

Darryn Willoughby

List of Publications by Year in descending order

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Version: 2024-02-01

27
papers

2,038
citations

394421

19
h-index

526287

27
g-index

27
all docs

27
docs citations

27
times ranked

2935
citing authors

#	ARTICLE	IF	CITATIONS
1	Body Composition Changes in Weight Loss: Strategies and Supplementation for Maintaining Lean Body Mass, a Brief Review. <i>Nutrients</i> , 2018, 10, 1876.	4.1	82
2	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. <i>Journal of the International Society of Sports Nutrition</i> , 2018, 15, 30.	3.9	21
3	BAIBA Does Not Regulate UCP-3 Expression in Human Skeletal Muscle as a Response to Aerobic Exercise. <i>Journal of the American College of Nutrition</i> , 2017, 36, 200-209.	1.8	18
4	International society of sports nutrition position stand: nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 33.	3.9	241
5	<sc>l</sc>-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. <i>Journal of the American College of Nutrition</i> , 2016, 35, 627-638.	1.8	29
6	<i>Cassia</i> Cinnamon Supplementation Reduces Peak Blood Glucose Responses but Does Not Improve Insulin Resistance and Sensitivity in Young, Sedentary, Obese Women. <i>Journal of Dietary Supplements</i> , 2016, 13, 461-471.	2.6	17
7	Periexercise coingestion of branched-chain amino acids and carbohydrate in men does not preferentially augment resistance exercise-induced increases in phosphatidylinositol 3 kinase/protein kinase B mammalian target of rapamycin pathway markers indicative of muscle protein synthesis. <i>Nutrition Research</i> , 2014, 34, 191-198.	2.9	10
8	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. <i>Nutrition Research</i> , 2013, 33, 803-810.	2.9	31
9	Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. <i>Food and Chemical Toxicology</i> , 2013, 61, 47-52.	3.6	23
10	Intramuscular responses with muscle damaging exercise and the interplay between multiple intracellular networks: A human perspective. <i>Food and Chemical Toxicology</i> , 2013, 61, 136-143.	3.6	9
11	Effects of 28 days of dairy or soy ingestion on skeletal markers of inflammation and proteolysis in post-menopausal women. <i>Nutrition and Health</i> , 2012, 21, 117-130.	1.5	11
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. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 8.	3.9	43
13	Effects of a Purported Aromatase and 5 β -Reductase Inhibitor on Hormone Profiles in College-Age Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010, 20, 457-465.	2.1	33
14	Intramuscular adaptations to eccentric exercise and antioxidant supplementation. <i>Amino Acids</i> , 2010, 39, 219-232.	2.7	61
15	International society of sports nutrition position stand: caffeine and performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 5.	3.9	388
16	Resistance exercise-induced changes of inflammatory gene expression within human skeletal muscle. <i>European Journal of Applied Physiology</i> , 2009, 107, 463-471.	2.5	91
17	Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun [®] , on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 16.	3.9	55
18	The effects of creatine ethyl ester supplementation combined with heavy resistance training on body composition, muscle performance, and serum and muscle creatine levels. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 6.	3.9	63

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19	Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 8.	3.9	103
20	Gender-Related Differences in Muscle Injury, Oxidative Stress, and Apoptosis. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 1772-1780.	0.4	68
21	Acute effects of ingesting Java Fit [®] , [†] energy extreme functional coffee on resting energy expenditure and hemodynamic responses in male and female coffee drinkers. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 10.	3.9	23
22	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. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 13.	3.9	6
23	Effects of a single dose of <i>N</i> -Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 14.	3.9	15
24	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 21.	3.9	37
25	Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 25.	3.9	12
26	Effects of resistance training and protein plus amino acid supplementation on muscle anabolism, mass, and strength. <i>Amino Acids</i> , 2007, 32, 467-477.	2.7	181
27	The Antioxidant Role of Glutathione and N-Acetyl-Cysteine Supplements and Exercise-Induced Oxidative Stress. <i>Journal of the International Society of Sports Nutrition</i> , 2005, 2, 38-44.	3.9	367