

Farzad Shidfar

List of Publications by Year in descending order

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Version: 2024-02-01

176
papers

3,352
citations

159585

30
h-index

233421

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^0 -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 Inter cellular adhesion Molecule-1 reduction, preliminary results of a double-blind trial in Acute Myocardial Infarction. International Journal of Preventive Medicine, 2015, 6, 73.	0.4	30
38	Effects of hazelnuts consumption on fasting blood sugar and lipoproteins in patients with type 2 diabetes. Journal of Research in Medical Sciences, 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. International Journal of Endocrinology and Metabolism, 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. International Journal of Food Sciences and Nutrition, 2010, 61, 182-191.	2.8	28
41	Association of dietary fiber and depression symptom: A systematic review and meta-analysis of observational studies. Complementary Therapies in Medicine, 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. Iranian Journal of Pharmaceutical Research, 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. Journal of Spinal Cord Medicine, 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. Journal of Dietary Supplements, 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. Iranian Red Crescent Medical Journal, 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. Canadian Journal of Diabetes, 2016, 40, 324-328.	0.8	26
47	Safety and efficacy of Melissa officinalis (lemon balm) on ApoA-I, Apo B, lipid ratio and ICAM-1 in type 2 diabetes patients: A randomized, double-blinded clinical trial. Complementary Therapies in Medicine, 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. International Journal for Vitamin and Nutrition Research, 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. Journal of the American College of Nutrition, 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. Journal of Food Biochemistry, 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. Diabetology and Metabolic Syndrome, 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. Phytotherapy Research, 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. Journal of Cellular and Molecular Medicine, 2021, 25, 1116-1127.	3.6	24
54	Bone biomarkers in patients with chronic traumatic spinal cord injury. Spine Journal, 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 γ ; 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 hs-CRP 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 α 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, Ethanollic 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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127	Pattern of some risk factors of cardiovascular diseases and liver enzymes among Iranian seafarers. Medical Journal of the Islamic Republic of Iran, 2017, 31, 130-135.	0.9	6
128	The Effects of Resveratrol Treatment on Bcl-2 and Bax Gene Expression in Endometriotic Compared with Non-Endometriotic Stromal Cells. Iranian Journal of Public Health, 2020, 49, 1546-1554.	0.5	6
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