

Amir Hadi

List of Publications by Year in descending order

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99
papers

2,150
citations

218677

26
h-index

361022

35
g-index

100
all docs

100
docs citations

100
times ranked

2701
citing authors

#	ARTICLE	IF	CITATIONS
1	The effect of Curcumin/Turmeric on blood pressure modulation: A systematic review and meta-analysis. Pharmacological Research, 2019, 150, 104505.	7.1	56
2	The effect of ginger supplementation on lipid profile: A systematic review and meta-analysis of clinical trials. Phytomedicine, 2018, 43, 28-36.	5.3	54
3	Modified alternate-day fasting vs. calorie restriction in the treatment of patients with metabolic syndrome: A randomized clinical trial. Complementary Therapies in Medicine, 2019, 47, 102187.	2.7	52
4	Efficacy of synbiotic supplementation in obesity treatment: A systematic review and meta-analysis of clinical trials. Critical Reviews in Food Science and Nutrition, 2020, 60, 584-596.	10.3	50
5	The Effect of Green Tea and Sour Tea (<i>Hibiscus sabdariffa</i> L.) Supplementation on Oxidative Stress and Muscle Damage in Athletes. Journal of Dietary Supplements, 2017, 14, 346-357.	2.6	48
6	Clinical evidence on the effects of saffron (<i>Crocus sativus</i> L.) on cardiovascular risk factors: A systematic review meta-analysis. Pharmacological Research, 2019, 139, 348-359.	7.1	47
7	Efficacy of synbiotic supplementation in patients with nonalcoholic fatty liver disease: A systematic review and meta-analysis of clinical trials: Synbiotic supplementation and NAFLD. Critical Reviews in Food Science and Nutrition, 2019, 59, 2494-2505.	10.3	47
8	Efficacy of curcumin/turmeric on liver enzymes in patients with non-alcoholic fatty liver disease: A systematic review of randomized controlled trials. Integrative Medicine Research, 2019, 8, 57-61.	1.8	45
9	Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials. Phytotherapy Research, 2019, 33, 1639-1647.	5.8	45
10	Sleep and frailty risk: a systematic review and meta-analysis. Sleep and Breathing, 2020, 24, 1187-1197.	1.7	44
11	Effects of Dietary Glycemic Index and Glycemic Load on Cardiometabolic and Reproductive Profiles in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-analysis of Randomized Controlled Trials. Advances in Nutrition, 2021, 12, 161-178.	6.4	43
12	Dietary patterns and risk of non-alcoholic fatty liver disease. BMC Gastroenterology, 2021, 21, 41.	2.0	42
13	Vitamin D and thyroid disorders: a systematic review and Meta-analysis of observational studies. BMC Endocrine Disorders, 2021, 21, 171.	2.2	41
14	Trace Element Status and Hypothyroidism: A Systematic Review and Meta-analysis. Biological Trace Element Research, 2020, 197, 1-14.	3.5	40
15	Prebiotic and probiotic supplementation and the tryptophan-kynurenine pathway: A systematic review and meta analysis. Neuroscience and Biobehavioral Reviews, 2021, 123, 1-13.	6.1	39
16	Green tea as a safe alternative approach for nonalcoholic fatty liver treatment: A systematic review and meta-analysis of clinical trials. Phytotherapy Research, 2018, 32, 1876-1884.	5.8	37
17	The effects of cranberry on cardiovascular metabolic risk factors: A systematic review and meta-analysis. Clinical Nutrition, 2020, 39, 774-788.	5.0	36
18	Effect of Bariatric Surgery on the Circulating Level of Adiponectin, Chemerin, Plasminogen Activator Inhibitor-1, Leptin, Resistin, and Visfatin: A Systematic Review and Meta-Analysis. Hormone and Metabolic Research, 2020, 52, 207-215.	1.5	36

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19	The efficacy of propolis on markers of glycemic control in adults with type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , 2019, 33, 1616-1626.	5.8	32
20	Beneficial effects of l-carnitine supplementation for weight management in overweight and obese adults: An updated systematic review and dose-response meta-analysis of randomized controlled trials. <i>Pharmacological Research</i> , 2020, 151, 104554.	7.1	32
21	Effect of flaxseed supplementation on lipid profile: An updated systematic review and dose-response meta-analysis of sixty-two randomized controlled trials. <i>Pharmacological Research</i> , 2020, 152, 104622.	7.1	32
22	The effect of fenugreek seed supplementation on serum irisin levels, blood pressure, and liver and kidney function in patients with type 2 diabetes mellitus: A parallel randomized clinical trial. <i>Complementary Therapies in Medicine</i> , 2020, 49, 102315.	2.7	32
23	The effect of almond intake on blood pressure: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 50, 102399.	2.7	32
24	Royal jelly is an effective and relatively safe alternative approach to blood lipid modulation: A meta-analysis. <i>Journal of Functional Foods</i> , 2018, 41, 202-209.	3.4	31
25	The effects of silymarin supplementation on metabolic status and oxidative stress in patients with type 2 diabetes mellitus: A systematic review and meta-analysis of clinical trials. <i>Complementary Therapies in Medicine</i> , 2018, 41, 311-319.	2.7	31
26	Effects of pro-/synbiotic supplementation on anthropometric and metabolic indices in overweight or obese children and adolescents: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2019, 44, 269-276.	2.7	31
27	Efficacy of l-carnitine supplementation for management of blood lipids: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1151-1167.	2.6	30
28	Clinical and psychological responses to synbiotic supplementation in obese or overweight adults: A randomized clinical trial. <i>Complementary Therapies in Medicine</i> , 2019, 47, 102216.	2.7	29
29	Effect of purslane on blood lipids and glucose: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2019, 33, 3-12.	5.8	29
30	Effects of Melatonin Supplementation On Blood Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Hormone and Metabolic Research</i> , 2019, 51, 157-164.	1.5	27
31	Effect of probiotics and synbiotics on selected anthropometric and biochemical measures in women with polycystic ovary syndrome: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 543-547.	2.9	27
32	The effect of nettle (<i>Urtica dioica</i>) supplementation on the glycemic control of patients with type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , 2020, 34, 282-294.	5.8	27
33	The efficacy of sour tea (<i>Hibiscus sabdariffa</i> L.) on selected cardiovascular disease risk factors: A systematic review and meta-analysis of randomized clinical trials. <i>Phytotherapy Research</i> , 2020, 34, 329-339.	5.8	27
34	The effect of curcumin supplementation on circulating adiponectin: A systematic review and meta-analysis of randomized controlled trials. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019, 13, 2819-2825.	3.6	26
35	Effect of flaxseed supplementation on markers of inflammation and endothelial function: A systematic review and meta-analysis. <i>Cytokine</i> , 2020, 126, 154922.	3.2	26
36	Saffron improves life and sleep quality, glycaemic status, lipid profile and liver function in diabetic patients: A double-blind, placebo-controlled, randomised clinical trial. <i>International Journal of Clinical Practice</i> , 2021, 75, e14334.	1.7	26

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37	Effects of probiotic supplementation on anthropometric and metabolic characteristics in adults with metabolic syndrome: A systematic review and meta-analysis of randomized clinical trials. <i>Clinical Nutrition</i> , 2021, 40, 4662-4673.	5.0	25
38	Zinc status and polycystic ovarian syndrome: A systematic review and meta-analysis. <i>Journal of Trace Elements in Medicine and Biology</i> , 2019, 52, 216-221.	3.0	24
39	The association between serum vitamin D, fertility and semen quality: A systematic review and meta-analysis. <i>International Journal of Surgery</i> , 2019, 71, 101-109.	2.7	23
40	Effects of silymarin supplementation on blood lipids: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , 2019, 33, 871-880.	5.8	23
41	Do probiotics, prebiotics and synbiotics affect adiponectin and leptin in adults? A systematic review and meta-analysis of clinical trials. <i>Clinical Nutrition</i> , 2019, 38, 2031-2037.	5.0	23
42	Effects of cinnamon on controlling metabolic parameters of polycystic ovary syndrome: A systematic review and meta-analysis. <i>Journal of Ethnopharmacology</i> , 2020, 254, 112741.	4.1	23
43	Cumin (<i>Cuminum cyminum</i> L.) is a safe approach for management of lipid parameters: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2018, 32, 2146-2154.	5.8	22
44	Effects of pistachios on anthropometric indices, inflammatory markers, endothelial function and blood pressure in adults: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2021, 126, 718-729.	2.3	22
45	Effects of strawberry supplementation on cardiovascular risk factors: a comprehensive systematic review and meta-analysis of randomized controlled trials. <i>Food and Function</i> , 2019, 10, 6987-6998.	4.6	21
46	Effects of synbiotic consumption on lipid profile: a systematic review and meta-analysis of randomized controlled clinical trials. <i>European Journal of Nutrition</i> , 2020, 59, 2857-2874.	3.9	21
47	Associations Between Serum Magnesium Concentrations and Polycystic Ovary Syndrome Status: a Systematic Review and Meta-analysis. <i>Biological Trace Element Research</i> , 2021, 199, 1297-1305.	3.5	21
48	A comparative study of the effect of green tea and sour tea on blood pressure and lipid profile in healthy adult men. <i>ARYA Atherosclerosis</i> , 2017, 13, 109-116.	0.4	20
49	The effect of almond intake on lipid profile: a systematic review and meta-analysis of randomized controlled trials. <i>Food and Function</i> , 2021, 12, 1882-1896.	4.6	19
50	Does Turmeric/curcumin Supplementation Change Anthropometric Indices in Patients with Non-alcoholic Fatty Liver Disease? A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Clinical Nutrition Research</i> , 2019, 8, 196.	1.2	18
51	Effects of l-carnitine supplementation on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Human Hypertension</i> , 2019, 33, 725-734.	2.2	18
52	Barberry (<i>Berberis vulgaris</i> L.) is a safe approach for management of lipid parameters: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 43, 117-124.	2.7	18
53	The effect of synbiotics in improving <i>Helicobacter pylori</i> eradication: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2019, 43, 36-43.	2.7	18
54	The Efficacy of Vitamin D Supplementation against Nonalcoholic Fatty Liver Disease: A Meta-Analysis. <i>Journal of Dietary Supplements</i> , 2020, 17, 467-485.	2.6	18

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55	Saffron supplementation effects on glycemic indices: a systematic review and meta-analysis of randomized controlled clinical trials. <i>International Journal of Food Properties</i> , 2020, 23, 1386-1401.	3.0	18
56	The effect of cinnamon supplementation on blood pressure in adults: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Nutrition ESPEN</i> , 2020, 36, 10-16.	1.2	17
57	The effect of L-arginine supplementation on lipid profile: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2019, 122, 1021-1032.	2.3	16
58	Policosanol supplementation significantly improves blood pressure among adults: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 45, 89-97.	2.7	16
59	Effect of pycnogenol supplementation on blood pressure: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , 2020, 34, 67-76.	5.8	15
60	Associations between adherence to Mediterranean dietary pattern and frequency, duration, and severity of migraine headache: A cross-sectional study. <i>Nutritional Neuroscience</i> , 2023, 26, 1-10.	3.1	15
61	A comprehensive systematic review of the effectiveness of <i>Akkermansia muciniphila</i> , a member of the gut microbiome, for the management of obesity and associated metabolic disorders. <i>Archives of Physiology and Biochemistry</i> , 2023, 129, 741-751.	2.1	14
62	The effect of spirulina on type 2 diabetes: a systematic review and meta-analysis. <i>Journal of Diabetes and Metabolic Disorders</i> , 2021, 20, 883-892.	1.9	14
63	The effect of apple cider vinegar on lipid profiles and glycemic parameters: a systematic review and meta-analysis of randomized clinical trials. <i>BMC Complementary Medicine and Therapies</i> , 2021, 21, 179.	2.7	14
64	The effect of <i>Nigella sativa</i> L. supplementation on serum C-reactive protein: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 45, 149-155.	2.7	13
65	Effects of ginseng supplementation on selected markers of inflammation: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , 2019, 33, 1991-2001.	5.8	13
66	Comparison and Assessment of Flixweed and Fig Effects on Irritable Bowel Syndrome with Predominant Constipation: A Single-Blind Randomized Clinical Trial. <i>Explore: the Journal of Science and Healing</i> , 2019, 15, 198-205.	1.0	13
67	Effects of cardamom supplementation on lipid profile: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Phytotherapy Research</i> , 2020, 34, 475-485.	5.8	13
68	The interplay between fasting, gut microbiota, and lipid profile. <i>International Journal of Clinical Practice</i> , 2021, 75, e14591.	1.7	13
69	Are serum vitamin D, calcium and phosphorous associated with restless leg syndrome? A systematic review and meta-analysis. <i>Sleep Medicine</i> , 2020, 75, 326-334.	1.6	12
70	The association between serum omentin level and bodyweight: A systematic review and meta-analysis of observational studies. <i>Clinical Nutrition ESPEN</i> , 2020, 39, 22-29.	1.2	11
71	Efficacy of synbiotic interventions on blood pressure: a systematic review and meta-analysis of clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 5582-5591.	10.3	11
72	The effect of cocoa/dark chocolate consumption on lipid profile, glycemia, and blood pressure in diabetic patients: A meta-analysis of observational studies. <i>Phytotherapy Research</i> , 2021, 35, 5487-5501.	5.8	11

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73	The effects of butyrate supplementation on glycemic control, lipid profile, blood pressure, nitric oxide level and glutathione peroxidase activity in type 2 diabetic patients: A randomized triple -blind, placebo-controlled trial. <i>Clinical Nutrition ESPEN</i> , 2022, 49, 79-85.	1.2	11
74	Consumption of pistachio nuts positively affects lipid profiles: A systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 5358-5371.	10.3	11
75	The Effect of Arginine Intake on Colorectal Cancer: a Systematic Review of Literatures. <i>Clinical Nutrition Research</i> , 2019, 8, 209.	1.2	10
76	The impact of pycnogenol supplementation on plasma lipids in humans: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , 2019, 33, 276-287.	5.8	10
77	The effect of almond intake on anthropometric indices: a systematic review and meta-analysis. <i>Food and Function</i> , 2020, 11, 7340-7355.	4.6	10
78	A novel inflammatory signaling pathway in patients with slow coronary flow: NF- κ B/IL-1 β /nitric oxide. <i>Cytokine</i> , 2021, 143, 155511.	3.2	10
79	Impact of flaxseed supplementation on plasma lipoprotein(a) concentrations: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2020, 34, 1599-1608.	5.8	10
80	Dietary Inflammatory Index and the Risk of Frailty Among Older Adults: A Systematic Review and Meta-Analysis. <i>Research on Aging</i> , 2021, 43, 323-331.	1.8	9
81	The effect of synbiotic supplementation on anthropometric indices, appetite, and constipation in people with hypothyroidism: A randomized, double-blind, placebo-controlled trial. <i>Phytotherapy Research</i> , 2020, 34, 2712-2720.	5.8	9
82	Effect of fenugreek supplementation on blood lipids and body weight: A systematic review and meta-analysis of randomized controlled trials. <i>Journal of Ethnopharmacology</i> , 2020, 253, 112538.	4.1	9
83	The efficacy of ginseng supplementation on plasma lipid concentration in adults: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2020, 48, 102239.	2.7	8
84	The effects of ginger supplementation on biomarkers of inflammation and oxidative stress in adults: A systematic review and meta-analysis of randomized controlled trials. <i>Journal of Herbal Medicine</i> , 2020, 22, 100364.	2.0	8
85	Effect of grape products on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>International Journal of Food Properties</i> , 2021, 24, 627-645.	3.0	8
86	The effect of barberry (<i>Berberis vulgaris</i> L.) on glycemic indices: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 51, 102414.	2.7	7
87	A Comparative Study of the Effect of Flaxseed Oil and Sunflower Oil on the Coagulation Score, Selected Oxidative and Inflammatory Parameters in Metabolic Syndrome Patients. <i>Clinical Nutrition Research</i> , 2020, 9, 63.	1.2	7
88	Bee products consumption and cardiovascular diseases risk factors: a systematic review of interventional studies. <i>International Journal of Food Properties</i> , 2021, 24, 115-128.	3.0	7
89	The Effect of Green Coffee Bean Extract on Cardiovascular Risk Factors: A Systematic Review and Meta-analysis. <i>Advances in Experimental Medicine and Biology</i> , 2021, 1328, 323-345.	1.6	7
90	The effect of magnesium supplementation on anthropometric indices: a systematic review and dose-response meta-analysis of clinical trials. <i>British Journal of Nutrition</i> , 2021, 125, 644-656.	2.3	6

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91	Effects of resveratrol supplementation on liver enzymes: A systematic review and meta-analysis of randomised controlled trials. <i>International Journal of Clinical Practice</i> , 2021, 75, e13692.	1.7	6
92	The effects of ginseng supplementation on anthropometric indices and body composition: A systematic review and meta-analysis. <i>Journal of Herbal Medicine</i> , 2020, 23, 100379.	2.0	5
93	The effect of barberry (<i>Berberis vulgaris</i> L.) supplementation on blood pressure: A systematic review and meta-analysis of the randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2021, 56, 102608.	2.7	5
94	Effect of Probiotic Consumption on Immune Response in Athletes: A Meta-analysis. <i>International Journal of Sports Medicine</i> , 2021, 42, 769-781.	1.7	5
95	The effect of flaxseed supplementation on circulating adiponectin and leptin concentration in adults: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2020, 34, 1578-1586.	5.8	5
96	The Effect of Nutrition Education Program on Overweight/Obese Patients with Non-Alcoholic Fatty Liver Disease: a Single-Blind Parallel Randomized Controlled Trial. <i>Clinical Nutrition Research</i> , 2019, 8, 238.	1.2	4
97	The effects of supplementation with <i>Cynara scolymus</i> L. on anthropometric indices: A systematic review and dose-response meta-analysis of clinical trials. <i>Complementary Therapies in Medicine</i> , 2021, 56, 102612.	2.7	4
98	Effects of L-arginine supplementation on biomarkers of glycemic control: a systematic review and meta-analysis of randomised clinical trials. <i>Archives of Physiology and Biochemistry</i> , 2021, , 1-11.	2.1	3
99	Effects of pistachios on glycaemic control: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2023, 129, 1693-1702.	2.3	1