

Farzad Shidfar

List of Publications by Year in descending order

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Version: 2024-02-01

176
papers

3,352
citations

159573

30
h-index

233409

45
g-index

189
all docs

189
docs citations

189
times ranked

5272
citing authors

#	ARTICLE	IF	CITATIONS
1	A 12-week double-blind randomized clinical trial of vitamin D3 supplementation on body fat mass in healthy overweight and obese women. <i>Nutrition Journal</i> , 2012, 11, 78.	3.4	153
2	The effect of ginger (<i>Zingiber officinale</i>) on glycemic markers in patients with type 2 diabetes. <i>Journal of Complementary and Integrative Medicine</i> , 2015, 12, 165-170.	0.9	131
3	Effects of Probiotic Yogurt on Fat Distribution and Gene Expression of Proinflammatory Factors in Peripheral Blood Mononuclear Cells in Overweight and Obese People with or without Weight-Loss Diet. <i>Journal of the American College of Nutrition</i> , 2014, 33, 417-425.	1.8	102
4	The effects of curcumin supplementation on oxidative stress, Sirtuin-1 and peroxisome proliferator activated receptor β coactivator 1 gene expression in polycystic ovarian syndrome (PCOS) patients: A randomized placebo-controlled clinical trial. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 77-82.	3.6	75
5	The effects of tomato consumption on serum glucose, apolipoprotein B, apolipoprotein A-I, homocysteine and blood pressure in type 2 diabetic patients. <i>International Journal of Food Sciences and Nutrition</i> , 2011, 62, 289-294.	2.8	67
6	Vitamin D ₃ and the risk of CVD in overweight and obese women: a randomised controlled trial. <i>British Journal of Nutrition</i> , 2012, 108, 1866-1873.	2.3	60
7	Effects of curcumin supplementation on blood glucose, insulin resistance and androgens in patients with polycystic ovary syndrome: A randomized double-blind placebo-controlled clinical trial. <i>Phytomedicine</i> , 2021, 80, 153395.	5.3	59
8	Effect of Daily Consumption of Probiotic Yogurt on Oxidative Stress in Pregnant Women: A Randomized Controlled Clinical Trial. <i>Annals of Nutrition and Metabolism</i> , 2012, 60, 62-68.	1.9	58
9	Effect of daily calcitriol supplementation with and without calcium on disease regression in non-alcoholic fatty liver patients following an energy-restricted diet: Randomized, controlled, double-blind trial. <i>Clinical Nutrition</i> , 2017, 36, 1490-1497.	5.0	56
10	The effects of cranberry juice on serum glucose, apoB, apoA-I, Lp(a), and Paraoxonase-1 activity in type 2 diabetic male patients. <i>Journal of Research in Medical Sciences</i> , 2012, 17, 355-60.	0.9	54
11	Effects of Daily Consumption of Probiotic Yoghurt on Inflammatory Factors in Pregnant Women: A Randomized Controlled Trial. <i>Pakistan Journal of Biological Sciences</i> , 2011, 14, 476-482.	0.5	50
12	High-cocoa polyphenol-rich chocolate improves blood pressure in patients with diabetes and hypertension. <i>ARYA Atherosclerosis</i> , 2015, 11, 21-9.	0.4	49
13	Whey protein preloads are more beneficial than soy protein preloads in regulating appetite, calorie intake, anthropometry, and body composition of overweight and obese men. <i>Nutrition Research</i> , 2014, 34, 856-861.	2.9	48
14	Lactobacillus acidophilus La5, Bifidobacterium BB12, and Lactobacillus casei DN001 modulate gene expression of subset specific transcription factors and cytokines in peripheral blood mononuclear cells of obese and overweight people. <i>BioFactors</i> , 2013, 39, 633-643.	5.4	47
15	Regression of Non-Alcoholic Fatty Liver by Vitamin D Supplement: A Double-Blind Randomized Controlled Clinical Trial. <i>Archives of Iranian Medicine</i> , 2016, 19, 631-8.	0.6	47
16	Zinc and Selenium Co-supplementation Reduces Some Lipid Peroxidation and Angiogenesis Markers in a Rat Model of NAFLD-Fed High Fat Diet. <i>Biological Trace Element Research</i> , 2018, 181, 288-295.	3.5	45
17	Efficacy of <i>Melissa officinalis</i> L. (lemon balm) extract on glycemic control and cardiovascular risk factors in individuals with type 2 diabetes: A randomized, double-blind, clinical trial. <i>Phytotherapy Research</i> , 2019, 33, 651-659.	5.8	44
18	Effects of CoQ10 Supplementation on Lipid Profiles and Glycemic Control in Patients with Type 2 Diabetes: a randomized, double blind, placebo-controlled trial. <i>Journal of Diabetes and Metabolic Disorders</i> , 2014, 13, 81.	1.9	43

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19	Effect of DHA-rich fish oil on PPAR α target genes related to lipid metabolism in type 2 diabetes: A randomized, double-blind, placebo-controlled clinical trial. <i>Journal of Clinical Lipidology</i> , 2015, 9, 770-777.	1.5	43
20	Effects of symbiotic and vitamin E supplementation on blood pressure, nitric oxide and inflammatory factors in non-alcoholic fatty liver disease. <i>EXCLI Journal</i> , 2017, 16, 278-290.	0.7	43
21	Metabolic Syndrome Patients Have Lower Levels of Adropin When Compared With Healthy Overweight/Obese and Lean Subjects. <i>American Journal of Men's Health</i> , 2017, 11, 426-434.	1.6	42
22	The effects of probiotic/synbiotic supplementation compared to placebo on biomarkers of oxidative stress in adults: a systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 490-507.	10.3	42
23	Effect of sumac (<i>Rhus Coriaria</i>) on blood lipids: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2018, 40, 8-12.	2.7	40
24	The impact of probiotic yogurt consumption on lipid profiles in subjects with mild to moderate hypercholesterolemia: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 11-22.	2.6	40
25	Conjugated linoleic acid rat pretreatment reduces renal damage in ischemia/reperfusion injury: Unraveling antiapoptotic mechanisms and regulation of phosphorylated mammalian target of rapamycin. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 2665-2677.	3.3	37
26	The Impact of Low Advanced Glycation End Products Diet on Metabolic Risk Factors: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2021, 12, 766-776.	6.4	37
27	The Effects of Berberis vulgaris Fruit Extract on Serum Lipoproteins, apoB, apoA-I, Homocysteine, Glycemic Control and Total Antioxidant Capacity in Type 2 Diabetic Patients. <i>Iranian Journal of Pharmaceutical Research</i> , 2012, 11, 643-52.	0.5	37
28	Association of waist circumference, body mass index and conicity index with cardiovascular risk factors in postmenopausal women : cardiovascular topic. <i>Cardiovascular Journal of Africa</i> , 2012, 23, 442-445.	0.4	36
29	Calorie and macronutrients intake in people with spinal cord injuries: An analysis by sex and injury-related variables. <i>Nutrition</i> , 2012, 28, 143-147.	2.4	35
30	Does Low Birth Weight Predict Hypertension and Obesity in Schoolchildren?. <i>Annals of Nutrition and Metabolism</i> , 2013, 63, 69-76.	1.9	35
31	The Effects of Extra Virgin Olive Oil on Alanine Aminotransferase, Aspartate Aminotransferase, and Ultrasonographic Indices of Hepatic Steatosis in Nonalcoholic Fatty Liver Disease Patients Undergoing Low Calorie Diet. <i>Canadian Journal of Gastroenterology and Hepatology</i> , 2018, 2018, 1-7.	1.9	33
32	The effect of quercetin on iron overload and inflammation in β -thalassemia major patients: A double-blind randomized clinical trial. <i>Complementary Therapies in Medicine</i> , 2019, 46, 24-28.	2.7	33
33	Effect of soy milk consumption on glycemic status, blood pressure, fibrinogen and malondialdehyde in patients with non-alcoholic fatty liver disease: a randomized controlled trial. <i>Complementary Therapies in Medicine</i> , 2019, 44, 44-50.	2.7	32
34	Do symbiotic and Vitamin E supplementation have favorite effects in nonalcoholic fatty liver disease? A randomized, double-blind, placebo-controlled trial. <i>Journal of Research in Medical Sciences</i> , 2016, 21, 106.	0.9	32
35	Inverse association of long-term nut consumption with weight gain and risk of overweight/obesity: a systematic review. <i>Nutrition Research</i> , 2019, 68, 1-8.	2.9	31
36	Comparison of the Effects of Simultaneous Administration of Vitamin C and Omega-3 Fatty Acids on Lipoproteins, Apo A-I, Apo B, and Malondialdehyde in Hyperlipidemic Patients. <i>International Journal for Vitamin and Nutrition Research</i> , 2003, 73, 163-170.	1.5	30

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37	Beneficial effects of Coenzyme Q10 supplementation on lipid profile and Intereukin-6 and Intercellular adhesion Molecule-1 reduction, preliminary results of a double-blind trial in Acute Myocardial Infarction. <i>International Journal of Preventive Medicine</i> , 2015, 6, 73.	0.4	30
38	Effects of hazelnuts consumption on fasting blood sugar and lipoproteins in patients with type 2 diabetes. <i>Journal of Research in Medical Sciences</i> , 2013, 18, 314-21.	0.9	30
39	Effects of Daily Consumption of Cashews on Oxidative Stress and Atherogenic Indices in Patients with Type 2 Diabetes: A Randomized, Controlled-Feeding Trial. <i>International Journal of Endocrinology and Metabolism</i> , 2019, In Press, e70744.	1.0	29
40	Effects of combination of zinc and vitamin A supplementation on serum fasting blood sugar, insulin, apoprotein B and apoprotein A-I in patients with type I diabetes. <i>International Journal of Food Sciences and Nutrition</i> , 2010, 61, 182-191.	2.8	28
41	Association of dietary fiber and depression symptom: A systematic review and meta-analysis of observational studies. <i>Complementary Therapies in Medicine</i> , 2021, 56, 102621.	2.7	28
42	The effects of ginger on fasting blood sugar, hemoglobin a1c, apolipoprotein B, apolipoprotein a-I and malondialdehyde in type 2 diabetic patients. <i>Iranian Journal of Pharmaceutical Research</i> , 2015, 14, 131-40.	0.5	28
43	Omega-3 fatty acids™ effect on leptin and adiponectin concentrations in patients with spinal cord injury: A double-blinded randomized clinical trial. <i>Journal of Spinal Cord Medicine</i> , 2015, 38, 599-606.	1.4	27
44	Impact of Dietary Calcium Supplement on Circulating Lipoprotein Concentrations and Atherogenic Indices in Overweight and Obese Individuals: A Systematic Review. <i>Journal of Dietary Supplements</i> , 2019, 16, 357-367.	2.6	27
45	Effects of Coenzyme Q10 Supplementation on Serum Lipoproteins, Plasma Fibrinogen, and Blood Pressure in Patients With Hyperlipidemia and Myocardial Infarction. <i>Iranian Red Crescent Medical Journal</i> , 2014, 16, e16433.	0.5	26
46	Effect of Royal Jelly Intake on Serum Glucose, Apolipoprotein A-I (ApoA-I), Apolipoprotein B (ApoB) and ApoB/ApoA-I Ratios in Patients with Type 2 Diabetes: A Randomized, Double-Blind Clinical Trial Study. <i>Canadian Journal of Diabetes</i> , 2016, 40, 324-328.	0.8	26
47	Safety and efficacy of <i>Melissa officinalis</i> (lemon balm) on ApoA-I, Apo B, lipid ratio and ICAM-1 in type 2 diabetes patients: A randomized, double-blinded clinical trial. <i>Complementary Therapies in Medicine</i> , 2018, 40, 83-88.	2.7	26
48	Effects of Pomegranate and Orange Juice on Antioxidant Status in Non-Alcoholic Fatty Liver Disease Patients: A Randomized Clinical Trial. <i>International Journal for Vitamin and Nutrition Research</i> , 2015, 85, 292-298.	1.5	26
49	Effect of Soy Milk on Metabolic Status of Patients with Nonalcoholic Fatty Liver Disease: A Randomized Clinical Trial. <i>Journal of the American College of Nutrition</i> , 2019, 38, 51-58.	1.8	25
50	Effect of saffron (<i>Crocus sativus</i> L.) and endurance training on mitochondrial biogenesis, endurance capacity, inflammation, antioxidant, and metabolic biomarkers in Wistar rats. <i>Journal of Food Biochemistry</i> , 2019, 43, e12946.	2.9	25
51	Effect of synbiotic bread containing lactic acid on glycemic indicators, biomarkers of antioxidant status and inflammation in patients with type 2 diabetes: a randomized controlled trial. <i>Diabetology and Metabolic Syndrome</i> , 2019, 11, 103.	2.7	25
52	Effects of <i>Melissa officinalis</i> (Lemon Balm) on cardio-metabolic outcomes: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , 2020, 34, 3113-3123.	5.8	25
53	Resveratrol treatment reduces expression of MCP-1, IL-6, IL-8 and RANTES in endometriotic stromal cells. <i>Journal of Cellular and Molecular Medicine</i> , 2021, 25, 1116-1127.	3.6	24
54	Bone biomarkers in patients with chronic traumatic spinal cord injury. <i>Spine Journal</i> , 2014, 14, 1132-1138.	1.3	22

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55	Relationship between leptin and adiponectin concentrations in plasma and femoral and spinal bone mineral density in spinal cord-injured individuals. <i>Spine Journal</i> , 2015, 15, 1-9.	1.3	22
56	Impact of phytosterol supplementation on plasma lipoprotein(a) and free fatty acid (FFA) concentrations: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1168-1175.	2.6	22
57	The effects of sumac (<i>Rhus coriaria</i> L.) powder supplementation in patients with non-alcoholic fatty liver disease: A randomized controlled trial. <i>Complementary Therapies in Clinical Practice</i> , 2020, 41, 101259.	1.7	22
58	Dietary phytochemical index and overweight/obesity in children: a cross-sectional study. <i>BMC Research Notes</i> , 2020, 13, 132.	1.4	22
59	Does Supplementation with Royal Jelly Improve Oxidative Stress and Insulin Resistance in Type 2 Diabetic Patients?. <i>Iranian Journal of Public Health</i> , 2015, 44, 797-803.	0.5	21
60	Is exclusive breastfeeding and its duration related to cardio respiratory fitness in childhood?. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2016, 29, 461-465.	1.5	20
61	Effects of Zinc Supplementation on Cardiometabolic Risk Factors: a Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Biological Trace Element Research</i> , 2020, 195, 373-398.	3.5	19
62	Effect of <i>Portulaca Oleracea</i> (purslane) extract on liver enzymes, lipid profile, and glycemic status in nonalcoholic fatty liver disease: A randomized, double-blind clinical trial. <i>Phytotherapy Research</i> , 2021, 35, 3145-3156.	5.8	19
63	Effect of Folate Supplementation on Serum Homocysteine and Plasma Total Antioxidant Capacity in Hypercholesterolemic Adults under Lovastatin Treatment: A Double-blind Randomized Controlled Clinical Trial. <i>Archives of Medical Research</i> , 2009, 40, 380-386.	3.3	18
64	Soy milk: A functional beverage with hypocholesterolemic effects? A systematic review of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 42, 82-88.	2.7	18
65	Effects of Probiotic Yogurt on Serum Omentin-1, Adropin, and Nesfatin-1 Concentrations in Overweight and Obese Participants Under Low-Calorie Diet. <i>Probiotics and Antimicrobial Proteins</i> , 2019, 11, 1202-1209.	3.9	18
66	Prevalence and associated factors of cardio-metabolic risk factors in Iranian seafarers. <i>International Maritime Health</i> , 2016, 67, 59-65.	0.7	18
67	The impact of low advanced glycation end products diet on obesity and related hormones: a systematic review and meta-analysis. <i>Scientific Reports</i> , 2020, 10, 22194.	3.3	17
68	Relationship between Breast Feeding and Obesity in Children with Low Birth Weight. <i>Iranian Red Crescent Medical Journal</i> , 2013, 15, 676-682.	0.5	17
69	Impact of orange juice consumption on cardiovascular disease risk factors: a systematic review and meta-analysis of randomized-controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 3389-3402.	10.3	16
70	The effect of nigella sativa on biomarkers of inflammation and oxidative stress: A systematic review and meta-analysis of randomized controlled trials. <i>Journal of Food Biochemistry</i> , 2021, 45, e13625.	2.9	16
71	Effects of blackberry (<i>Morus nigra</i> L.) consumption on serum concentration of lipoproteins, apo A-I, apo B, and high-sensitivity-C-reactive protein and blood pressure in dyslipidemic patients. <i>Journal of Research in Medical Sciences</i> , 2015, 20, 684.	0.9	16
72	The Effect of Sumac (<i>Rhus coriaria</i> L.) Powder on Serum Glycemic Status, ApoB, ApoA-I and Total Antioxidant Capacity in Type 2 Diabetic Patients. <i>Iranian Journal of Pharmaceutical Research</i> , 2014, 13, 1249-55.	0.5	16

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73	Effects of soy bean on serum paraoxonase 1 activity and lipoproteins in hyperlipidemic postmenopausal women. <i>International Journal of Food Sciences and Nutrition</i> , 2009, 60, 195-205.	2.8	15
74	PTEN over-expression by resveratrol in acute lymphoblastic leukemia cells along with suppression of AKT/PKB and ERK1/2 in genotoxic stress. <i>Journal of Natural Medicines</i> , 2015, 69, 507-512.	2.3	15
75	Effects of synbiotic supplementation on serum adiponectin and inflammation status of overweight and obese breast cancer survivors: a randomized, triple-blind, placebo-controlled trial. <i>Supportive Care in Cancer</i> , 2021, 29, 4147-4157.	2.2	15
76	Beneficial effects of whey protein preloads on some cardiovascular diseases risk factors of overweight and obese men are stronger than soy protein preloads – A randomized clinical trial. <i>Journal of Nutrition & Intermediary Metabolism</i> , 2015, 2, 69-75.	1.7	14
77	Effect of vitamin D supplementation on klotho protein, antioxidant status and nitric oxide in the elderly: A randomized, double-blinded, placebo-controlled clinical trial. <i>European Journal of Integrative Medicine</i> , 2020, 35, 101089.	1.7	14
78	Association between abnormal maternal serum levels of vitamin B12 and preeclampsia: a systematic review and meta-analysis. <i>Nutrition Reviews</i> , 2021, 79, 518-528.	5.8	14
79	Effect of vitamin E on chemotherapy-induced mucositis and neutropenia in leukemic patients undergoing bone marrow transplantation. <i>Asia-Pacific Journal of Clinical Oncology</i> , 2007, 3, 113-118.	1.1	13
80	Docosahexaenoic Acid-Rich Fish Oil Supplementation Improves Body Composition without Influence of the PPAR α ; Pro12Ala Polymorphism in Patients with Type 2 Diabetes: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. <i>Journal of Nutrigenetics and Nutrigenomics</i> , 2015, 8, 195-204.	1.3	13
81	Comparison of probiotic yogurt and ordinary yogurt consumption on serum Pentraxin3, NT-proBNP, oxLDL, and ApoB100 in patients with chronic heart failure: a randomized, triple-blind, controlled trial. <i>Food and Function</i> , 2020, 11, 10000-10010.	4.6	13
82	The responses of different dosages of egg consumption on blood lipid profile: An updated systematic review and meta-analysis of randomized clinical trials. <i>Journal of Food Biochemistry</i> , 2020, 44, e13263.	2.9	13
83	Bisphenol A enhances adipogenic signaling pathways in human mesenchymal stem cells. <i>Genes and Environment</i> , 2020, 42, 13.	2.1	13
84	Vitamin D3 Supplementation in Diarrhea-Predominant Irritable Bowel Syndrome Patients: The Effects on Symptoms Improvement, Serum Corticotropin-Releasing Hormone, and Interleukin-6 – A Randomized Clinical Trial. <i>Complementary Medicine Research</i> , 2020, 27, 302-309.	1.2	13
85	Relation between Body Iron Status and Cardiovascular Risk Factors in Patients with Cardiovascular Disease. <i>International Journal of Preventive Medicine</i> , 2013, 4, 911-6.	0.4	13
86	Lycopene an Adjunctive Therapy for Helicobacter Pylori Eradication: a Quasi-Control Trial. <i>Journal of Complementary and Integrative Medicine</i> , 2012, 9, Article 14.	0.9	12
87	Association between Nicotinamide Phosphoribosyltransferase and de novo Lipogenesis in Nonalcoholic Fatty Liver Disease. <i>Medical Principles and Practice</i> , 2017, 26, 251-257.	2.4	12
88	The impact of rice bran oil consumption on the serum lipid profile in adults: a systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6005-6015.	10.3	12
89	Associations between dietary total antioxidant capacity and odds of non-alcoholic fatty liver disease (NAFLD) in adults: a case-control study. <i>Journal of Nutritional Science</i> , 2020, 9, e48.	1.9	12
90	The effect of sumac (<i>Rhus coriaria</i> L.) powder on insulin resistance, malondialdehyde, high sensitive C-reactive protein and paraoxonase 1 activity in type 2 diabetic patients. <i>Journal of Research in Medical Sciences</i> , 2014, 19, 933-8.	0.9	12

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91	Effect of Breastfeeding in Early Life on Cardiorespiratory and Physical Fitness: A Systematic Review and Meta-Analysis. <i>Breastfeeding Medicine</i> , 2018, 13, 248-258.	1.7	11
92	The effect of fasting and energy restricting diets on markers of glucose and insulin controls: a systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2021, 61, 3383-3394.	10.3	11
93	Administration of hydro-alcoholic extract of spinach improves oxidative stress and inflammation in high-fat diet-induced NAFLD rats. <i>BMC Complementary Medicine and Therapies</i> , 2021, 21, 221.	2.7	11
94	Effects of vitamin D3 supplementation on clinical symptoms, quality of life, serum serotonin (5-hydroxytryptamine), 5-hydroxy-indole acetic acid, and ratio of 5-HIAA/5-HT in patients with diarrhea-predominant irritable bowel syndrome: A randomized clinical trial. <i>EXCLI Journal</i> , 2020, 19, 652-667.	0.7	11
95	Positive evidence for vitamin A role in prevention of type 1 diabetes. <i>World Journal of Diabetes</i> , 2016, 7, 177.	3.5	11
96	Association between markers of systemic inflammation, oxidative stress, lipid profiles, and insulin resistance in pregnant women. <i>ARYA Atherosclerosis</i> , 2013, 9, 172-8.	0.4	11
97	The association between dietary antioxidant intake and semen quality in infertile men. <i>Medical Journal of the Islamic Republic of Iran</i> , 2013, 27, 204-9.	0.9	11
98	Calcium and vitamin D plasma concentration and nutritional intake status in patients with chronic spinal cord injury: A referral center report. <i>Journal of Research in Medical Sciences</i> , 2014, 19, 881-4.	0.9	11
99	Comparison of the effects of nobiletin and letrozole on the activity and expression of aromatase in the MCF-7 breast cancer cell line. <i>Biochemistry and Cell Biology</i> , 2017, 95, 468-473.	2.0	10
100	Effects of <i>Urtica dioica</i> leaf extract on inflammation, oxidative stress, ESR, blood cell count and quality of life in patients with inflammatory bowel disease. <i>Journal of Herbal Medicine</i> , 2017, 9, 32-41.	2.0	10
101	Modifications of mice gut microflora following oral consumption of <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium bifidum</i> probiotics. <i>Turkish Journal of Medical Sciences</i> , 2017, 47, 689-694.	0.9	10
102	Saffron (<i>Crocus Sativus</i> L.), Combined with Endurance Exercise, Synergistically Enhances BDNF, Serotonin, and NT-3 in Wistar Rats. <i>Reports of Biochemistry and Molecular Biology</i> , 2021, 9, 426-434.	1.4	10
103	The effects of n-3 fatty acids on inflammatory cytokines in osteoporotic spinal cord injured patients: A randomized clinical trial. <i>Journal of Research in Medical Sciences</i> , 2012, 17, 322-7.	0.9	10
104	Evaluation of bone mineral loss in patients with chronic traumatic spinal cord injury in Iran. <i>Journal of Spinal Cord Medicine</i> , 2014, 37, 744-750.	1.4	9
105	Effects of Royal Jelly and Tocotrienol Rich Fraction in obesity treatment of calorie-restricted obese rats: a focus on white fat browning properties and thermogenic capacity. <i>Nutrition and Metabolism</i> , 2020, 17, 42.	3.0	9
106	The effect of dried <i>Ziziphus vulgaris</i> on glycemic control, lipid profile, ApoB proteins and hsCRP in patients with type 2 diabetes mellitus: A randomized controlled clinical trial. <i>Journal of Food Biochemistry</i> , 2021, 45, e13193.	2.9	9
107	Extra virgin olive oil in maternal diet increases osteogenic genes expression, but high amounts have deleterious effects on bones in mice offspring at adolescence. <i>Iranian Journal of Basic Medical Sciences</i> , 2016, 19, 1299-1307.	1.0	9
108	Factors affecting health-promoting lifestyle profile in Iranian male seafarers working on tankers. <i>International Maritime Health</i> , 2017, 68, 1-6.	0.7	9

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109	Consumption of sesame seeds and sesame products has favorable effects on blood glucose levels but not on insulin resistance: A systematic review and meta-analysis of controlled clinical trials. <i>Phytotherapy Research</i> , 2022, 36, 1126-1134.	5.8	9
110	Dairy products and chronic kidney disease: protective or harmful? a systematic review of prospective cohort studies. <i>Nutrition</i> , 2018, 55-56, 21-28.	2.4	8
111	The association of dietary patterns and cardiorespiratory fitness: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1442-1451.	2.6	8
112	The beneficial effects of cinnamon among patients with metabolic diseases: A systematic review and dose-response meta-analysis of randomized-controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6113-6131.	10.3	8
113	1,25-Dihydroxyvitamin D3 modulates adipogenesis of human adipose-derived mesenchymal stem cells dose-dependently. <i>Nutrition and Metabolism</i> , 2021, 18, 29.	3.0	8
114	Molecular mechanisms of vitamin D plus Bisphenol A effects on adipogenesis in human adipose-derived mesenchymal stem cells. <i>Diabetology and Metabolic Syndrome</i> , 2021, 13, 41.	2.7	8
115	The effect of vitamin C supplementation on mood status in adults: a systematic review and meta-analysis of randomized controlled clinical trials. <i>General Hospital Psychiatry</i> , 2021, 71, 36-42.	2.4	8
116	Erythrocyte membrane fatty acid profile & serum cytokine levels in patients with non-alcoholic fatty liver disease. <i>Indian Journal of Medical Research</i> , 2018, 147, 352.	1.0	8
117	Effect of quercetin on oxidative stress and liver function in beta-thalassemia major patients receiving desferrioxamine: A double-blind randomized clinical trial. <i>Journal of Research in Medical Sciences</i> , 2019, 24, 91.	0.9	8
118	Effect of Selenium Supplementation on Expression of SIRT1 and PGC-1 β Genes in Ulcerative Colitis Patients: a Double Blind Randomized Clinical Trial. <i>Clinical Nutrition Research</i> , 2020, 9, 284.	1.2	8
119	The impact of probiotic yogurt versus ordinary yogurt on serum sTWEAK, sCD163, sADMA, sLCAT and sBUN in patients with chronic heart failure: a randomized, triple-blind, controlled trial. <i>Journal of the Science of Food and Agriculture</i> . 2022, 102, 6024-6035.	3.5	8
120	Effects of Iron Supplementation With and Without Docosahexaenoic Acid on the Cardiovascular Disease Risk Based on Paraoxonase-1, hs-CRP, and ApoB/ApoA-I Ratio in Women with Iron Deficiency Anemia. <i>Biological Trace Element Research</i> , 2016, 169, 34-40.	3.5	7
121	Probiotic plus low-calorie diet increase gene expression of Toll-like receptor 2 and FOXP3 in overweight and obese participants. <i>Journal of Functional Foods</i> , 2018, 43, 180-185.	3.4	7
122	The effects of hydroalcoholic extract of spinach on prevention and treatment of some metabolic and histologic features in a rat model of nonalcoholic fatty liver disease. <i>Journal of the Science of Food and Agriculture</i> , 2020, 100, 1787-1796.	3.5	7
123	Effect of extra virgin olive oil consumption on glycemic control: A systematic review and meta-analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1953-1961.	2.6	7
124	Cardiometabolic risk factors in Iranians with spinal cord injury: Analysis by injury-related variables. <i>Journal of Rehabilitation Research and Development</i> , 2013, 50, 635.	1.6	6
125	The effects of royal jelly and tocotrienol-rich fraction on impaired glycemic control and inflammation through irisin in obese rats. <i>Journal of Food Biochemistry</i> , 2020, 44, e13493.	2.9	6
126	The effect of Aqueous, Ethanolic extracts of Rheum ribes on insulin sensitivity, inflammation, oxidative stress in patients with type 2 diabetes mellitus: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Journal of Herbal Medicine</i> , 2020, 24, 100389.	2.0	6

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