

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	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
2	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
3	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
4	The Potential Role of Creatine in Vascular Health. <i>Nutrients</i> , 2021, 13, 857.	1.7	14
5	Gastrointestinal pathophysiology during endurance exercise: endocrine, microbiome, and nutritional influences. <i>European Journal of Applied Physiology</i> , 2021, 121, 2657-2674.	1.2	17
6	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
7	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
8	Sleep Duration Correlates With Performance in Ultra-Endurance Triathlon. <i>International Journal of Sports Physiology and Performance</i> , 2021, , 1-8.	1.1	3
9	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
10	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
11	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
12	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
13	The Evolving Applications of Creatine Supplementation: Could Creatine Improve Vascular Health?. <i>Nutrients</i> , 2020, 12, 2834.	1.7	24
14	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
15	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
16	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
17	Effects of Dietary Protein on Body Composition in Exercising Individuals. <i>Nutrients</i> , 2020, 12, 1890.	1.7	8
18	Effects of Creatine Supplementation during Resistance Training Sessions in Physically Active Young Adults. <i>Nutrients</i> , 2020, 12, 1880.	1.7	17

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19	Effect of a Lightweight Structural Firefighter Turnout Composite on Physiological Comfort. , 2020, , 176-203.		2
20	Betaine Supplementation May Improve Heat Tolerance: Potential Mechanisms in Humans. <i>Nutrients</i> , 2020, 12, 2939.	1.7	26
21	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
22	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
23	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 50.	1.7	81
24	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
25	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
26	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
27	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
28	Fat metabolism and acute resistance exercise in trained women. <i>Journal of Applied Physiology</i> , 2019, 126, 739-745.	1.2	12
29	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
30	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
31	Firefighter Turnout Suit Weight Influences Simulated Exercise Performance. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 391-391.	0.2	0
32	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
33	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
34	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
35	Sarcopenic obesity and health outcomes in patients seeking weight loss treatment. <i>Clinical Nutrition ESPEN</i> , 2018, 23, 79-83.	0.5	16
36	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

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37	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
38	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
39	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
40	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
41	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
42	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 20.	1.7	430
43	International society of sports nutrition position stand: nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 33.	1.7	241
44	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
45	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
46	The Effect of Casein Protein Prior to Sleep on Fat Metabolism in Obese Men. <i>Nutrients</i> , 2016, 8, 452.	1.7	24
47	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
48	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
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 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
51	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
52	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
53	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
54	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

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55	The effect of six days of dietary nitrate supplementation on performance in trained CrossFit athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2016, 13, 39.	1.7	55
56	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
57	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
58	Resistant starch and protein intake enhances fat oxidation and feelings of fullness in lean and overweight/obese women. <i>Nutrition Journal</i> , 2015, 14, 113.	1.5	50
59	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
60	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
61	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
62	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
63	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. <i>Experimental Gerontology</i> , 2015, 63, 35-40.	1.2	47
64	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
65	The Health Impact of Nighttime Eating: Old and New Perspectives. <i>Nutrients</i> , 2015, 7, 2648-2662.	1.7	75
66	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
67	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
68	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
69	Pre-Exercise Nutrition: The Role of Macronutrients, Modified Starches and Supplements on Metabolism and Endurance Performance. <i>Nutrients</i> , 2014, 6, 1782-1808.	1.7	87
70	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
71	Timed-daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: the PRISE study. <i>Journal of Applied Physiology</i> , 2014, 117, 1-10.	1.2	48
72	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

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73	Interrelationship among muscle, fat, and bone: Connecting the dots on cellular, hormonal, and whole body levels. <i>Ageing Research Reviews</i> , 2014, 15, 51-60.	5.0	205
74	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
75	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
76	Osteosarcopenic obesity: the role of bone, muscle, and fat on health. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014, 5, 183-192.	2.9	168
77	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
78	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
79	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
80	Adaptive Stress Response to Repeated Bouts of Downhill Running. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 916.	0.2	0
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	The Effect Of Beta-alanine Supplementation On Power, Strength, And Fatigue In Parkinson's Disease Patients. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 31-32.	0.2	0
83	Effects of Diet and/or Low-Intensity Resistance Exercise Training on Arterial Stiffness, Adiposity, and Lean Mass in Obese Postmenopausal Women. <i>American Journal of Hypertension</i> , 2013, 26, 416-423.	1.0	77
84	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
85	Increased protein intake and meal frequency reduces abdominal fat during energy balance and energy deficit. <i>Obesity</i> , 2013, 21, 1357-1366.	1.5	81
86	Influence of Physical Activity and Nutrition on Obesity-Related Immune Function. <i>Scientific World Journal</i> , The, 2013, 2013, 1-12.	0.8	39
87	Assessment of Nutritional Status in Cancer – The Relationship Between Body Composition and Pharmacokinetics. <i>Anti-Cancer Agents in Medicinal Chemistry</i> , 2013, 13, 1197-1203.	0.9	69
88	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
89	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
90	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

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91	Regulation of fat metabolism during resistance exercise in sedentary lean and obese men. <i>Journal of Applied Physiology</i> , 2009, 106, 1529-1537.	1.2	60
92	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
93	Moderate protein intake improves total and regional body composition and insulin sensitivity in overweight adults. <i>Metabolism: Clinical and Experimental</i> , 2008, 57, 757-765.	1.5	58
94	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
95	Lipolytic Protein Expression in Lean, Obese, and Exercise Trained Men. <i>FASEB Journal</i> , 2008, 22, 123-123.	0.2	0
96	Fat metabolism and acute resistance exercise in trained men. <i>Journal of Applied Physiology</i> , 2007, 102, 1767-1772.	1.2	74
97	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
98	Response of Subcutaneous Adipose Tissue Nitric Oxide Synthases to 10 days of Exercise Training. <i>FASEB Journal</i> , 2007, 21, A580.	0.2	0
99	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
100	Increased Dietary Protein and Combined High Intensity Aerobic and Resistance Exercise Improves Body Fat Distribution and Cardiovascular Risk Factors. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006, 16, 373-392.	1.0	56