Darryn Willoughby

List of Publications by Year
in descending order

27	2,038	394421	526287
papers	citations	19 h-index	27 g-index

27	27	27	2935
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	International society of sports nutrition position stand: caffeine and performance. Journal of the International Society of Sports Nutrition, 2010, 7, 5.	3.9	388
2	The Antioxidant Role of Glutathione and N-Acetyl-Cysteine Supplements and Exercise-Induced Oxidative Stress. Journal of the International Society of Sports Nutrition, 2005, 2, 38-44.	3.9	367
3	International society of sports nutrition position stand: nutrient timing. Journal of the International Society of Sports Nutrition, 2017, 14, 33.	3.9	241
4	Effects of resistance training and protein plus amino acid supplementation on muscle anabolism, mass, and strength. Amino Acids, 2007, 32, 467-477.	2.7	181
5	Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. Journal of the International Society of Sports Nutrition, 2008, 5, 8.	3.9	103
6	Resistance exercise-induced changes of inflammatory gene expression within human skeletal muscle. European Journal of Applied Physiology, 2009, 107, 463-471.	2.5	91
7	Body Composition Changes in Weight Loss: Strategies and Supplementation for Maintaining Lean Body Mass, a Brief Review. Nutrients, 2018, 10, 1876.	4.1	82
8	Gender-Related Differences in Muscle Injury, Oxidative Stress, and Apoptosis. Medicine and Science in Sports and Exercise, 2008, 40, 1772-1780.	0.4	68
9	The effects of creatine ethyl ester supplementation combined with heavy resistance training on body composition, muscle performance, and serum and muscle creatine levels. Journal of the International Society of Sports Nutrition, 2009, 6, 6.	3.9	63
10	Intramuscular adaptations to eccentric exercise and antioxidant supplementation. Amino Acids, 2010, 39, 219-232.	2.7	61
11	Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun^{Â®}, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. Journal of the International Society of Sports Nutrition, 2009, 6, 16.	3.9	55
12	Effects of diet type and supplementation of glucosamine, chondroitin, and MSM on body composition, functional status, and markers of health in women with knee osteoarthritis initiating a resistance-based exercise and weight loss program. Journal of the International Society of Sports Nutrition, 2011, 8, 8.	3.9	43
13	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. Journal of the International Society of Sports Nutrition, 2007, 4, 21.	3.9	37
14	Effects of a Purported Aromatase and 5 Î±-Reductase Inhibitor on Hormone Profiles in College-Age Men. International Journal of Sport Nutrition and Exercise Metabolism, 2010, 20, 457-465.	2.1	33
15	d-Aspartic acid supplementation combined with 28 days of heavy resistance training has no effect on body composition, muscle strength, and serum hormones associated with the hypothalamo-pituitary-gonadal axis in resistance-trained men. Nutrition Research, 2013, 33, 803-810.	2.9	31
16	<scp>l</scp>-Leucine Increases Skeletal Muscle IGF-1 but Does Not Differentially Increase Akt/mTORC1 Signaling and Serum IGF-1 Compared to Ursolic Acid in Response to Resistance Exercise in Resistance-Trained Men. Journal of the American College of Nutrition, 2016, 35, 627-638.	1.8	29
17	Acute effects of ingesting Java Fitâ„¢ energy extreme functional coffee on resting energy expenditure and hemodynamic responses in male and female coffee drinkers. Journal of the International Society of Sports Nutrition, 2007, 4, 10.	3.9	23
18	Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. Food and Chemical Toxicology, 2013, 61, 47-52.	3.6	23

#	Article	IF	Citations
19	Eight weeks of resistance training in conjunction with glutathione and L-Citrulline supplementation increases lean mass and has no adverse effects on blood clinical safety markers in resistance-trained males. Journal of the International Society of Sports Nutrition, 2018, 15, 30.	3.9	21
20	BAIBA Does Not Regulate UCP-3 Expression in Human Skeletal Muscle as a Response to Aerobic Exercise. Journal of the American College of Nutrition, 2017, 36, 200-209.	1.8	18
21	CassiaCinnamon Supplementation Reduces Peak Blood Glucose Responses but Does Not Improve Insulin Resistance and Sensitivity in Young, Sedentary, Obese Women. Journal of Dietary Supplements, 2016, 13, 461-471.	2.6	17
22	Effects of a single dose of N-Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. Journal of the International Society of Sports Nutrition, 2007, 4, 14.	3.9	15
23	Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. Journal of the International Society of Sports Nutrition, 2007, 4, 25.	3.9	12
24	Effects of 28 days of dairy or soy ingestion on skeletal markers of inflammation and proteolysis in post-menopausal women. Nutrition and Health, 2012, 21, 117-130.	1.5	11
25	Periexercise coingestion of branched-chain amino acids and carbohydrate in men does not preferentially augment resistance exerciseâ€“induced increases in phosphatidylinositol 3 kinase/protein kinase Bâ€“mammalian target of rapamycin pathway markers indicative of muscle protein synthesis. Nutrition Research, 2014, 34, 191-198.	2.9	10
26	Intramuscular responses with muscle damaging exercise and the interplay between multiple intracellular networks: A human perspective. Food and Chemical Toxicology, 2013, 61, 136-143.	3.6	9
27	Effects of eight weeks of an alleged aromatase inhibiting nutritional supplement 6-OXO (androst-4-ene-3,6,17-trione) on serum hormone profiles and clinical safety markers in resistance-trained, eugonadal males. Journal of the International Society of Sports Nutrition, 2007, 4, 13.	3.9	6