

Michael J Ormsbee

List of Publications by Year in descending order

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Version: 2024-02-01

100
papers

2,958
citations

186209

28
h-index

182361

51
g-index

101
all docs

101
docs citations

101
times ranked

3746
citing authors

#	ARTICLE	IF	CITATIONS
1	International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2017, 14, 20.	1.7	430
2	International society of sports nutrition position stand: nutrient timing. Journal of the International Society of Sports Nutrition, 2017, 14, 33.	1.7	241
3	Interrelationship among muscle, fat, and bone: Connecting the dots on cellular, hormonal, and whole body levels. Ageing Research Reviews, 2014, 15, 51-60.	5.0	205
4	Osteosarcopenic obesity: the role of bone, muscle, and fat on health. Journal of Cachexia, Sarcopenia and Muscle, 2014, 5, 183-192.	2.9	168
5	Pre-Exercise Nutrition: The Role of Macronutrients, Modified Starches and Supplements on Metabolism and Endurance Performance. Nutrients, 2014, 6, 1782-1808.	1.7	87
6	Increased protein intake and meal frequency reduces abdominal fat during energy balance and energy deficit. Obesity, 2013, 21, 1357-1366.	1.5	81
7	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. Journal of the International Society of Sports Nutrition, 2019, 16, 50.	1.7	81
8	Effects of Diet and/or Low-Intensity Resistance Exercise Training on Arterial Stiffness, Adiposity, and Lean Mass in Obese Postmenopausal Women. American Journal of Hypertension, 2013, 26, 416-423.	1.0	77
9	The Health Impact of Nighttime Eating: Old and New Perspectives. Nutrients, 2015, 7, 2648-2662.	1.7	75
10	Fat metabolism and acute resistance exercise in trained men. Journal of Applied Physiology, 2007, 102, 1767-1772.	1.2	74
11	Assessment of Nutritional Status in Cancer – The Relationship Between Body Composition and Pharmacokinetics. Anti-Cancer Agents in Medicinal Chemistry, 2013, 13, 1197-1203.	0.9	69
12	Regulation of fat metabolism during resistance exercise in sedentary lean and obese men. Journal of Applied Physiology, 2009, 106, 1529-1537.	1.2	60
13	Moderate protein intake improves total and regional body composition and insulin sensitivity in overweight adults. Metabolism: Clinical and Experimental, 2008, 57, 757-765.	1.5	58
14	Increased Dietary Protein and Combined High Intensity Aerobic and Resistance Exercise Improves Body Fat Distribution and Cardiovascular Risk Factors. International Journal of Sport Nutrition and Exercise Metabolism, 2006, 16, 373-392.	1.0	56
15	The effect of six days of dietary nitrate supplementation on performance in trained CrossFit athletes. Journal of the International Society of Sports Nutrition, 2016, 13, 39.	1.7	55
16	Resistant starch and protein intake enhances fat oxidation and feelings of fullness in lean and overweight/obese women. Nutrition Journal, 2015, 14, 113.	1.5	50
17	Timed-daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: the PRISE study. Journal of Applied Physiology, 2014, 117, 1-10.	1.2	48
18	Impact of l-citrulline supplementation and whole-body vibration training on arterial stiffness and leg muscle function in obese postmenopausal women with high blood pressure. Experimental Gerontology, 2015, 63, 35-40.	1.2	47

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19	Night-time consumption of protein or carbohydrate results in increased morning resting energy expenditure in active college-aged men. <i>British Journal of Nutrition</i> , 2014, 111, 71-77.	1.2	45
20	Effects of chronic high-fat feeding on skeletal muscle mass and function in middle-aged mice. <i>Aging Clinical and Experimental Research</i> , 2015, 27, 403-411.	1.4	44
21	Influence of Physical Activity and Nutrition on Obesity-Related Immune Function. <i>Scientific World Journal</i> , The, 2013, 2013, 1-12.	0.8	39
22	Detraining Increases Body Fat and Weight and Decreases V[Combining Dot Above]O ₂ peak and Metabolic Rate. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2087-2095.	1.0	35
23	The effects of six weeks of supplementation with multi-ingredient performance supplements and resistance training on anabolic hormones, body composition, strength, and power in resistance-trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 49.	1.7	35
24	Influence of night-time protein and carbohydrate intake on appetite and cardiometabolic risk in sedentary overweight and obese women. <i>British Journal of Nutrition</i> , 2014, 112, 320-327.	1.2	35
25	Effects of Milk Proteins and Combined Exercise Training on Aortic Hemodynamics and Arterial Stiffness in Young Obese Women With High Blood Pressure. <i>American Journal of Hypertension</i> , 2014, 27, 338-344.	1.0	34
26	Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 337-345.	1.0	34
27	The influence of nighttime feeding of carbohydrate or protein combined with exercise training on appetite and cardiometabolic risk in young obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 37-45.	0.9	32
28	Benefits of whole-body vibration training on arterial function and muscle strength in young overweight/obese women. <i>Hypertension Research</i> , 2017, 40, 487-492.	1.5	30
29	Effects of Resistance Training and Protein Supplementation in Breast Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1283-1292.	0.2	29
30	Relationship of blood pressure, behavioral mood state, and physical activity following caffeine ingestion in younger and older women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 754-762.	0.9	27
31	Betaine Supplementation May Improve Heat Tolerance: Potential Mechanisms in Humans. <i>Nutrients</i> , 2020, 12, 2939.	1.7	26
32	The Effect of Casein Protein Prior to Sleep on Fat Metabolism in Obese Men. <i>Nutrients</i> , 2016, 8, 452.	1.7	24
33	Protein-Pacing Caloric-Restriction Enhances Body Composition Similarly in Obese Men and Women during Weight Loss and Sustains Efficacy during Long-Term Weight Maintenance. <i>Nutrients</i> , 2016, 8, 476.	1.7	24
34	The Evolving Applications of Creatine Supplementation: Could Creatine Improve Vascular Health?. <i>Nutrients</i> , 2020, 12, 2834.	1.7	24
35	Nighttime feeding likely alters morning metabolism but not exercise performance in female athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 719-727.	0.9	23
36	Fluid retention, muscle damage, and altered body composition at the Ultraman triathlon. <i>European Journal of Applied Physiology</i> , 2016, 116, 447-458.	1.2	21

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37	Nutritional Supplementation Concurrent with Nutrition Education Accelerates the Wound Healing Process in Patients with Diabetic Foot Ulcers. <i>Biomedicine</i> , 2020, 8, 263.	1.4	20
38	The effects of a multi-ingredient dietary supplement on body composition, adipokines, blood lipids, and metabolic health in overweight and obese men and women: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 37.	1.7	18
39	Protein Supplementation During a 6-Month Concurrent Training Program: Effect on Body Composition and Muscular Strength in Sedentary Individuals. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 619-628.	1.0	18
40	Body Composition, Strength, and Dietary Intake of Patients with Hip or Knee Osteoarthritis. <i>Canadian Journal of Dietetic Practice and Research</i> , 2016, 77, 98-102.	0.5	17
41	The effects of a caffeine-like supplement, TeaCrine® [®] , on muscular strength, endurance and power performance in resistance-trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 47.	1.7	17
42	Effects of Creatine Supplementation during Resistance Training Sessions in Physically Active Young Adults. <i>Nutrients</i> , 2020, 12, 1880.	1.7	17
43	Gastrointestinal pathophysiology during endurance exercise: endocrine, microbiome, and nutritional influences. <i>European Journal of Applied Physiology</i> , 2021, 121, 2657-2674.	1.2	17
44	Weight and Body-Composition Change during the College Freshman Year in Male General-Population Students and Army Reserve Officer Training Corps (ROTC) Cadets. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 412-421.	1.0	16
45	Sarcopenic obesity and health outcomes in patients seeking weight loss treatment. <i>Clinical Nutrition ESPEN</i> , 2018, 23, 79-83.	0.5	16
46	Protein-Pacing and Multi-Component Exercise Training Improves Physical Performance Outcomes in Exercise-Trained Women: The PRISE 3 Study. <i>Nutrients</i> , 2016, 8, 332.	1.7	15
47	Resistance training during a 12-week protein supplemented VLCD treatment enhances weight-loss outcomes in obese patients. <i>Clinical Nutrition</i> , 2019, 38, 372-382.	2.3	15
48	The Potential Role of Creatine in Vascular Health. <i>Nutrients</i> , 2021, 13, 857.	1.7	14
49	Slow-Absorbing Modified Starch before and during Prolonged Cycling Increases Fat Oxidation and Gastrointestinal Distress without Changing Performance. <i>Nutrients</i> , 2016, 8, 392.	1.7	13
50	Protein-Pacing from Food or Supplementation Improves Physical Performance in Overweight Men and Women: The PRISE 2 Study. <i>Nutrients</i> , 2016, 8, 288.	1.7	13
51	Blood glucose kinetics and physiological changes in a type 1 diabetic finisher of the Ultraman triathlon: a case study. <i>European Journal of Applied Physiology</i> , 2017, 117, 913-919.	1.2	13
52	The effects of pre- and post-exercise consumption of multi-ingredient performance supplements on cardiovascular health and body fat in trained men after six weeks of resistance training: a stratified, randomized, double-blind study. <i>Nutrition and Metabolism</i> , 2013, 10, 39.	1.3	12
53	Impact of acute whole-body cold exposure with concurrent isometric handgrip exercise on aortic pressure waveform characteristics. <i>European Journal of Applied Physiology</i> , 2014, 114, 1779-1787.	1.2	12
54	Fat metabolism and acute resistance exercise in trained women. <i>Journal of Applied Physiology</i> , 2019, 126, 739-745.	1.2	12

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55	The effects of a multi-ingredient supplement on markers of muscle damage and inflammation following downhill running in females. <i>Journal of the International Society of Sports Nutrition</i> , 2016, 13, 44.	1.7	11
56	Pre-sleep protein in casein supplement or whole-food form has no impact on resting energy expenditure or hunger in women. <i>British Journal of Nutrition</i> , 2018, 120, 988-994.	1.2	11
57	Impact of Four Weeks of a Multi-Ingredient Performance Supplement on Muscular Strength, Body Composition, and Anabolic Hormones in Resistance-Trained Young Men. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 3453-3465.	1.0	10
58	The impact of a pre-loaded multi-ingredient performance supplement on muscle soreness and performance following downhill running. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 2.	1.7	10
59	Ultra-endurance triathlon performance and markers of whole-body and gut-specific inflammation. <i>European Journal of Applied Physiology</i> , 2020, 120, 349-357.	1.2	10
60	Effects of Pre-Sleep Whey vs. Plant-Based Protein Consumption on Muscle Recovery Following Damaging Morning Exercise. <i>Nutrients</i> , 2020, 12, 2049.	1.7	10
61	Adrenal stress hormone action in skeletal muscle during exercise training: An old dog with new tricks?. <i>Acta Physiologica</i> , 2021, 231, e13522.	1.8	9
62	Comparisons of Bone Mineral Density Between Recreational and Trained Male Road Cyclists. <i>Clinical Journal of Sport Medicine</i> , 2016, 26, 152-156.	0.9	8
63	Effect of conjugated linoleic acids and omega-3 fatty acids with or without resistance training on muscle mass in high-fat diet-fed middle-aged mice. <i>Experimental Physiology</i> , 2017, 102, 1500-1512.	0.9	8
64	Effects of Dietary Protein on Body Composition in Exercising Individuals. <i>Nutrients</i> , 2020, 12, 1890.	1.7	8
65	Supplementation Strategies to Reduce Muscle Damage and Improve Recovery Following Exercise in Females: A Systematic Review. <i>Sports</i> , 2016, 4, 51.	0.7	7
66	Effect of Functional Impact Training on Body Composition, Bone Mineral Density, and Strength in Breast Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 90-101.	0.2	7
67	Moderate changes in energy balance combined with exercise do not alter insulin-like growth factor I or insulin-like growth factor binding protein 3. <i>Nutrition Research</i> , 2006, 26, 467-473.	1.3	6
68	Lipolysis and Fat Oxidation Are Not Altered with Presleep Compared with Daytime Casein Protein Intake in Resistance-Trained Women. <i>Journal of Nutrition</i> , 2020, 150, 47-54.	1.3	6
69	Higher-protein intake improves body composition index in female collegiate dancers. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 547-554.	0.9	6
70	Adipose Lipolysis Unchanged by Preexercise Carbohydrate Regardless of Glycemic Index. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 827-836.	0.2	4
71	Pre-sleep protein supplementation after an acute bout of evening resistance exercise does not improve next day performance or recovery in resistance trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2022, 19, 164-178.	1.7	4
72	What Else Is in Your Supplement? A Review of the Effectiveness of the Supportive Ingredients in Multi-ingredient Performance Supplements to Improve Strength, Power, and Recovery. <i>Strength and Conditioning Journal</i> , 2015, 37, 54-69.	0.7	3

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73	The effect of cold ambient temperature and preceding active warm-up on lactate kinetics in female cyclists and triathletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 1043-1051.	0.9	3
74	Pre-Sleep Low Glycemic Index Modified Starch Does Not Improve Next-Morning Fuel Selection or Running Performance in Male and Female Endurance Athletes. <i>Nutrients</i> , 2020, 12, 2888.	1.7	3
75	Sleep Duration Correlates With Performance in Ultra-Endurance Triathlon. <i>International Journal of Sports Physiology and Performance</i> , 2021, , 1-8.	1.1	3
76	The Impact of Varying Dietary Protein on Serum IGF-I, IGFBP-1, and IGFBP-3 during 6 Days of Physical Activity. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007, 17, 127-139.	1.0	2
77	Higher-protein intake and physical activity are associated with healthier body composition and cardiometabolic health in Hispanic adults. <i>Clinical Nutrition ESPEN</i> , 2019, 30, 145-151.	0.5	2
78	Effects of Concurrent Training and a Multi-Ingredient Performance Supplement Containing <i>Rhodiola rosea</i> and <i>Cordyceps sinensis</i> on Body Composition, Performance, and Health in Active Men. <i>Journal of Dietary Supplements</i> , 2021, 18, 597-613.	1.4	2
79	Effect of a Lightweight Structural Firefighter Turnout Composite on Physiological Comfort. , 2020, , 176-203.		2
80	Prevalence of Normal Weight Obesity and Health Risk Factors for the Female Collegiate Dancer. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2321-2326.	1.0	1
81	Physiological and Performance Characteristics of Elite Motocross Athletes Compared to Physically Active Men. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 81.	0.2	1
82	Fat Metabolism During Acute Resistance Exercise in Lean and Obese Sedentary Men. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S3.	0.2	0
83	Assessment Of Convergence Insufficiency Using Subjective And Objective Tests Following A Sport-Related Concussion. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 10.	0.2	0
84	Acute Changes in Ocular & Vestibular Function Following Exercise in Recently Concussed & Healthy Athletes. <i>Archives of Physical Medicine and Rehabilitation</i> , 2019, 100, e40.	0.5	0
85	Response of Subcutaneous Adipose Tissue Nitric Oxide Synthases to 10 days of Exercise Training. <i>FASEB Journal</i> , 2007, 21, A580.	0.2	0
86	Lipolytic Protein Expression in Lean, Obese, and Exercise Trained Men. <i>FASEB Journal</i> , 2008, 22, 123-123.	0.2	0
87	The Impact of a Pre-Loaded Multi-Ingredient Performance Supplement on Muscular Performance Following Downhill Running. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 734.	0.2	0
88	Effects Of Calcium Collagen Chelate On Body Composition And Bone Biomarkers In Trained Male Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 37.	0.2	0
89	Adaptive Stress Response to Repeated Bouts of Downhill Running. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 916.	0.2	0
90	The Effect Of Beta-alanine Supplementation On Power, Strength, And Fatigue In Parkinsonâ€™s Disease Patients. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 31-32.	0.2	0

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91	Morning Hydration Status and Running Performance in Female Athletes following Nighttime Consumption of Chocolate Milk. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 501-502.	0.2	0
92	Resistance Training and Protein Supplementation on Muscular Strength and Body Composition in Breast Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 647.	0.2	0
93	Body Composition and Performance Capabilities Based on Level of Protein Intake in Collegiate Female Dancers. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 102-103.	0.2	0
94	Effects of Age and Sex on Weight-Loss Dynamics in Obese Patients Undergoing Very Low Calorie Treatment. <i>Californian Journal of Health Promotion</i> , 2017, 15, 25-36.	0.3	0
95	Firefighter Turnout Suit Weight Influences Simulated Exercise Performance. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 391-391.	0.2	0
96	Cardiovascular Autonomic Changes Following a Bout of Low-intensity Exercise in Recently Concussed and Healthy Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 741-741.	0.2	0
97	Body Composition, Strength, and Physical Function Following Two Training Interventions for Breast Cancer Survivors. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 238-238.	0.2	0
98	Relationship Between Sleep Quantity And Quality And Performance Variables In Female Collegiate Soccer Players.. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 671-671.	0.2	0
99	Circulating Brain Derived Neurotropic Factor (BDNF) In Response To Three-day Ultra-endurance Racing. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1037-1037.	0.2	0
100	Progressive resistance training irrespective of whey protein intake improves quality of life in HIV-infected individuals on antiretroviral therapy. <i>African Journal for Physical Activity and Health Sciences</i> , 2021, 27, 288-303.	0.0	0