of methods for assessing body composition changes during weight loss. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 497-502.	0.2	67
84	Increasing fluid milk favorably affects bone mineral density responses to resistance training in adolescent boys. <i>Journal of the American Dietetic Association</i> , 2003, 103, 1353-1356.	1.3	67
85	High-Affinity Growth Hormone Binding Protein and Acute Heavy Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 395-403.	0.2	67
86	Resistance training combined with bench-step aerobics enhances women's health profile. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 259-269.	0.2	66
87	Androgenic Responses to Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 1288-1296.	0.2	65
88	Elevated endogenous testosterone concentrations potentiate muscle androgen receptor responses to resistance exercise. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2009, 114, 195-199.	1.2	65
89	Dietary α - and γ -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, 1200-1206.	1.9	65
90	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, 463-471.	0.6	63

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91	Very-low-carbohydrate weight-loss diets revisited.. Cleveland Clinic Journal of Medicine, 2002, 69, 849-849.	0.6	61
92	Anticipatory responses of catecholamines on muscle force production. Journal of Applied Physiology, 2007, 102, 94-102.	1.2	58
93	Acute effects of ingestion of a novel whey-derived extract on vascular endothelial function in overweight, middle-aged men and women. British Journal of Nutrition, 2013, 109, 882-893.	1.2	57
94	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. Journal of Clinical Lipidology, 2011, 5, 188-196.	0.6	55
95	The presence of symptoms of testosterone deficiency in the exercise-hypogonadal male condition and the role of nutrition. European Journal of Applied Physiology, 2017, 117, 1349-1357.	1.2	55
96	Neuromuscular disturbance outlasts other symptoms of exercise-induced muscle damage. Journal of the Neurological Sciences, 2000, 174, 92-99.	0.3	54
97	Characteristics of circulating growth hormone in women after acute heavy resistance exercise. American Journal of Physiology - Endocrinology and Metabolism, 2001, 281, E878-E887.	1.8	54
98	Low-carbohydrate diets for athletes: what evidence?. British Journal of Sports Medicine, 2014, 48, 1077-1078.	3.1	54
99	The Effects of High Intensity Short Rest Resistance Exercise on Muscle Damage Markers in Men and Women. Journal of Strength and Conditioning Research, 2014, 28, 1041-1049.	1.0	54
100	Endocrinological Roles for Testosterone in Resistance Exercise Responses and Adaptations. Sports Medicine, 2017, 47, 1709-1720.	3.1	54
101	Influence of Nutrition on Responses to Resistance Training. Medicine and Science in Sports and Exercise, 2004, 36, 689-696.	0.2	53
102	The Impact of an Ultramarathon on Hormonal and Biochemical Parameters in Men. Wilderness and Environmental Medicine, 2014, 25, 278-288.	0.4	52
103	Carbohydrate Restriction, as a First-Line Dietary Intervention, Effectively Reduces Biomarkers of Metabolic Syndrome in Emirati Adults. Journal of Nutrition, 2009, 139, 1667-1676.	1.3	50
104	Vitamin C Status Is Related to Proinflammatory Responses and Impaired Vascular Endothelial Function in Healthy, College-Aged Lean and Obese Men. Journal of the American Dietetic Association, 2011, 111, 737-743.	1.3	48
105	Creatine Supplementation Increases Total Body Water Without Altering Fluid Distribution. Journal of Athletic Training, 2003, 38, 44-50.	0.9	47
106	Diet and Exercise for Weight Loss. Sports Medicine, 2005, 35, 1-9.	3.1	46
107	Low carbohydrate diets improve atherogenic dyslipidemia even in the absence of weight loss. Nutrition and Metabolism, 2006, 3, 24.	1.3	46
108	Effect of adding exercise to a diet containing glucomannan. Metabolism: Clinical and Experimental, 2007, 56, 1149-1158.	1.5	46

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109	Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. <i>Metabolism: Clinical and Experimental</i> , 2009, 58, 1769-1777.	1.5	45
110	Endurance Capacity and High-Intensity Exercise Performance Responses to a High-Fat Diet. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003, 13, 466-478.	1.0	43
111	Exercise and recovery responses of adrenal medullary neurohormones to heavy resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 554-559.	0.2	43
112	Cardiovascular and Hormonal Aspects of Very-Low-Carbohydrate Ketogenic Diets. <i>Obesity</i> , 2004, 12, 115S-23S.	4.0	42
113	Ergogenic effects of betaine supplementation on strength and power performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 27.	1.7	42
114	Detraining produces minimal changes in physical performance and hormonal variables in recreationally strength-trained men. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 373-82.	1.0	42
115	The Food Matrix and Sterol Characteristics Affect the Plasma Cholesterol Lowering of Phytosterol/Phytostanol. <i>Advances in Nutrition</i> , 2013, 4, 633-643.	2.9	41
116	Effects of a multi-nutrient supplement on exercise performance and hormonal responses to resistance exercise. <i>European Journal of Applied Physiology</i> , 2007, 101, 637-646.	1.2	40
117	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.	1.3	40
118	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.	2.7	40
119	Dietary Saturated Fats and Health: Are the U.S. Guidelines Evidence-Based?. <i>Nutrients</i> , 2021, 13, 3305.	1.7	40
120	Lymphocyte proliferation in response to acute heavy resistance exercise in women: influence of muscle strength and total work. <i>European Journal of Applied Physiology</i> , 2001, 85, 367-373.	1.2	39
121	Effect of resistance exercise on muscle steroidogenesis. <i>Journal of Applied Physiology</i> , 2008, 105, 1754-1760.	1.2	39
122	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, 262-268.	1.3	39
123	Î³-Tocopherol-rich supplementation additively improves vascular endothelial function during smoking cessation. <i>Free Radical Biology and Medicine</i> , 2013, 65, 1291-1299.	1.3	38
124	Extended Ketogenic Diet and Physical Training Intervention in Military Personnel. <i>Military Medicine</i> , 2019, 184, e538-e547.	0.4	38
125	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.	0.8	38
126	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.	1.8	38

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127	No Effect of Heavy Resistance Training and Creatine Supplementation on Blood Lipids. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2000, 10, 144-156.	1.0	37
128	A Combination Therapy Including Psyllium and Plant Sterols Lowers LDL Cholesterol by Modifying Lipoprotein Metabolism in Hypercholesterolemic Individuals. <i>Journal of Nutrition</i> , 2006, 136, 2492-2497.	1.3	37
129	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, 130-137.	1.2	37
130	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, 659-665.	1.1	37
131	Carbohydrate restriction as the default treatment for type 2 diabetes and metabolic syndrome. <i>Scandinavian Cardiovascular Journal</i> , 2008, 42, 256-263.	0.4	36
132	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.	1.1	36
133	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, 1602-1610.	1.3	36
134	Protein Ingestion Prior to Strength Exercise Affects Blood Hormones and Metabolism. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1990-1997.	0.2	35
135	Effects of Elevated Circulating Hormones on Resistance Exercise-Induced Akt Signaling. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 1039-1048.	0.2	35
136	L-Carnitine Supplementation. <i>Current Sports Medicine Reports</i> , 2008, 7, 218-223.	0.5	34
137	Beneficial effects of habitual resistance exercise training on coagulation and fibrinolytic responses. <i>Thrombosis Research</i> , 2013, 131, e227-e234.	0.8	34
138	Dietary carbohydrate restriction improves insulin sensitivity, blood pressure, microvascular function, and cellular adhesion markers in individuals taking statins. <i>Nutrition Research</i> , 2013, 33, 905-912.	1.3	34
139	Effect of ambient temperature on caffeine ergogenicity during endurance exercise. <i>European Journal of Applied Physiology</i> , 2011, 111, 1135-1146.	1.2	32
140	A Combination of Psyllium and Plant Sterols Alters Lipoprotein Metabolism in Hypercholesterolemic Subjects by Modifying the Intravascular Processing of Lipoproteins and Increasing LDL Uptake. <i>Journal of Nutrition</i> , 2007, 137, 1165-1170.	1.3	31
141	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, 1413-1417.	0.7	31
142	Obesity, Growth Hormone and Exercise. <i>Sports Medicine</i> , 2013, 43, 839-849.	3.1	31
143	Paradox of hypercholesterolaemia in highly trained, keto-adapted athletes. <i>BMJ Open Sport and Exercise Medicine</i> , 2018, 4, e000429.	1.4	31
144	The effects of 10 days of spaceflight on the shuttle Endeavour on predominantly fast-twitch muscles in the rat. <i>Histochemistry and Cell Biology</i> , 2000, 114, 349-355.	0.8	30

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145	Leukocyte β -Adrenergic Receptor Expression in Response to Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1422-1432.	0.2	30
146	Supplementation of a β -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.	1.9	29
147	The Effects of Nitrate-Rich Supplementation on Neuromuscular Efficiency during Heavy Resistance Exercise. <i>Journal of the American College of Nutrition</i> , 2016, 35, 100-107.	1.1	29
148	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, 1190-1199.	1.5	28
149	Adrenal Stress and Physical Performance During Military Survival Training. <i>Aerospace Medicine and Human Performance</i> , 2018, 89, 99-107.	0.2	28
150	Effect of alkalosis on plasma epinephrine responses to high intensity cycle exercise in humans. <i>European Journal of Applied Physiology</i> , 2002, 87, 72-77.	1.2	27
151	Influence of HMB Supplementation and Resistance Training on Cytokine Responses to Resistance Exercise. <i>Journal of the American College of Nutrition</i> , 2014, 33, 247-255.	1.1	26
152	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.	0.8	26
153	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.	0.5	25
154	Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. <i>European Journal of Applied Physiology</i> , 2012, 112, 3335-3340.	1.2	25
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