

# Amir Hadi

## List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

97  
papers

1,034  
citations

18  
h-index

24  
g-index

100  
ext. papers

1,570  
ext. citations

4.5  
avg, IF

5.22  
L-index

#	Paper	IF	Citations
97	The effect of ginger supplementation on lipid profile: A systematic review and meta-analysis of clinical trials. <i>Phytomedicine</i> , <b>2018</b> , 43, 28-36	6.5	39
96	Efficacy of synbiotic supplementation in obesity treatment: A systematic review and meta-analysis of clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2020</b> , 60, 584-596	11.5	33
95	The effect of Curcumin/Turmeric on blood pressure modulation: A systematic review and meta-analysis. <i>Pharmacological Research</i> , <b>2019</b> , 150, 104505	10.2	31
94	Efficacy of curcumin/turmeric on liver enzymes in patients with non-alcoholic fatty liver disease: A systematic review of randomized controlled trials. <i>Integrative Medicine Research</i> , <b>2019</b> , 8, 57-61	2.7	29
93	The Effect of Green Tea and Sour Tea ( <i>Hibiscus sabdariffa</i> L.) Supplementation on Oxidative Stress and Muscle Damage in Athletes. <i>Journal of Dietary Supplements</i> , <b>2017</b> , 14, 346-357	2.3	29
92	Green tea as a safe alternative approach for nonalcoholic fatty liver treatment: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , <b>2018</b> , 32, 1876-1884	6.7	29
91	Clinical evidence on the effects of saffron ( <i>Crocus sativus</i> L.) on cardiovascular risk factors: A systematic review meta-analysis. <i>Pharmacological Research</i> , <b>2019</b> , 139, 348-359	10.2	28
90	Efficacy of synbiotic supplementation in patients with nonalcoholic fatty liver disease: A systematic review and meta-analysis of clinical trials: Synbiotic supplementation and NAFLD. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2019</b> , 59, 2494-2505	11.5	27
89	Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , <b>2019</b> , 33, 1639-1647	6.7	25
88	Royal jelly is an effective and relatively safe alternative approach to blood lipid modulation: A meta-analysis. <i>Journal of Functional Foods</i> , <b>2018</b> , 41, 202-209	5.1	24
87	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> , <b>2019</b> , 29, 1151-1167	4.5	20
86	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> , <b>2019</b> , 33, 1616-1626	6.7	19
85	The effects of cranberry on cardiovascular metabolic risk factors: A systematic review and meta-analysis. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 774-788	5.9	19
84	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. <i>Advances in Nutrition</i> , <b>2021</b> , 12, 161-178	10	19
83	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> , <b>2018</b> , 41, 311-319	3.5	19
82	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> , <b>2019</b> , 44, 269-276	3.5	18
81	Effects of silymarin supplementation on blood lipids: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , <b>2019</b> , 33, 871-880	6.7	18

80	Effects of Melatonin Supplementation On Blood Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Hormone and Metabolic Research</i> , <b>2019</b> , 51, 157-164	3.1	18
79	Trace Element Status and Hypothyroidism: A Systematic Review and Meta-analysis. <i>Biological Trace Element Research</i> , <b>2020</b> , 197, 1-14	4.5	18
78	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. <i>Hormone and Metabolic Research</i> , <b>2020</b> , 52, 207-215	3.1	18
77	Modified alternate-day fasting vs. calorie restriction in the treatment of patients with metabolic syndrome: A randomized clinical trial. <i>Complementary Therapies in Medicine</i> , <b>2019</b> , 47, 102187	3.5	17
76	Prebiotic and probiotic supplementation and the tryptophan-kynurenine pathway: A systematic review and meta analysis. <i>Neuroscience and Biobehavioral Reviews</i> , <b>2021</b> , 123, 1-13	9	17
75	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> , <b>2020</b> , 34, 329-339	6.7	16
74	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> , <b>2018</b> , 32, 2146-2154	6.7	16
73	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> , <b>2020</b> , 151, 104554	10.2	16
72	Zinc status and polycystic ovarian syndrome: A systematic review and meta-analysis. <i>Journal of Trace Elements in Medicine and Biology</i> , <b>2019</b> , 52, 216-221	4.1	16
71	Do probiotics, prebiotics and synbiotics affect adiponectin and leptin in adults? A systematic review and meta-analysis of clinical trials. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 2031-2037	5.9	16
70	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> , <b>2017</b> , 13, 109-116	0.7	15
69	Sleep and frailty risk: a systematic review and meta-analysis. <i>Sleep and Breathing</i> , <b>2020</b> , 24, 1187-1197	3.1	14
68	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> , <b>2019</b> , 13, 2819-2825	8.9	14
67	Clinical and psychological responses to synbiotic supplementation in obese or overweight adults: A randomized clinical trial. <i>Complementary Therapies in Medicine</i> , <b>2019</b> , 47, 102216	3.5	14
66	Effect of flaxseed supplementation on markers of inflammation and endothelial function: A systematic review and meta-analysis. <i>Cytokine</i> , <b>2020</b> , 126, 154922	4	13
65	The association between serum vitamin D, fertility and semen quality: A systematic review and meta-analysis. <i>International Journal of Surgery</i> , <b>2019</b> , 71, 101-109	7.5	12
64	The effect of almond intake on blood pressure: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , <b>2020</b> , 50, 102399	3.5	12
63	Effect of purslane on blood lipids and glucose: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , <b>2019</b> , 33, 3-12	6.7	12

62	Dietary patterns and risk of non-alcoholic fatty liver disease. <i>BMC Gastroenterology</i> , <b>2021</b> , 21, 41	3	12
61	Effects of L-carnitine supplementation on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Human Hypertension</i> , <b>2019</b> , 33, 725-734	2.6	11
60	Effects of cinnamon on controlling metabolic parameters of polycystic ovary syndrome: A systematic review and meta-analysis. <i>Journal of Ethnopharmacology</i> , <b>2020</b> , 254, 112741	5	11
59	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> , <b>2019</b> , 122, 1021-1032	3.6	11
58	The effect of nettle ( <i>Urtica dioica</i> ) supplementation on the glycemc control of patients with type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , <b>2020</b> , 34, 282-294	6.7	11
57	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> , <b>2020</b> , 152, 104622	10.2	11
56	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> , <b>2020</b> , 74, 543-547	5.2	11
55	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> , <b>2019</b> , 43, 117-124	3.5	10
54	Effects of strawberry supplementation on cardiovascular risk factors: a comprehensive systematic review and meta-analysis of randomized controlled trials. <i>Food and Function</i> , <b>2019</b> , 10, 6987-6998	6.1	10
53	The impact of pycnogenol supplementation on plasma lipids in humans: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , <b>2019</b> , 33, 276-287	6.7	10
52	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> , <b>2019</b> , 45, 149-155	3.5	9
51	The effect of synbiotics in improving <i>Helicobacter pylori</i> eradication: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , <b>2019</b> , 43, 36-43	3.5	9
50	Effects of synbiotic consumption on lipid profile: a systematic review and meta-analysis of randomized controlled clinical trials. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 2857-2874	5.2	9
49	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> , <b>2019</b> , 8, 196-208	1.7	8
48	Effects of cardamom supplementation on lipid profile: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Phytotherapy Research</i> , <b>2020</b> , 34, 475-485	6.7	8
47	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> , <b>2021</b> , 126, 718-729	3.6	8
46	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> , <b>2021</b> , 40, 4662-4673	5.9	8
45	Effects of ginseng supplementation on selected markers of inflammation: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , <b>2019</b> , 33, 1991-2001	6.7	7

44	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> , <b>2020</b> , 49, 102315	3.5	7
43	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> , <b>2020</b> , 36, 10-16	1.3	7
42	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> , <b>2021</b> , 75, e14334	2.9	7
41	Vitamin D and thyroid disorders: a systematic review and Meta-analysis of observational studies. <i>BMC Endocrine Disorders</i> , <b>2021</b> , 21, 171	3.3	7
40	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> , <b>2020</b> , 253, 112538	5	6
39	The Effect of Arginine Intake on Colorectal Cancer: a Systematic Review of Literatures. <i>Clinical Nutrition Research</i> , <b>2019</b> , 8, 209-218	1.7	6
38	Saffron supplementation effects on glycemic indices: a systematic review and meta-analysis of randomized controlled clinical trials. <i>International Journal of Food Properties</i> , <b>2020</b> , 23, 1386-1401	3	6
37	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> , <b>2019</b> , 15, 198-205	1.4	6
36	Effect of pycnogenol supplementation on blood pressure: A systematic review and meta-analysis of clinical trials. <i>Phytotherapy Research</i> , <b>2020</b> , 34, 67-76	6.7	6
35	Associations Between Serum Magnesium Concentrations and Polycystic Ovary Syndrome Status: a Systematic Review and Meta-analysis. <i>Biological Trace Element Research</i> , <b>2021</b> , 199, 1297-1305	4.5	6
34	A comprehensive systematic review of the effectiveness of , a member of the gut microbiome, for the management of obesity and associated metabolic disorders. <i>Archives of Physiology and Biochemistry</i> , <b>2021</b> , 1-11	2.2	6
33	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> , <b>2020</b> , 22, 100364	2.3	5
32	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> , <b>2020</b> , 9, 63-72	1.7	5
31	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> , <b>2021</b> , 35, 5487-5501	6.7	5
30	The Efficacy of Vitamin D Supplementation against Nonalcoholic Fatty Liver Disease: A Meta-Analysis. <i>Journal of Dietary Supplements</i> , <b>2020</b> , 17, 467-485	2.3	5
29	Policosanol supplementation significantly improves blood pressure among adults: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , <b>2019</b> , 45, 89-97	3.5	4
28	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> , <b>2020</b> , 51, 102414	3.5	4
27	The efficacy of ginseng supplementation on plasma lipid concentration in adults: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , <b>2020</b> , 48, 102239	3.5	4

26	The association between serum omentin level and bodyweight: A systematic review and meta-analysis of observational studies. <i>Clinical Nutrition ESPEN</i> , <b>2020</b> , 39, 22-29	1.3	4
25	Effect of grape products on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>International Journal of Food Properties</i> , <b>2021</b> , 24, 627-645	3	4
24	Impact of flaxseed supplementation on plasma lipoprotein(a) concentrations: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , <b>2020</b> , 34, 1599-1608	6.7	4
23	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> , <b>2021</b> , 1-14	11.5	4
22	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> , <b>2020</b> , 34, 2712-2720	6.7	3
21	The effect of almond intake on anthropometric indices: a systematic review and meta-analysis. <i>Food and Function</i> , <b>2020</b> , 11, 7340-7355	6.1	3
20	Dietary Inflammatory Index and the Risk of Frailty Among Older Adults: A Systematic Review and Meta-Analysis. <i>Research on Aging</i> , <b>2021</b> , 43, 323-331	3	3
19	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> , <b>2021</b> , 21, 179	2.9	3
18	The effect of almond intake on lipid profile: a systematic review and meta-analysis of randomized controlled trials. <i>Food and Function</i> , <b>2021</b> , 12, 1882-1896	6.1	3
17	A novel inflammatory signaling pathway in patients with slow coronary flow: NF-B/IL-1 $\beta$ /nitric oxide. <i>Cytokine</i> , <b>2021</b> , 143, 155511	4	3
16	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> , <b>2020</b> , 34, 1578-1586	6.7	3
15	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> , <b>2019</b> , 8, 238-246	1.7	2
14	Are serum vitamin D, calcium and phosphorous associated with restless leg syndrome? A systematic review and meta-analysis. <i>Sleep Medicine</i> , <b>2020</b> , 75, 326-334	4.6	2
13	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> , <b>2021</b> , 125, 644-656	3.6	2
12	The effects of supplementation with <i>Cynara scolymus</i> L. on anthropometric indices: Systematic review and dose-response meta-analysis of clinical trials. <i>Complementary Therapies in Medicine</i> , <b>2021</b> , 56, 102612	3.5	2
11	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> , <b>2021</b> , 1-11	2.2	2
10	The interplay between fasting, gut microbiota, and lipid profile. <i>International Journal of Clinical Practice</i> , <b>2021</b> , 75, e14591	2.9	2
9	The effects of ginseng supplementation on anthropometric indices and body composition: A systematic review and meta-analysis. <i>Journal of Herbal Medicine</i> , <b>2020</b> , 23, 100379	2.3	1

8	The effect of spirulina on type 2 diabetes: a systematic review and meta-analysis. <i>Journal of Diabetes and Metabolic Disorders</i> , <b>2021</b> , 20, 883-892	2.5	1
7	Effect of Probiotic Consumption on Immune Response in Athletes: A Meta-analysis. <i>International Journal of Sports Medicine</i> , <b>2021</b> , 42, 769-781	3.6	1
6	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> , <b>2021</b> , 56, 102608	3.5	1
5	Effects of resveratrol supplementation on liver enzymes: A systematic review and meta-analysis of randomised controlled trials. <i>International Journal of Clinical Practice</i> , <b>2021</b> , 75, e13692	2.9	1
4	Bee products consumption and cardiovascular diseases risk factors: a systematic review of interventional studies. <i>International Journal of Food Properties</i> , <b>2021</b> , 24, 115-128	3	1
3	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> , <b>2021</b> , 1-11	11.5	1
2	Associations between adherence to Mediterranean dietary pattern and frequency, duration, and severity of migraine headache: A cross-sectional study. <i>Nutritional Neuroscience</i> , <b>2021</b> , 1-10	3.6	1
1	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> , <b>2021</b> , 1328, 323-345	3.6	0