

# Stuart M Phillips

## List of Publications by Citations

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407  
papers

27,981  
citations

93  
h-index

154  
g-index

472  
ext. papers

32,032  
ext. citations

4  
avg, IF

7.48  
L-index

#	Paper	IF	Citations
407	Evidence-based recommendations for optimal dietary protein intake in older people: a position paper from the PROT-AGE Study Group. <i>Journal of the American Medical Directors Association</i> , <b>2013</b> , 14, 542-59	5.9	1257
406	Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. <i>Journal of Physiology</i> , <b>2008</b> , 586, 151-60	3.9	720
405	Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. <i>American Journal of Clinical Nutrition</i> , <b>2009</b> , 89, 161-8	7	628
404	Ingestion of whey hydrolysate, casein, or soy protein isolate: effects on mixed muscle protein synthesis at rest and following resistance exercise in young men. <i>Journal of Applied Physiology</i> , <b>2009</b> , 107, 987-92	3.7	571
403	Mixed muscle protein synthesis and breakdown after resistance exercise in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1997</b> , 273, E99-107	6	504
402	Protein ingestion to stimulate myofibrillar protein synthesis requires greater relative protein intakes in healthy older versus younger men. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2015</b> , 70, 57-62	6.4	433
401	A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 376-384	10.3	424
400	Differential effects of resistance and endurance exercise in the fed state on signalling molecule phosphorylation and protein synthesis in human muscle. <i>Journal of Physiology</i> , <b>2008</b> , 586, 3701-17	3.9	414
399	Resistance exercise load does not determine training-mediated hypertrophic gains in young men. <i>Journal of Applied Physiology</i> , <b>2012</b> , 113, 71-7	3.7	406
398	Consumption of fluid skim milk promotes greater muscle protein accretion after resistance exercise than does consumption of an isonitrogenous and isoenergetic soy-protein beverage. <i>American Journal of Clinical Nutrition</i> , <b>2007</b> , 85, 1031-40	7	366
397	Consumption of fat-free fluid milk after resistance exercise promotes greater lean mass accretion than does consumption of soy or carbohydrate in young, novice, male weightlifters. <i>American Journal of Clinical Nutrition</i> , <b>2007</b> , 86, 373-81	7	336
396	Low-load high volume resistance exercise stimulates muscle protein synthesis more than high-load low volume resistance exercise in young men. <i>PLoS ONE</i> , <b>2010</b> , 5, e12033	3.7	333
395	Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey protein in older men. <i>British Journal of Nutrition</i> , <b>2012</b> , 108, 1780-8	3.6	317
394	Effects of leucine and its metabolite β-hydroxy-β-methylbutyrate on human skeletal muscle protein metabolism. <i>Journal of Physiology</i> , <b>2013</b> , 591, 2911-23	3.9	286
393	Skeletal muscle protein metabolism in the elderly: Interventions to counteract the anabolic resistance of ageing. <i>Nutrition and Metabolism</i> , <b>2011</b> , 8, 68	4.6	284
392	Immobilization induces anabolic resistance in human myofibrillar protein synthesis with low and high dose amino acid infusion. <i>Journal of Physiology</i> , <b>2008</b> , 586, 6049-61	3.9	282
391	Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. <i>Journal of Physiology</i> , <b>2013</b> , 591, 2319-31	3.9	280

390	High responders to resistance exercise training demonstrate differential regulation of skeletal muscle microRNA expression. <i>Journal of Applied Physiology</i> , <b>2011</b> , 110, 309-17	3.7	241
389	IOC consensus statement: dietary supplements and the high-performance athlete. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 439-455	10.3	237
388	Postexercise net protein synthesis in human muscle from orally administered amino acids. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1999</b> , 276, E628-34	6	232
387	Exercise training and protein metabolism: influences of contraction, protein intake, and sex-based differences. <i>Journal of Applied Physiology</i> , <b>2009</b> , 106, 1692-701	3.7	229
386	Two weeks of reduced activity decreases leg lean mass and induces "anabolic resistance" of myofibrillar protein synthesis in healthy elderly. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2013</b> , 98, 2604-12	5.6	225
385	Dietary protein for athletes: from requirements to optimum adaptation. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29 Suppl 1, S29-38	3.6	225
384	Differential stimulation of myofibrillar and sarcoplasmic protein synthesis with protein ingestion at rest and after resistance exercise. <i>Journal of Physiology</i> , <b>2009</b> , 587, 897-904	3.9	222
383	Protein requirements and supplementation in strength sports. <i>Nutrition</i> , <b>2004</b> , 20, 689-95	4.8	211
382	Neither load nor systemic hormones determine resistance training-mediated hypertrophy or strength gains in resistance-trained young men. <i>Journal of Applied Physiology</i> , <b>2016</b> , 121, 129-38	3.7	210
381	Effects of training duration on substrate turnover and oxidation during exercise. <i>Journal of Applied Physiology</i> , <b>1996</b> , 81, 2182-91	3.7	208
380	Gender differences in leucine kinetics and nitrogen balance in endurance athletes. <i>Journal of Applied Physiology</i> , <b>1993</b> , 75, 2134-41	3.7	208
379	Resistance exercise volume affects myofibrillar protein synthesis and anabolic signalling molecule phosphorylation in young men. <i>Journal of Physiology</i> , <b>2010</b> , 588, 3119-30	3.9	204
378	Alterations of protein turnover underlying disuse atrophy in human skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2009</b> , 107, 645-54	3.7	204
377	Supplementation of a suboptimal protein dose with leucine or essential amino acids: effects on myofibrillar protein synthesis at rest and following resistance exercise in men. <i>Journal of Physiology</i> , <b>2012</b> , 590, 2751-65	3.9	203
376	Enhanced amino acid sensitivity of myofibrillar protein synthesis persists for up to 24 h after resistance exercise in young men. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 568-73	4.1	199
375	Leucine supplementation of a low-protein mixed macronutrient beverage enhances myofibrillar protein synthesis in young men: a double-blind, randomized trial. <i>American Journal of Clinical Nutrition</i> , <b>2014</b> , 99, 276-86	7	197
374	Muscle time under tension during resistance exercise stimulates differential muscle protein sub-fractional synthetic responses in men. <i>Journal of Physiology</i> , <b>2012</b> , 590, 351-62	3.9	197
373	Carbohydrate loading and metabolism during exercise in men and women. <i>Journal of Applied Physiology</i> , <b>1995</b> , 78, 1360-8	3.7	194

372	Myofibrillar and collagen protein synthesis in human skeletal muscle in young men after maximal shortening and lengthening contractions. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2005</b> , 288, E1153-9	6	193
371	Resistance exercise-induced increases in putative anabolic hormones do not enhance muscle protein synthesis or intracellular signalling in young men. <i>Journal of Physiology</i> , <b>2009</b> , 587, 5239-47	3.9	191
370	Elevations in ostensibly anabolic hormones with resistance exercise enhance neither training-induced muscle hypertrophy nor strength of the elbow flexors. <i>Journal of Applied Physiology</i> , <b>2010</b> , 108, 60-7	3.7	189
369	Greater stimulation of myofibrillar protein synthesis with ingestion of whey protein isolate v. micellar casein at rest and after resistance exercise in elderly men. <i>British Journal of Nutrition</i> , <b>2012</b> , 108, 958-62	3.6	187
368	Evaluation of protein requirements for trained strength athletes. <i>Journal of Applied Physiology</i> , <b>1992</b> , 73, 1986-95	3.7	184
367	Cellular adaptation to repeated eccentric exercise-induced muscle damage. <i>Journal of Applied Physiology</i> , <b>2001</b> , 91, 1669-78	3.7	182
366	Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. <i>American Journal of Clinical Nutrition</i> , <b>2011</b> , 94, 795-803	7	179
365	The role of milk- and soy-based protein in support of muscle protein synthesis and muscle protein accretion in young and elderly persons. <i>Journal of the American College of Nutrition</i> , <b>2009</b> , 28, 343-54	3.5	170
364	Protein "requirements" beyond the RDA: implications for optimizing health. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2016</b> , 41, 565-72	3	169
363	Progressive effect of endurance training on VO <sub>2</sub> kinetics at the onset of submaximal exercise. <i>Journal of Applied Physiology</i> , <b>1995</b> , 79, 1914-20	3.7	168
362	Supplemental protein in support of muscle mass and health: advantage whey. <i>Journal of Food Science</i> , <b>2015</b> , 80 Suppl 1, A8-A15	3.4	167
361	Myofibrillar protein synthesis following ingestion of soy protein isolate at rest and after resistance exercise in elderly men. <i>Nutrition and Metabolism</i> , <b>2012</b> , 9, 57	4.6	166
360	Resistance training-induced changes in integrated myofibrillar protein synthesis are related to hypertrophy only after attenuation of muscle damage. <i>Journal of Physiology</i> , <b>2016</b> , 594, 5209-22	3.9	164
359	IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2018</b> , 28, 104-125	4.4	159
358	Divergent response of metabolite transport proteins in human skeletal muscle after sprint interval training and detraining. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2007</b> , 292, R1970-6	3.2	158
357	Long-term body-weight-supported treadmill training and subsequent follow-up in persons with chronic SCI: effects on functional walking ability and measures of subjective well-being. <i>Spinal Cord</i> , <b>2005</b> , 43, 291-8	2.7	158
356	Endurance exercise training attenuates leucine oxidation and BCOAD activation during exercise in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2000</b> , 278, E580-7	6	151
355	Nutritional modulation of training-induced skeletal muscle adaptations. <i>Journal of Applied Physiology</i> , <b>2011</b> , 110, 834-45	3.7	148

354	Increased consumption of dairy foods and protein during diet- and exercise-induced weight loss promotes fat mass loss and lean mass gain in overweight and obese premenopausal women. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 1626-34	4.1	147
353	Coingestion of protein with carbohydrate during recovery from endurance exercise stimulates skeletal muscle protein synthesis in humans. <i>Journal of Applied Physiology</i> , <b>2009</b> , 106, 1394-402	3.7	146
352	Acute post-exercise myofibrillar protein synthesis is not correlated with resistance training-induced muscle hypertrophy in young men. <i>PLoS ONE</i> , <b>2014</b> , 9, e89431	3.7	142
351	Resistance training reduces the acute exercise-induced increase in muscle protein turnover. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1999</b> , 276, E118-24	6	142
350	Short-term high- vs. low-velocity isokinetic lengthening training results in greater hypertrophy of the elbow flexors in young men. <i>Journal of Applied Physiology</i> , <b>2005</b> , 98, 1768-76	3.7	141
349	Nutritional interventions to augment resistance training-induced skeletal muscle hypertrophy. <i>Frontiers in Physiology</i> , <b>2015</b> , 6, 245	4.6	135
348	A brief review of critical processes in exercise-induced muscular hypertrophy. <i>Sports Medicine</i> , <b>2014</b> , 44 Suppl 1, S71-7	10.6	133
347	The prevalence of sarcopenia in community-dwelling older adults, an exploration of differences between studies and within definitions: a systematic review and meta-analyses. <i>Age and Ageing</i> , <b>2019</b> , 48, 48-56	3	131
346	Antioxidant enzyme activity is up-regulated after unilateral resistance exercise training in older adults. <i>Free Radical Biology and Medicine</i> , <b>2005</b> , 39, 289-95	7.8	129
345	Dairy food consumption and body weight and fatness studied longitudinally over the adolescent period. <i>International Journal of Obesity</i> , <b>2003</b> , 27, 1106-13	5.5	125
344	A review of resistance training-induced changes in skeletal muscle protein synthesis and their contribution to hypertrophy. <i>Sports Medicine</i> , <b>2015</b> , 45, 801-7	10.6	123
343	Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial. <i>American Journal of Clinical Nutrition</i> , <b>2016</b> , 103, 738-46	7	123
342	Limb immobilization induces a coordinate down-regulation of mitochondrial and other metabolic pathways in men and women. <i>PLoS ONE</i> , <b>2009</b> , 4, e6518	3.7	121
341	Co-expression of IGF-1 family members with myogenic regulatory factors following acute damaging muscle-lengthening contractions in humans. <i>Journal of Physiology</i> , <b>2008</b> , 586, 5549-60	3.9	119
340	Fasted-state skeletal muscle protein synthesis after resistance exercise is altered with training. <i>Journal of Physiology</i> , <b>2005</b> , 568, 283-90	3.9	119
339	Resistance-training-induced adaptations in skeletal muscle protein turnover in the fed state. <i>Canadian Journal of Physiology and Pharmacology</i> , <b>2002</b> , 80, 1045-53	2.4	119
338	Per meal dose and frequency of protein consumption is associated with lean mass and muscle performance. <i>Clinical Nutrition</i> , <b>2016</b> , 35, 1506-1511	5.9	118
337	Resistance training alters the response of fed state mixed muscle protein synthesis in young men. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2008</b> , 294, R172-8	3.2	117

336	Endothelial function of young healthy males following whole body resistance training. <i>Journal of Applied Physiology</i> , <b>2005</b> , 98, 2185-90	3.7	117
335	Dietary protein to support anabolism with resistance exercise in young men. <i>Journal of the American College of Nutrition</i> , <b>2005</b> , 24, 134S-139S	3.5	116
334	Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2014</b> , 306, E989-97	6	114
333	Muscular and systemic correlates of resistance training-induced muscle hypertrophy. <i>PLoS ONE</i> , <b>2013</b> , 8, e78636	3.7	112
332	Maximizing muscle protein anabolism: the role of protein quality. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2009</b> , 12, 66-71	3.8	111
331	Body composition and strength changes in women with milk and resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1122-30	1.2	110
330	Carbohydrate does not augment exercise-induced protein accretion versus protein alone. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 1154-61	1.2	110
329	Creatine supplementation during resistance training in older adults-a meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1194-203	1.2	109
328	Testosterone injection stimulates net protein synthesis but not tissue amino acid transport. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1998</b> , 275, E864-71	6	105
327	Neuromuscular adaptations in human muscle following low intensity resistance training with vascular occlusion. <i>European Journal of Applied Physiology</i> , <b>2004</b> , 92, 399-406	3.4	104
326	Body weight supported treadmill training in acute spinal cord injury: impact on muscle and bone. <i>Spinal Cord</i> , <b>2005</b> , 43, 649-57	2.7	104
325	Sex-based differences in skeletal muscle function and morphology with short-term limb immobilization. <i>Journal of Applied Physiology</i> , <b>2005</b> , 99, 1085-92	3.7	104
324	Contraction-induced muscle damage is unaffected by vitamin E supplementation. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 798-805	1.2	104
323	Gender differences in carbohydrate loading are related to energy intake. <i>Journal of Applied Physiology</i> , <b>2001</b> , 91, 225-30	3.7	104
322	Early resistance training-induced increases in muscle cross-sectional area are concomitant with edema-induced muscle swelling. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 49-56	3.4	103
321	Dietary protein requirements and adaptive advantages in athletes. <i>British Journal of Nutrition</i> , <b>2012</b> , 108 Suppl 2, S158-67	3.6	102
320	Recent Perspectives Regarding the Role of Dietary Protein for the Promotion of Muscle Hypertrophy with Resistance Exercise Training. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	99
319	Association of interleukin-6 signalling with the muscle stem cell response following muscle-lengthening contractions in humans. <i>PLoS ONE</i> , <b>2009</b> , 4, e6027	3.7	99



3 <sup>18</sup>	Nutritional regulation of muscle protein synthesis with resistance exercise: strategies to enhance anabolism. <i>Nutrition and Metabolism</i> , <b>2012</b> , 9, 40	4.6	98
3 <sup>17</sup>	Progressive effect of endurance training on metabolic adaptations in working skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1996</b> , 270, E265-72	6	97
3 <sup>16</sup>	Menstrual cycle phase and sex influence muscle glycogen utilization and glucose turnover during moderate-intensity endurance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2006</b> , 291, R1120-8	3.2	96
3 <sup>15</sup>	Nutritional supplements in support of resistance exercise to counter age-related sarcopenia. <i>Advances in Nutrition</i> , <b>2015</b> , 6, 452-60	10	94
3 <sup>14</sup>	The acute satellite cell response and skeletal muscle hypertrophy following resistance training. <i>PLoS ONE</i> , <b>2014</b> , 9, e109739	3.7	93
3 <sup>13</sup>	Commonly consumed protein foods contribute to nutrient intake, diet quality, and nutrient adequacy. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 101, 1346S-1352S	7	91
3 <sup>12</sup>	Effect of whole body resistance training on arterial compliance in young men. <i>Experimental Physiology</i> , <b>2005</b> , 90, 645-51	2.4	89
3 <sup>11</sup>	Resistance training with vascular occlusion: metabolic adaptations in human muscle. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 1203-8	1.2	88
3 <sup>10</sup>	Associations of exercise-induced hormone profiles and gains in strength and hypertrophy in a large cohort after weight training. <i>European Journal of Applied Physiology</i> , <b>2012</b> , 112, 2693-702	3.4	86
3 <sup>09</sup>	Perspective: Protein Requirements and Optimal Intakes in Aging: Are We Ready to Recommend More Than the Recommended Daily Allowance?. <i>Advances in Nutrition</i> , <b>2018</b> , 9, 171-182	10	85
3 <sup>08</sup>	Resistance exercise enhances mTOR and MAPK signalling in human muscle over that seen at rest after bolus protein ingestion. <i>Acta Physiologica</i> , <b>2011</b> , 201, 365-72	5.6	85
3 <sup>07</sup>	Hypertrophy with unilateral resistance exercise occurs without increases in endogenous anabolic hormone concentration. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 98, 546-55	3.4	85
3 <sup>06</sup>	Contraction-induced muscle damage in humans following calcium channel blocker administration. <i>Journal of Physiology</i> , <b>2002</b> , 544, 849-59	3.9	85
3 <sup>05</sup>	Control of skeletal muscle atrophy in response to disuse: clinical/preclinical contentions and fallacies of evidence. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2016</b> , 311, E594-604	6	83
3 <sup>04</sup>	Leucine supplementation enhances integrative myofibrillar protein synthesis in free-living older men consuming lower- and higher-protein diets: a parallel-group crossover study. <i>American Journal of Clinical Nutrition</i> , <b>2016</b> , 104, 1594-1606	7	83
3 <sup>03</sup>	Minimal whey protein with carbohydrate stimulates muscle protein synthesis following resistance exercise in trained young men. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2007</b> , 32, 1132-8	3	83
3 <sup>02</sup>	Contractile and nutritional regulation of human muscle growth. <i>Exercise and Sport Sciences Reviews</i> , <b>2003</b> , 31, 127-31	6.7	81
3 <sup>01</sup>	Resistance Exercise Training as a Primary Countermeasure to Age-Related Chronic Disease. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 645	4.6	79

300	Influence of aerobic exercise intensity on myofibrillar and mitochondrial protein synthesis in young men during early and late postexercise recovery. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2014</b> , 306, E1025-32	6	79
299	Sex-based comparisons of myofibrillar protein synthesis after resistance exercise in the fed state. <i>Journal of Applied Physiology</i> , <b>2012</b> , 112, 1805-13	3.7	79
298	Dose-dependent responses of myofibrillar protein synthesis with beef ingestion are enhanced with resistance exercise in middle-aged men. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2013</b> , 38, 120-5	3	79
297	Hepatocyte growth factor (HGF) and the satellite cell response following muscle lengthening contractions in humans. <i>Muscle and Nerve</i> , <b>2008</b> , 38, 1434-1442	3.4	78
296	Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2015</b> , 308, E734-43	6	77
295	Nutrient-rich meat proteins in offsetting age-related muscle loss. <i>Meat Science</i> , <b>2012</b> , 92, 174-8	6.4	76
294	Effect of glycogen availability on human skeletal muscle protein turnover during exercise and recovery. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 431-8	3.7	75
293	Nutrition guidelines for strength sports: sprinting, weightlifting, throwing events, and bodybuilding. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29 Suppl 1, S67-77	3.6	74
292	Can body weight supported treadmill training increase bone mass and reverse muscle atrophy in individuals with chronic incomplete spinal cord injury?. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2006</b> , 31, 283-91	3	74
291	Treadmill training-induced adaptations in muscle phenotype in persons with incomplete spinal cord injury. <i>Muscle and Nerve</i> , <b>2004</b> , 30, 61-8	3.4	74
290	The impact of protein quality on the promotion of resistance exercise-induced changes in muscle mass. <i>Nutrition and Metabolism</i> , <b>2016</b> , 13, 64	4.6	74
289	Increased muscle oxidative potential following resistance training induced fibre hypertrophy in young men. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2006</b> , 31, 495-501	3	73
288	Whey protein supplementation preserves postprandial myofibrillar protein synthesis during short-term energy restriction in overweight and obese adults. <i>Journal of Nutrition</i> , <b>2015</b> , 145, 246-52	4.1	72
287	Alterations in human muscle protein metabolism with aging: Protein and exercise as countermeasures to offset sarcopenia. <i>BioFactors</i> , <b>2014</b> , 40, 199-205	6.1	70
286	Nutrient provision increases signalling and protein synthesis in human skeletal muscle after repeated sprints. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 1473-83	3.4	70
285	Physiologic and molecular bases of muscle hypertrophy and atrophy: impact of resistance exercise on human skeletal muscle (protein and exercise dose effects). <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2009</b> , 34, 403-10	3	70
284	Faster femoral artery blood velocity kinetics at the onset of exercise following short-term training. <i>Cardiovascular Research</i> , <b>1996</b> , 31, 278-286	9.9	70
283	Day-to-Day Changes in Muscle Protein Synthesis in Recovery From Resistance, Aerobic, and High-Intensity Interval Exercise in Older Men. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2015</b> , 70, 1024-9	6.4	69



282	Uncomplicated resistance training and health-related outcomes: evidence for a public health mandate. <i>Current Sports Medicine Reports</i> , <b>2010</b> , 9, 208-13	1.9	69
281	Dietary protein for athletes: from requirements to metabolic advantage. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2006</b> , 31, 647-54	3	69
280	Anabolic processes in human skeletal muscle: restoring the identities of growth hormone and testosterone. <i>Physician and Sportsmedicine</i> , <b>2010</b> , 38, 97-104	2.4	68
279	Differential metabolomics for quantitative assessment of oxidative stress with strenuous exercise and nutritional intervention: thiol-specific regulation of cellular metabolism with N-acetyl-L-cysteine pretreatment. <i>Analytical Chemistry</i> , <b>2010</b> , 82, 2959-68	7.8	68
278	Resistance training reduces whole-body protein turnover and improves net protein retention in untrained young males. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2006</b> , 31, 557-64	3	67
277	A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. <i>BMC Public Health</i> , <b>2017</b> , 17, 300	4.1	66
276	Human exercise-mediated skeletal muscle hypertrophy is an intrinsic process. <i>International Journal of Biochemistry and Cell Biology</i> , <b>2010</b> , 42, 1371-5	5.6	66
275	Diets higher in dairy foods and dietary protein support bone health during diet- and exercise-induced weight loss in overweight and obese premenopausal women. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2012</b> , 97, 251-60	5.6	65
274	Resistance exercise decreases eIF2Bepsilon phosphorylation and potentiates the feeding-induced stimulation of p70S6K1 and rpS6 in young men. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2008</b> , 295, R604-10	3.2	65
273	Short-term training: when do repeated bouts of resistance exercise become training?. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2000</b> , 25, 185-93		64
272	Dietary protein for athletes: From requirements to optimum adaptation. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, S29-S38	3.6	64
271	Defining anabolic resistance: implications for delivery of clinical care nutrition. <i>Current Opinion in Critical Care</i> , <b>2018</b> , 24, 124-130	3.5	63
270	Concurrent resistance and aerobic exercise stimulates both myofibrillar and mitochondrial protein synthesis in sedentary middle-aged men. <i>Journal of Applied Physiology</i> , <b>2012</b> , 112, 1992-2001	3.7	63
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249	Daytime pattern of post-exercise protein intake affects whole-body protein turnover in resistance-trained males. <i>Nutrition and Metabolism</i> , <b>2012</b> , 9, 91	4.6	55
248	Bolus arginine supplementation affects neither muscle blood flow nor muscle protein synthesis in young men at rest or after resistance exercise. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 195-200	4.1	55
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28	Methodological Issues and the Impact of Age Stratification on the Proportion of Participants with Low Appendicular Lean Mass When Adjusting for Height and Fat Mass Using Linear Regression: Results from the Canadian Longitudinal Study on Aging. <i>Journal of Frailty &amp; Aging, the</i> , <b>2021</b> , 10, 150-155	2.6
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