List of Publications by Year in descending order

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IFFF S VOLEK

#	Article	IF	CITATIONS
1	Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base. Nutrition, 2015, 31, 1-13.	2.4	666
2	Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. Journal of Applied Physiology, 1999, 87, 982-992.	2.5	374
3	Carbohydrate Restriction has a More Favorable Impact on the Metabolic Syndrome than a Low Fat Diet. Lipids, 2009, 44, 297-309.	1.7	316
4	Testosterone Physiology in Resistance Exercise and Training. Sports Medicine, 2010, 40, 1037-1053.	6.5	316
5	Saturated Fats and Health: AÂReassessment and Proposal for Food-Based Recommendations. Journal of the American College of Cardiology, 2020, 76, 844-857.	2.8	302
6	Performance and muscle fiber adaptations to creatine supplementation and heavy resistance training. Medicine and Science in Sports and Exercise, 1999, 31, 1147-1156.	0.4	283
7	Comparison of Low Fat and Low Carbohydrate Diets on Circulating Fatty Acid Composition and Markers of Inflammation. Lipids, 2008, 43, 65-77.	1.7	272
8	Low-carbohydrate nutrition and metabolism. American Journal of Clinical Nutrition, 2007, 86, 276-284.	4.7	270
9	Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1ÂYear: An Open-Label, Non-Randomized, Controlled Study. Diabetes Therapy, 2018, 9, 583-612.	2.5	267
10	A Ketogenic Diet Favorably Affects Serum Biomarkers for Cardiovascular Disease in Normal-Weight Men. Journal of Nutrition, 2002, 132, 1879-1885.	2.9	261
11	Dietary carbohydrate restriction induces a unique metabolic state positively affecting atherogenic dyslipidemia, fatty acid partitioning, and metabolic syndrome. Progress in Lipid Research, 2008, 47, 307-318.	11.6	229
12	Metabolic characteristics of keto-adapted ultra-endurance runners. Metabolism: Clinical and Experimental, 2016, 65, 100-110.	3.4	225
13	Creatine Supplementation Enhances Muscular Performance During High-Intensity Resistance Exercise. Journal of the American Dietetic Association, 1997, 97, 765-770.	1.1	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. Frontiers in Endocrinology, 2019, 10, 348.	3.5	202
15	Body composition and hormonal responses to a carbohydrate-restricted diet. Metabolism: Clinical and Experimental, 2002, 51, 864-870.	3.4	199
16	Dietary fat: From foe to friend?. Science, 2018, 362, 764-770.	12.6	194
17	Effect of resistance training on women???s strength/power and occupational performances. Medicine and Science in Sports and Exercise, 2001, 33, 1011-1025.	0.4	189
18	Hydration and Muscular Performance. Sports Medicine, 2007, 37, 907-921.	6.5	184

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19	Low-volume circuit versus high-volume periodized resistance training in women. Medicine and Science in Sports and Exercise, 2001, 33, 635-643.	0.4	182
20	Carbohydrate restriction improves the features of Metabolic Syndrome. Metabolic Syndrome may be defined by the response to carbohydrate restriction. Nutrition and Metabolism, 2005, 2, 31.	3.0	182
21	Rethinking fat as a fuel for endurance exercise. European Journal of Sport Science, 2015, 15, 13-20.	2.7	182
22	Targeting metabolism with a ketogenic diet during the treatment of glioblastoma multiforme. Journal of Neuro-Oncology, 2014, 117, 125-131.	2.9	174
23	Physiological and performance responses to tournament wrestling. Medicine and Science in Sports and Exercise, 2001, 33, 1367-1378.	0.4	172
24	Influence of Compression Therapy on Symptoms Following Soft Tissue Injury from Maximal Eccentric Exercise. Journal of Orthopaedic and Sports Physical Therapy, 2001, 31, 282-290.	3.5	170
25	The influence of direct supervision of resistance training on strength performance. Medicine and Science in Sports and Exercise, 2000, 32, 1175-1184.	0.4	169
26	Resistance Exercise Biology. Sports Medicine, 2008, 38, 527-540.	6.5	169
27	Hormonal responses to consecutive days of heavy-resistance exercise with or without nutritional supplementation. Journal of Applied Physiology, 1998, 85, 1544-1555.	2.5	166
28	Mixed-methods resistance training increases power and strength of young and older men. Medicine and Science in Sports and Exercise, 2002, 34, 1367-1375.	0.4	161
29	Changes in Exercise Performance and Hormonal Concentrations Over a Big Ten Soccer Season in Starters and Nonstarters. Journal of Strength and Conditioning Research, 2004, 18, 121.	2.1	161
30	Influence of exercise training on physiological and performance changes with weight loss in men. Medicine and Science in Sports and Exercise, 1999, 31, 1320-1329.	0.4	156
31	Physiological Changes with Periodized Resistance Training in Women Tennis Players. Medicine and Science in Sports and Exercise, 2003, 35, 157-168.	0.4	155
32	Dietary carbohydrate restriction improves metabolic syndrome independent of weight loss. JCI Insight, 2019, 4, .	5.0	141
33	Very Low-Carbohydrate and Low-Fat Diets Affect Fasting Lipids and Postprandial Lipemia Differently in Overweight Men. Journal of Nutrition, 2004, 134, 880-885.	2.9	140
34	Whey Protein Supplementation During Resistance Training Augments Lean Body Mass. Journal of the American College of Nutrition, 2013, 32, 122-135.	1.8	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. Journal of the American College of Nutrition, 2004, 23, 177-184.	1.8	135
36	Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1Âyear: an open label, non-randomized, controlled study. Cardiovascular Diabetology, 2018, 17, 56.	6.8	135

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37	Modification of Lipoproteins by Very Low-Carbohydrate Diets. Journal of Nutrition, 2005, 135, 1339-1342.	2.9	130
38	Grape Polyphenols Reduce Blood Pressure and Increase Flow-Mediated Vasodilation in Men with Metabolic Syndrome. Journal of Nutrition, 2012, 142, 1626-1632.	2.9	129
39	Nutritional Ketosis and Mitohormesis: Potential Implications for Mitochondrial Function and Human Health. Journal of Nutrition and Metabolism, 2018, 2018, 1-27.	1.8	128
40	Creatine supplementation improves muscular performance in older men. Medicine and Science in Sports and Exercise, 2002, 34, 537-543.	0.4	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. Metabolism: Clinical and Experimental, 2013, 62, 400-410.	3.4	127
42	<scp>l</scp> -Carnitine <scp>l</scp> -tartrate supplementation favorably affects markers of recovery from exercise stress. American Journal of Physiology - Endocrinology and Metabolism, 2002, 282, E474-E482.	3.5	125
43	Dietary Cholesterol from Eggs Increases Plasma HDL Cholesterol in Overweight Men Consuming a Carbohydrate-Restricted Diet ,2. Journal of Nutrition, 2008, 138, 272-276.	2.9	123
44	Keto-adaptation enhances exercise performance and body composition responses to training in endurance athletes. Metabolism: Clinical and Experimental, 2018, 81, 25-34.	3.4	123
45	A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. JMIR Diabetes, 2017, 2, e5.	1.9	120
46	Changes in Muscle Hypertrophy in Women with Periodized Resistance Training. Medicine and Science in Sports and Exercise, 2004, 36, 697-708.	0.4	112
47	Physiological adaptations to a weight-loss dietary regimen and exercise programs in women. Journal of Applied Physiology, 1997, 83, 270-279.	2.5	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. Journal of Nutrition, 2003, 133, 2756-2761.	2.9	106
49	A review of low-carbohydrate ketogenic diets. Current Atherosclerosis Reports, 2003, 5, 476-483.	4.8	104
50	Androgen receptor content following heavy resistance exercise in men. Journal of Steroid Biochemistry and Molecular Biology, 2005, 93, 35-42.	2.5	103
51	Neuroendocrine-Immune Interactions and Responses to Exercise. Sports Medicine, 2011, 41, 621-639.	6.5	102
52	The effect of heavy resistance exercise on the circadian rhythm of salivary testosterone in men. European Journal of Applied Physiology, 2001, 84, 13-18.	2.5	101
53	Effect of Hydration State on Strength, Power, and Resistance Exercise Performance. Medicine and Science in Sports and Exercise, 2007, 39, 1817-1824.	0.4	100
54	Scientific basis and practical aspects of creatine supplementation for athletes. Nutrition, 2004, 20, 609-614.	2.4	99

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55	Postprandial Hyperglycemia Impairs Vascular Endothelial Function in HealthyMen by Inducing Lipid Peroxidation and Increasing Asymmetric Dimethylarginine:Arginine. Journal of Nutrition, 2011, 141, 1961-1968.	2.9	99
56	CREATINE SUPPLEMENTATION. Clinics in Sports Medicine, 1999, 18, 651-666.	1.8	94
57	Effects of Concurrent Resistance and Aerobic Training on Load-Bearing Performance and the Army Physical Fitness Test. Military Medicine, 2004, 169, 994-999.	0.8	94
58	Maintenance of the LDL Cholesterol:HDL Cholesterol Ratio in an Elderly Population Given a Dietary Cholesterol Challenge. Journal of Nutrition, 2005, 135, 2793-2798.	2.9	93
59	Influence of compression hosiery on physiological responses to standing fatigue in women. Medicine and Science in Sports and Exercise, 2000, 32, 1849-1858.	0.4	92
60	Effects of Step-Wise Increases in Dietary Carbohydrate on Circulating Saturated Fatty Acids and Palmitoleic Acid in Adults with Metabolic Syndrome. PLoS ONE, 2014, 9, e113605.	2.5	89
61	The effects of creatine supplementation on muscular performance and body composition responses to short-term resistance training overreaching. European Journal of Applied Physiology, 2004, 91, 628-637.	2.5	83
62	Acute Hormonal Responses to a Single Bout of Heavy Resistance Exercise in Trained Power Lifters and Untrained Men. Applied Physiology, Nutrition, and Metabolism, 1999, 24, 524-537.	1.7	81
63	Continuous Compression as an Effective Therapeutic Intervention in Treating Eccentric-Exercise-Induced Muscle Soreness. Journal of Sport Rehabilitation, 2001, 10, 11-23.	1.0	81
64	Carbohydrate Restriction Alters Lipoprotein Metabolism by Modifying VLDL, LDL, and HDL Subfraction Distribution and Size in Overweight Men. Journal of Nutrition, 2006, 136, 384-389.	2.9	81
65	Creatine supplementation improves muscular performance in older women. European Journal of Applied Physiology, 2007, 102, 223-231.	2.5	79
66	Effect of hydration state on resistance exercise-induced endocrine markers of anabolism, catabolism, and metabolism. Journal of Applied Physiology, 2008, 105, 816-824.	2.5	79
67	Fasting Lipoprotein and Postprandial Triacylglycerol Responses to a Low-Carbohydrate Diet Supplemented with n-3 Fatty Acids. Journal of the American College of Nutrition, 2000, 19, 383-391.	1.8	78
68	Effects of Stretching on Upper-Body Muscular Performance. Journal of Strength and Conditioning Research, 2008, 22, 1279-1285.	2.1	78
69	Effects of Amino Acids Supplement on Physiological Adaptations to Resistance Training. Medicine and Science in Sports and Exercise, 2009, 41, 1111-1121.	0.4	78
70	Effects of Ketogenic Dieting on Body Composition, Strength, Power, and Hormonal Profiles in Resistance Training Men. Journal of Strength and Conditioning Research, 2020, 34, 3463-3474.	2.1	78
71	Limited Effect of Dietary Saturated Fat on Plasma Saturated Fat in the Context of a Low Carbohydrate Diet. Lipids, 2010, 45, 947-962.	1.7	75
72	Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet. Journal of Nutritional Biochemistry, 2010, 21, 261-267.	4.2	75

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73	Maximal Power at Different Percentages of One Repetition Maximum: Influence of Resistance and Gender. Journal of Strength and Conditioning Research, 2007, 21, 336.	2.1	75
74	Resistance Training and Elite Athletes: Adaptations and Program Considerations. Journal of Orthopaedic and Sports Physical Therapy, 1998, 28, 110-119.	3.5	73
75	Betaine supplementation enhances anabolic endocrine and Akt signaling in response to acute bouts of exercise. European Journal of Applied Physiology, 2013, 113, 793-802.	2.5	73
76	Effects of resistance training on neuromuscular junction morphology. Muscle and Nerve, 2000, 23, 1576-1581.	2.2	71
77	High intake of cholesterol results in less atherogenic low-density lipoprotein particles in men and women independent of response classification. Metabolism: Clinical and Experimental, 2004, 53, 823-830.	3.4	71
78	Body Size and Composition of National Football League Players. Journal of Strength and Conditioning Research, 2005, 19, 485.	2.1	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. Metabolism: Clinical and Experimental, 2007, 56, 58-67.	3.4	69
80	Physiological responses to short-term exercise in the heat after creatine loading. Medicine and Science in Sports and Exercise, 2001, 33, 1101-1108.	0.4	68
81	The effects of amino acid supplementation on hormonal responses to resistance training overreaching. Metabolism: Clinical and Experimental, 2006, 55, 282-291.	3.4	68
82	Performance, biochemical, and endocrine changes during a competitive football game. Medicine and Science in Sports and Exercise, 2002, 34, 1845-1853.	0.4	67
83	Comparison of methods for assessing body composition changes during weight loss. Medicine and Science in Sports and Exercise, 2002, 34, 497-502.	0.4	67
84	Increasing fluid milk favorably affects bone mineral density responses to resistance training in adolescent boys. Journal of the American Dietetic Association, 2003, 103, 1353-1356.	1.1	67
85	High-Affinity Growth Hormone Binding Protein and Acute Heavy Resistance Exercise. Medicine and Science in Sports and Exercise, 2005, 37, 395-403.	0.4	67
86	Resistance training combined with bench-step aerobics enhances women???s health profile. Medicine and Science in Sports and Exercise, 2001, 33, 259-269.	0.4	66
87	Androgenic Responses to Resistance Exercise. Medicine and Science in Sports and Exercise, 2006, 38, 1288-1296.	0.4	65
88	Elevated endogenous testosterone concentrations potentiate muscle androgen receptor responses to resistance exercise. Journal of Steroid Biochemistry and Molecular Biology, 2009, 114, 195-199.	2.5	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. Journal of Nutritional Biochemistry, 2010, 21, 1200-1206.	4.2	65
90	Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. Journal of Clinical Lipidology, 2013, 7, 463-471.	1.5	63

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91	Very-low-carbohydrate weight-loss diets revisited Cleveland Clinic Journal of Medicine, 2002, 69, 849-849.	1.3	61
92	Anticipatory responses of catecholamines on muscle force production. Journal of Applied Physiology, 2007, 102, 94-102.	2.5	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.	2.3	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.	1.5	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.	2.5	55
96	Neuromuscular disturbance outlasts other symptoms of exercise-induced muscle damage. Journal of the Neurological Sciences, 2000, 174, 92-99.	0.6	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.	3.5	54
98	Low-carbohydrate diets for athletes: what evidence?. British Journal of Sports Medicine, 2014, 48, 1077-1078.	6.7	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.	2.1	54
100	Endocrinological Roles for Testosterone in Resistance Exercise Responses and Adaptations. Sports Medicine, 2017, 47, 1709-1720.	6.5	54
101	Influence of Nutrition on Responses to Resistance Training. Medicine and Science in Sports and Exercise, 2004, 36, 689-696.	0.4	53
102	The Impact of an Ultramarathon on Hormonal and Biochemical Parameters in Men. Wilderness and Environmental Medicine, 2014, 25, 278-288.	0.9	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.	2.9	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.	1.1	48
105	Creatine Supplementation Increases Total Body Water Without Altering Fluid Distribution. Journal of Athletic Training, 2003, 38, 44-50.	1.8	47
106	Diet and Exercise for Weight Loss. Sports Medicine, 2005, 35, 1-9.	6.5	46
107	Low carbohydrate diets improve atherogenic dyslipidemia even in the absence of weight loss. Nutrition and Metabolism, 2006, 3, 24.	3.0	46
108	Effect of adding exercise to a diet containing glucomannan. Metabolism: Clinical and Experimental, 2007, 56, 1149-1158.	3.4	46

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109	Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. Metabolism: Clinical and Experimental, 2009, 58, 1769-1777.	3.4	45
110	Endurance Capacity and High-Intensity Exercise Performance Responses to a High-Fat Diet. International Journal of Sport Nutrition and Exercise Metabolism, 2003, 13, 466-478.	2.1	43
111	Exercise and recovery responses of adrenal medullary neurohormones to heavy resistance exercise. Medicine and Science in Sports and Exercise, 1999, 31, 554-559.	0.4	43
112	Cardiovascular and Hormonal Aspects of Very‣owâ€Carbohydrate Ketogenic Diets. Obesity, 2004, 12, 115S-23S.	4.0	42
113	Ergogenic effects of betaine supplementation on strength and power performance. Journal of the International Society of Sports Nutrition, 2010, 7, 27.	3.9	42
114	Detraining produces minimal changes in physical performance and hormonal variables in recreationally strength-trained men. Journal of Strength and Conditioning Research, 2002, 16, 373-82.	2.1	42
115	The Food Matrix and Sterol Characteristics Affect the Plasma Cholesterol Lowering of Phytosterol/Phytostanol. Advances in Nutrition, 2013, 4, 633-643.	6.4	41
116	Effects of a multi-nutrient supplement on exercise performance and hormonal responses to resistance exercise. European Journal of Applied Physiology, 2007, 101, 637-646.	2.5	40
117	Waist circumference is positively correlated with markers of inflammation and negatively with adiponectin in women with metabolic syndrome. Nutrition Research, 2011, 31, 197-204.	2.9	40
118	Impact of a 2-year trial of nutritional ketosis on indices of cardiovascular disease risk in patients with type 2 diabetes. Cardiovascular Diabetology, 2020, 19, 208.	6.8	40
119	Dietary Saturated Fats and Health: Are the U.S. Guidelines Evidence-Based?. Nutrients, 2021, 13, 3305.	4.1	40
120	Lymphocyte proliferation in response to acute heavy resistance exercise in women: influence of muscle strength and total work. European Journal of Applied Physiology, 2001, 85, 367-373.	2.5	39
121	Effect of resistance exercise on muscle steroidogenesis. Journal of Applied Physiology, 2008, 105, 1754-1760.	2.5	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. Nutrition Research, 2009, 29, 262-268.	2.9	39
123	Î ³ -Tocopherol-rich supplementation additively improves vascular endothelial function during smoking cessation. Free Radical Biology and Medicine, 2013, 65, 1291-1299.	2.9	38
124	Extended Ketogenic Diet and Physical Training Intervention in Military Personnel. Military Medicine, 2019, 184, e538-e547.	0.8	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. BMJ Open, 2019, 9, e023597.	1.9	38
126	A ketogenic diet combined with exercise alters mitochondrial function in human skeletal muscle while improving metabolic health. American Journal of Physiology - Endocrinology and Metabolism, 2020, 319, E995-E1007.	3.5	38

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127	No Effect of Heavy Resistance Training and Creatine Supplementation on Blood Lipids. International Journal of Sport Nutrition and Exercise Metabolism, 2000, 10, 144-156.	2.1	37
128	A Combination Therapy Including Psyllium and Plant Sterols Lowers LDL Cholesterol by Modifying Lipoprotein Metabolism in Hypercholesterolemic Individuals. Journal of Nutrition, 2006, 136, 2492-2497.	2.9	37
129	Androgen receptors and testosterone in men—Effects of protein ingestion, resistance exercise and fiber type. Journal of Steroid Biochemistry and Molecular Biology, 2008, 110, 130-137.	2.5	37
130	Ingestion of a high-molecular-weight hydrothermally modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. Nutrition, 2011, 27, 659-665.	2.4	37
131	Carbohydrate restriction as the default treatment for type 2 diabetes and metabolic syndrome. Scandinavian Cardiovascular Journal, 2008, 42, 256-263.	1.2	36
132	The Effects of Soy and Whey Protein Supplementation on Acute Hormonal Responses to Resistance Exercise in Men. Journal of the American College of Nutrition, 2013, 32, 66-74.	1.8	36
133	Low-Fat Milk Ingestion Prevents Postprandial Hyperglycemia-Mediated Impairments in Vascular Endothelial Function in Obese Individuals with Metabolic Syndrome. Journal of Nutrition, 2013, 143, 1602-1610.	2.9	36
134	Protein Ingestion Prior to Strength Exercise Affects Blood Hormones and Metabolism. Medicine and Science in Sports and Exercise, 2005, 37, 1990-1997.	0.4	35
135	Effects of Elevated Circulating Hormones on Resistance Exercise-Induced Akt Signaling. Medicine and Science in Sports and Exercise, 2008, 40, 1039-1048.	0.4	35
136	L-Carnitine Supplementation. Current Sports Medicine Reports, 2008, 7, 218-223.	1.2	34
137	Beneficial effects of habitual resistance exercise training on coagulation and fibrinolytic responses. Thrombosis Research, 2013, 131, e227-e234.	1.7	34
138	Dietary carbohydrate restriction improves insulin sensitivity, blood pressure, microvascular function, and cellular adhesion markers in individuals taking statins. Nutrition Research, 2013, 33, 905-912.	2.9	34
139	Effect of ambient temperature on caffeine ergogenicity during endurance exercise. European Journal of Applied Physiology, 2011, 111, 1135-1146.	2.5	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. Journal of Nutrition, 2007, 137, 1165-1170.	2.9	31
141	Effects of Carnitine Supplementation on Flow-Mediated Dilation and Vascular Inflammatory Responses to a High-Fat Meal in Healthy Young Adults. American Journal of Cardiology, 2008, 102, 1413-1417.	1.6	31
142	Obesity, Growth Hormone and Exercise. Sports Medicine, 2013, 43, 839-849.	6.5	31
143	Paradox of hypercholesterolaemia in highly trained, keto-adapted athletes. BMJ Open Sport and Exercise Medicine, 2018, 4, e000429.	2.9	31
144	The effects of 10Âdays of spaceflight on the shuttle Endeavour on predominantly fast-twitch muscles in the rat. Histochemistry and Cell Biology, 2000, 114, 349-355.	1.7	30

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145	Leukocyte β2-Adrenergic Receptor Expression in Response to Resistance Exercise. Medicine and Science in Sports and Exercise, 2011, 43, 1422-1432.	0.4	30
146	Supplementation of a γ-tocopherol-rich mixture of tocopherols in healthy men protects against vascular endothelial dysfunction induced by postprandial hyperglycemia. Journal of Nutritional Biochemistry, 2013, 24, 196-203.	4.2	29
147	The Effects of Nitrate-Rich Supplementation on Neuromuscular Efficiency during Heavy Resistance Exercise. Journal of the American College of Nutrition, 2016, 35, 100-107.	1.8	29
148	l-Carnitine l-tartrate supplementation favorably affects biochemical markers of recovery from physical exertion in middle-aged men and women. Metabolism: Clinical and Experimental, 2010, 59, 1190-1199.	3.4	28
149	Adrenal Stress and Physical Performance During Military Survival Training. Aerospace Medicine and Human Performance, 2018, 89, 99-107.	0.4	28
150	Effect of alkalosis on plasma epinephrine responses to high intensity cycle exercise in humans. European Journal of Applied Physiology, 2002, 87, 72-77.	2.5	27
151	Influence of HMB Supplementation and Resistance Training on Cytokine Responses to Resistance Exercise. Journal of the American College of Nutrition, 2014, 33, 247-255.	1.8	26
152	The Effects of a Korean Ginseng, GINST15, on Hypo-Pituitary-Adrenal and Oxidative Activity Induced by Intense Work Stress. Journal of Medicinal Food, 2018, 21, 104-112.	1.5	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. Metabolic Syndrome and Related Disorders, 2010, 8, 39-46.	1.3	25
154	Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. European Journal of Applied Physiology, 2012, 112, 3335-3340.	2.5	25
155	Alternative Dietary Patterns for Americans: Low-Carbohydrate Diets. Nutrients, 2021, 13, 3299.	4.1	25
156	Effects of 14Âdays of microgravity on fast hindlimb and diaphragm muscles of the rat. European Journal of Applied Physiology, 2009, 106, 885-892.	2.5	24
157	Cortitrol supplementation reduces serum cortisol responses to physical stress. Metabolism: Clinical and Experimental, 2005, 54, 657-668.	3.4	23
158	Worldwide Dietary Therapies for Adults With Epilepsy and Other Disorders. Journal of Child Neurology, 2013, 28, 1034-1040.	1.4	23
159	Effect of a cetylated fatty acid topical cream on functional mobility and quality of life of patients with osteoarthritis. Journal of Rheumatology, 2004, 31, 767-74.	2.0	23
160	Effects of Exercise and Alkalosis on Serum Insulin-Like Growth Factor I and IGF-Binding Protein-3. Applied Physiology, Nutrition, and Metabolism, 2000, 25, 127-138.	1.7	22
161	Weight loss associated with reduced intake of carbohydrate reduces the atherogenicity of LDL in premenopausal women. Metabolism: Clinical and Experimental, 2005, 54, 1133-1141.	3.4	22
162	Raisins and walking alter appetite hormones and plasma lipids by modifications in lipoprotein metabolism and up-regulation of the low-density lipoprotein receptor. Metabolism: Clinical and Experimental, 2009, 58, 120-128.	3.4	22

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163	Pleiotropic effects of nutritional ketosis: Conceptual framework for keto-adaptation as a breast cancer therapy. Cancer Treatment and Research Communications, 2017, 12, 32-39.	1.7	22
164	Improvement in patient-reported sleep in type 2 diabetes and prediabetes participants receiving a continuous care intervention with nutritional ketosis. Sleep Medicine, 2019, 55, 92-99.	1.6	22
165	Dietary Recommendations for Familial Hypercholesterolaemia: an Evidence-Free Zone. BMJ Evidence-Based Medicine, 2021, 26, 295-301.	3.5	21
166	Compression Garments: Influence on Muscle Fatigue. Journal of Strength and Conditioning Research, 1998, 12, 211.	2.1	21
167	Alterations in coagulatory and fibrinolytic systems following an ultra-marathon. European Journal of Applied Physiology, 2013, 113, 2705-2712.	2.5	20
168	Resistance exercise induces region-specific adaptations in anterior pituitary gland structure and function in rats. Journal of Applied Physiology, 2013, 115, 1641-1647.	2.5	20
169	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. Journal of Nutritional Biochemistry, 2019, 63, 165-176.	4.2	20
170	Low carbohydrate diet: are concerns with saturated fat, lipids, and cardiovascular disease risk justified?. Current Opinion in Endocrinology, Diabetes and Obesity, 2020, 27, 291-300.	2.3	20
171	Reproducibility of ambulatory blood pressure changes from the initial values on two different days. Clinics, 2013, 68, 1509-1515.	1.5	20
172	The case for not restricting saturated fat on a low carbohydrate diet. Nutrition and Metabolism, 2005, 2, 21.	3.0	19
173	Caffeine lowers muscle pain during exercise in hot but not cool environments. Physiology and Behavior, 2011, 102, 429-435.	2.1	19
174	Effects of increased dietary cholesterol with carbohydrate restriction on hepatic lipid metabolism in Guinea pigs. Comparative Medicine, 2012, 62, 109-15.	1.0	19
175	Effects of resistance training on resting immune parameters in women. European Journal of Applied Physiology, 2002, 87, 506-508.	2.5	18
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