Stuart M Phillips

List of Publications by Year in Descending Order

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	Whey Protein Supplementation Is Superior to Leucine-Matched Collagen Peptides to Increase Muscle Thickness During a 10-Week Resistance Training Program in Untrained Young Adults.. *International Journal of Sport Nutrition and Exercise Metabolism*, **2022**, 1-11	4.4	2
406	Systematic review and meta-analysis of protein intake to support muscle mass and function in healthy adults.. *Journal of Cachexia, Sarcopenia and Muscle*, **2022**,	10.3	6
405	Effects of High-Volume Versus High-Load Resistance Training on Skeletal Muscle Growth and Molecular Adaptations.. *Frontiers in Physiology*, **2022**, 13, 857555	4.6	1
404	Protocols aiming to increase muscle mass in persons with motor complete spinal cord injury: a systematic review.. *Disability and Rehabilitation*, **2022**, 1-11	2.4	1
403	Sex-Based Differences in the Myogenic Response and Inflammatory Gene Expression Following Eccentric Contractions in Humans.. *Frontiers in Physiology*, **2022**, 13, 880625	4.6	0
402	Group-based nutrition interventions to promote healthy eating and mobility in community-dwelling older adults: A systematic review.. *Public Health Nutrition*, **2022**, 1-133	3.3	0
401	Cardiovascular responses to high-intensity stair climbing in individuals with coronary artery disease.. *Physiological Reports*, **2022**, 10, e15308	2.6	
400	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. *Journal of Frailty & Aging,the*, **2021**, 10, 150-155	2.6	
399	The importance of protein sources to support muscle anabolism in cancer: An expert group opinion. *Clinical Nutrition*, **2021**, 41, 192-201	5.9	3
398	Unravelling protein turnover in Duchenne muscular dystrophy: one protein at a time. *Journal of Physiology*, **2021**, 599, 5135-5136	3.9	
397	The effects of phosphatidic acid on performance and body composition - a scoping review. *Journal of Sports Sciences*, **2021**, 1-6	3.6	
396	Both Traditional and Stair Climbing-based HIIT Cardiac Rehabilitation Induce Beneficial Muscle Adaptations. *Medicine and Science in Sports and Exercise*, **2021**, 53, 1114-1124	1.2	2
395	The Effect of a Multi-ingredient Supplement on Resistance Training-induced Adaptations. *Medicine and Science in Sports and Exercise*, **2021**, 53, 1699-1707	1.2	0
394	An intron variant of the GLI family zinc finger 3 (GLI3) gene differentiates resistance training-induced muscle fiber hypertrophy in younger men. *FASEB Journal*, **2021**, 35, e21587	0.9	1
393	Understanding the effects of nutrition and post-exercise nutrition on skeletal muscle protein turnover: Insights from stable isotope studies. *Clinical Nutrition Open Science*, **2021**, 36, 56-77		2
392	Two weeks of single-leg immobilization alters intramyocellular lipid storage characteristics in healthy, young women. *Journal of Applied Physiology*, **2021**, 130, 1247-1258	3.7	
391	The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. *Sports Medicine*, **2021**, 51, 1561-1580	10.6	7

390	Consumption of High-Leucine-Containing Protein Bar Following Breakfast Impacts Aminoacidemia and Subjective Appetite in Older Persons. *Current Developments in Nutrition*, **2021**, 5, nzab080	0.4	0
389	Resistance Exercise, Aging, Disuse, and Muscle Protein Metabolism. *Comprehensive Physiology*, **2021**, 11, 2249-2278	7.7	4
388	Nutrient-dense protein as a primary dietary strategy in healthy ageing: please sir, may we have more?. *Proceedings of the Nutrition Society*, **2021**, 80, 264-277	2.9	3
387	Infographic. UEFA expert group 2020 statement on nutrition in elite football. *British Journal of Sports Medicine*, **2021**, 55, 453-455	10.3	
386	UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research. *British Journal of Sports Medicine*, **2021**, 55, 416	10.3	35
385	Exercise mitigates sleep-loss-induced changes in glucose tolerance, mitochondrial function, sarcoplasmic protein synthesis, and diurnal rhythms. *Molecular Metabolism*, **2021**, 43, 101110	8.8	10
384	Do Different Ascertainment Techniques Identify the Same Individuals as Sarcopenic in the Canadian Longitudinal Study on Aging?. *Journal of the American Geriatrics Society*, **2021**, 69, 164-172	5.6	1
383	Methodological considerations for and validation of the ultrasonographic determination of human skeletal muscle hypertrophy and atrophy. *Physiological Reports*, **2021**, 9, e14683	2.6	7
382	High-Protein Plant-Based Diet Versus a Protein-Matched Omnivorous Diet to Support Resistance Training Adaptations: A Comparison Between Habitual Vegans and Omnivores. *Sports Medicine*, **2021**, 51, 1317-1330	10.6	18
381	Brief Vigorous Stair Climbing Effectively Improves Cardiorespiratory Fitness in Patients With Coronary Artery Disease: A Randomized Trial. *Frontiers in Sports and Active Living*, **2021**, 3, 630912	2.3	6
380	Supplement-based nutritional strategies to tackle frailty: A multifactorial, double-blind, randomized placebo-controlled trial. *Clinical Nutrition*, **2021**, 40, 4849-4858	5.9	4
379	Anabolic-Androgenic Steroid Use in Sports, Health, and Society. *Medicine and Science in Sports and Exercise*, **2021**, 53, 1778-1794	1.2	5
378	Transcriptomic links to muscle mass loss and declines in cumulative muscle protein synthesis during short-term disuse in healthy younger humans. *FASEB Journal*, **2021**, 35, e21830	0.9	0
377	Resistance Training Recommendations to Maximize Muscle Hypertrophy in an Athletic Population: Position Stand of the IUSCA **2021**, 1,		4
376	Skeletal Muscle Ribosome and Mitochondrial Biogenesis in Response to Different Exercise Training Modalities. *Frontiers in Physiology*, **2021**, 12, 725866	4.6	4
375	Dairy and Dairy Alternative Supplementation Increase Integrated Myofibrillar Protein Synthesis Rates, and are Further Increased when Combined with Walking in Healthy Older Women. *Journal of Nutrition*, **2021**,	4.1	1
374	Order of same-day concurrent training influences some indices of power development, but not strength, lean mass, or aerobic fitness in healthy, moderately-active men after 9 weeks of training. *PLoS ONE*, **2020**, 15, e0233134	3.7	8
373	Age-related changes to the satellite cell niche are associated with reduced activation following exercise. *FASEB Journal*, **2020**, 34, 8975-8989	0.9	6

372	Translating "protein foods" from the new Canada Food Guide to consumers: knowledge gaps and recommendations. *Applied Physiology, Nutrition and Metabolism*, **2020**, 45, 1311-1323	3	8
371	Muscle Mass Loss in the Older Critically Ill Population: Potential Therapeutic Strategies. *Nutrition in Clinical Practice*, **2020**, 35, 607-616	3.6	10
370	Identifying the Structural Adaptations that Drive the Mechanical Load-Induced Growth of Skeletal Muscle: A Scoping Review. *Cells*, **2020**, 9,	7.9	22
369	Nutritional Supplements to Support Resistance Exercise in Countering the Sarcopenia of Aging. *Nutrients*, **2020**, 12,	6.7	21
368	Carotid Artery Longitudinal Wall Motion Is Unaffected by 12 Weeks of Endurance, Sprint Interval or Resistance Exercise Training. *Ultrasound in Medicine and Biology*, **2020**, 46, 992-1000	3.5	3
367	The effect of sleep restriction, with or without high-intensity interval exercise, on myofibrillar protein synthesis in healthy young men. *Journal of Physiology*, **2020**, 598, 1523-1536	3.9	22
366	Potato Protein Isolate Stimulates Muscle Protein Synthesis at Rest and with Resistance Exercise in Young Women. *Nutrients*, **2020**, 12,	6.7	12
365	PRESENT 2020: Text Expanding on the Checklist for Proper Reporting of Evidence in Sport and Exercise Nutrition Trials. *International Journal of Sport Nutrition and Exercise Metabolism*, **2020**, 30, 2-13	4.4	16
364	Presleep Lactalbumin Consumption Does Not Improve Sleep Quality or Time-Trial Performance in Cyclists. *International Journal of Sport Nutrition and Exercise Metabolism*, **2020**, 30, 197-202	4.4	4
363	Recent advances in understanding resistance exercise training-induced skeletal muscle hypertrophy in humans. *F1000Research*, **2020**, 9,	3.6	23
362	Targeted SNP Interrogation to Determine if Select Polymorphisms are Associated with Skeletal Muscle Hypertrophy Following 12 Weeks of Resistance Training. *FASEB Journal*, **2020**, 34, 1-1	0.9	
361	Is High-intensity Stair Climbing An Effective Alternative To Traditional Cardiac Rehabilitation Exercise?. *Medicine and Science in Sports and Exercise*, **2020**, 52, 440-440	1.2	1
360	Skeletal Muscle Adaptation In Cardiac Rehabilitation Patients Undertaking Traditional Or Higher Intensity Stair-climbing Exercise. *Medicine and Science in Sports and Exercise*, **2020**, 52, 715-715	1.2	
359	Supplementation with the Leucine Metabolite hydroxy-methylbutyrate (HMB) does not Improve Resistance Exercise-Induced Changes in Body Composition or Strength in Young Subjects: A Systematic Review and Meta-Analysis. *Nutrients*, **2020**, 12,	6.7	3
358	916-P: Precision Evaluation of Clinical Laboratory Glucose Reference Systems. *Diabetes*, **2020**, 69, 916-P	0.9	
357	Dietary Influence on Muscle Protein Synthesis and Hypertrophy **2020**, 304-320		
356	Whey protein but not collagen peptides stimulate acute and longer-term muscle protein synthesis with and without resistance exercise in healthy older women: a randomized controlled trial. *American Journal of Clinical Nutrition*, **2020**, 111, 708-718	7	28
355	Maintaining It after Losing It: Advantage Protein!. *Journal of Nutrition*, **2020**, 150, 425-426	4.1	

354	Lactalbumin, Not Collagen, Augments Muscle Protein Synthesis with Aerobic Exercise. *Medicine and Science in Sports and Exercise*, **2020**, 52, 1394-1403	1.2	13
353	Leucine Supplementation Has No Further Effect on Training-induced Muscle Adaptations. *Medicine and Science in Sports and Exercise*, **2020**, 52, 1809-1814	1.2	5
352	Optimizing Adult Protein Intake During Catabolic Health Conditions. *Advances in Nutrition*, **2020**, 11, S1058-S1069	10	16
351	Novel Essential Amino Acid Supplements Following Resistance Exercise Induce Aminoacidemia and Enhance Anabolic Signaling Irrespective of Age: A Proof-of-Concept Trial. *Nutrients*, **2020**, 12,	6.7	2
350	Of Sound Mind and Body: Exploring the Diet-Strength Interaction in Healthy Aging. *Frontiers in Nutrition*, **2020**, 7, 145	6.2	3
349	Molecular Transducers of Human Skeletal Muscle Remodeling under Different Loading States. *Cell Reports*, **2020**, 32, 107980	10.6	13
348	The impact of different diagnostic criteria on the association of sarcopenia with injurious falls in the CLSA. *Journal of Cachexia, Sarcopenia and Muscle*, **2020**, 11, 1603-1613	10.3	3
347	Do multi-ingredient protein supplements augment resistance training-induced gains in skeletal muscle mass and strength? A systematic review and meta-analysis of 35 trials. *British Journal of Sports Medicine*, **2020**, 54, 573-581	10.3	25
346	The effects of low-frequncy high-volume electrical stimulation on satellite cell activation and anabolic signaling pathway in single muscle fibers of old mice. *Korean Journal of Sport Science*, **2020**, 31, 638-649	0.1	
345	Omega-3 fatty acid supplementation attenuates skeletal muscle disuse atrophy during two weeks of unilateral leg immobilization in healthy young women. *FASEB Journal*, **2019**, 33, 4586-4597	0.9	54
344	Infographic. The effect of protein supplementation on resistance training-induced gains in muscle mass and strength. *British Journal of Sports Medicine*, **2019**, 53, 1552	10.3	2
343	A Multi-Ingredient Nutritional Supplement in Combination With Resistance Exercise and High-Intensity Interval Training Improves Cognitive Function and Increases -3 Index in Healthy Older Men: A Randomized Controlled Trial. *Frontiers in Aging Neuroscience*, **2019**, 11, 107	5.3	9
342	The Impact of Step Reduction on Muscle Health in Aging: Protein and Exercise as Countermeasures. *Frontiers in Nutrition*, **2019**, 6, 75	6.2	40
341	Resistance Exercise Training as a Primary Countermeasure to Age-Related Chronic Disease. *Frontiers in Physiology*, **2019**, 10, 645	4.6	79
340	Leucine metabolites do not attenuate training-induced inflammation in young resistance trained men. *Journal of Sports Sciences*, **2019**, 37, 2037-2044	3.6	5
339	Training for strength and hypertrophy: an evidence-based approach. *Current Opinion in Physiology*, **2019**, 10, 90-95	2.6	35
338	Integrated Myofibrillar Protein Synthesis in Recovery From Unaccustomed and Accustomed Resistance Exercise With and Without Multi-ingredient Supplementation in Overweight Older Men. *Frontiers in Nutrition*, **2019**, 6, 40	6.2	10
337	Supplementation with dietary □B mitigates immobilization-induced reductions in skeletal muscle mitochondrial respiration in young women. *FASEB Journal*, **2019**, 33, 8232-8240	0.9	23

336	Maintenance of skeletal muscle function following reduced daily physical activity in healthy older adults: a pilot trial. *Applied Physiology, Nutrition and Metabolism*, **2019**, 44, 1052-1056	3	5
335	Research in nutritional supplements and nutraceuticals for health, physical activity, and performance: moving forward. *Applied Physiology, Nutrition and Metabolism*, **2019**, 44, 455-460	3	3
334	Aminoacidemia following ingestion of native whey protein, micellar casein, and a whey-casein blend in young men. *Applied Physiology, Nutrition and Metabolism*, **2019**, 44, 103-106	3	8
333	The prevalence of sarcopenia in community-dwelling older adults, an exploration of differences between studies and within definitions: a systematic review and meta-analyses. *Age and Ageing*, **2019**, 48, 48-56	3	131
332	Equivalent Hypertrophy and Strength Gains in Hydroxy-Methylbutyrate- or Leucine-supplemented Men. *Medicine and Science in Sports and Exercise*, **2019**, 51, 65-74	1.2	18
331	Leucine Metabolites Do Not Enhance Training-induced Performance or Muscle Thickness. *Medicine and Science in Sports and Exercise*, **2019**, 51, 56-64	1.2	20
330	The impact of exercise and nutrition on the regulation of skeletal muscle mass. *Journal of Physiology*, **2019**, 597, 1251-1258	3.9	34
329	Comparable Rates of Integrated Myofibrillar Protein Synthesis Between Endurance-Trained Master Athletes and Untrained Older Individuals. *Frontiers in Physiology*, **2019**, 10, 1084	4.6	9
328	Muscle fibre activation is unaffected by load and repetition duration when resistance exercise is performed to task failure. *Journal of Physiology*, **2019**, 597, 4601-4613	3.9	55
327	Metabolic Perturbations from Step Reduction in Older Persons at Risk for Sarcopenia: Plasma Biomarkers of Abrupt Changes in Physical Activity. *Metabolites*, **2019**, 9,	5.6	25
326	The effect of oral essential amino acids on incretin hormone production in youth and ageing. *Endocrinology, Diabetes and Metabolism*, **2019**, 2, e00085	2.7	2
325	A Novel Amino Acid Composition Ameliorates Short-Term Muscle Disuse Atrophy in Healthy Young Men. *Frontiers in Nutrition*, **2019**, 6, 105	6.2	16
324	Myofibrillar protein synthesis and muscle hypertrophy individualized responses to systematically changing resistance training variables in trained young men. *Journal of Applied Physiology*, **2019**, 127, 806-815	3.7	17
323	Low-load Resistance Exercise During Inactivity is Associated With Greater Fibre Area and Satellite Cell Expression in Older Skeletal Muscle. *Medicine and Science in Sports and Exercise*, **2019**, 51, 614-615	1.2	
322	Does Exclusive Consumption of Plant-based Dietary Protein Impair Resistance Training-induced Muscle Adaptations?. *Medicine and Science in Sports and Exercise*, **2019**, 51, 790-790	1.2	
321	Resistance Exercise-induced Changes in Muscle Phenotype Are Load Dependent. *Medicine and Science in Sports and Exercise*, **2019**, 51, 2578-2585	1.2	20
320	Training for strength and hypertrophy: an evidence-based approach. *Current Opinion in Physiology*, **2019**, 11, 149-150	2.6	0
319	No effect of HMB or HICA supplementation on training-induced changes in body composition. *European Journal of Sport Science*, **2019**, 19, 802-810	3.9	6

318	Unaltered left ventricular mechanics and remodelling after 12 weeks of resistance exercise training - a longitudinal study in men. *Applied Physiology, Nutrition and Metabolism*, **2019**, 44, 820-826	3	2
317	Exercise training impacts skeletal muscle gene expression related to the kynurenine pathway. *American Journal of Physiology - Cell Physiology*, **2019**, 316, C444-C448	5.4	22
316	Branched-Chain Amino Acids (Leucine, Isoleucine, and Valine) and Skeletal Muscle **2019**, 283-298		5
315	Prolonged exercise training improves the acute type II muscle fibre satellite cell response in healthy older men. *Journal of Physiology*, **2019**, 597, 105-119	3.9	28
314	Dietary Protein for Training Adaptation and Body Composition Manipulation in Track and Field Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*, **2019**, 29, 165-174	4.4	24
313	Nutrient-rich, high-quality, protein-containing dairy foods in combination with exercise in aging persons to mitigate sarcopenia. *Nutrition Reviews*, **2019**, 77, 216-229	6.4	24
312	Protein leucine content is a determinant of shorter- and longer-term muscle protein synthetic responses at rest and following resistance exercise in healthy older women: a randomized, controlled trial. *American Journal of Clinical Nutrition*, **2018**, 107, 217-226	7	52
311	Higher Dietary Protein During Weight Loss: Muscle Sparing?. *Obesity*, **2018**, 26, 789	8	1
310	Perspective: Protein Requirements and Optimal Intakes in Aging: Are We Ready to Recommend More Than the Recommended Daily Allowance?. *Advances in Nutrition*, **2018**, 9, 171-182	10	85
309	Defining anabolic resistance: implications for delivery of clinical care nutrition. *Current Opinion in Critical Care*, **2018**, 24, 124-130	3.5	63
308	A multi-ingredient nutritional supplement enhances exercise training-related reductions in markers of systemic inflammation in healthy older men. *Applied Physiology, Nutrition and Metabolism*, **2018**, 43, 299-302	3	10
307	Failed Recovery of Glycemic Control and Myofibrillar Protein Synthesis With 2 wk of Physical Inactivity in Overweight, Prediabetic Older Adults. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, **2018**, 73, 1070-1077	6.4	56
306	Assessing the mechanistic target of rapamycin complex-1 pathway in response to resistance exercise and feeding in human skeletal muscle by multiplex assay. *Applied Physiology, Nutrition and Metabolism*, **2018**, 43, 945-949	3	1
305	IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete. *International Journal of Sport Nutrition and Exercise Metabolism*, **2018**, 28, 104-125	4.4	159
304	IOC consensus statement: dietary supplements and the high-performance athlete. *British Journal of Sports Medicine*, **2018**, 52, 439-455	10.3	237
303	Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction. *Journal of Physiology*, **2018**, 596, 2091-2120	3.9	27
302	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. *British Journal of Sports Medicine*, **2018**, 52, 376-384	10.3	424
301	Pronounced energy restriction with elevated protein intake results in no change in proteolysis and reductions in skeletal muscle protein synthesis that are mitigated by resistance exercise. *FASEB Journal*, **2018**, 32, 265-275	0.9	51

300	Sex differences in mitochondrial respiratory function in human skeletal muscle. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2018**, 314, R909-R915	3.2	35
299	Cardiovascular aging and the microcirculation of skeletal muscle: using contrast-enhanced ultrasound. *American Journal of Physiology - Heart and Circulatory Physiology*, **2018**, 315, H1194-H1199	5.2	4
298	What Is the Role of Nutritional Supplements in Support of Total Hip Replacement and Total Knee Replacement Surgeries? A Systematic Review. *Nutrients*, **2018**, 10,	6.7	15
297	Microvascular adaptations to resistance training are independent of load in resistance-trained young men. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2018**, 315, R267-R273	3.2	13
296	Recent Perspectives Regarding the Role of Dietary Protein for the Promotion of Muscle Hypertrophy with Resistance Exercise Training. *Nutrients*, **2018**, 10,	6.7	99
295	A coding and non-coding transcriptomic perspective on the genomics of human metabolic disease. *Nucleic Acids Research*, **2018**, 46, 7772-7792	20.1	22
294	Ingestion of a Multi-Ingredient Supplement Does Not Alter Exercise-Induced Satellite Cell Responses in Older Men. *Journal of Nutrition*, **2018**, 148, 891-899	4.1	9
293	Leucine, Not Total Protein, Content of a Supplement Is the Primary Determinant of Muscle Protein Anabolic Responses in Healthy Older Women. *Journal of Nutrition*, **2018**, 148, 1088-1095	4.1	59
292	Resistance Training-Induced Muscle Hypertrophy is Related to Androgen Receptor Content not Intramuscular or Systemic Hormones. *Medicine and Science in Sports and Exercise*, **2018**, 50, 810	1.2	
291	Early- and later-phases satellite cell responses and myonuclear content with resistance training in young men. *PLoS ONE*, **2018**, 13, e0191039	3.7	26
290	The Reliability of 4-min and 20-min Time Trials and Their Relationships to Functional Threshold Power in Trained Cyclists. *International Journal of Sports Physiology and Performance*, **2018**, 1-27	3.5	19
289	No Impact of HMB Supplementation on Muscle or Strength Gains During an Undulating Periodized Resistance Training Program in Trained, Young Men. *Medicine and Science in Sports and Exercise*, **2018**, 50, 587	1.2	
288	Protein Recommendations for Weight Loss in Elite Athletes: A Focus on Body Composition and Performance. *International Journal of Sport Nutrition and Exercise Metabolism*, **2018**, 28, 170-177	4.4	56
287	Absence of Functional Left Ventricular Adaption With Short-Term Resistance Exercise Training in Young Men. *Medicine and Science in Sports and Exercise*, **2018**, 50, 848	1.2	
286	Structured diet and exercise guidance in pregnancy to improve health in women and their offspring: study protocol for the Be Healthy in Pregnancy (BHIP) randomized controlled trial. *Trials*, **2018**, 19, 691	2.8	10
285	A randomized controlled trial of the impact of protein supplementation on leg lean mass and integrated muscle protein synthesis during inactivity and energy restriction in older persons. *American Journal of Clinical Nutrition*, **2018**, 108, 1060-1068	7	36
284	Changes in Kidney Function Do Not Differ between Healthy Adults Consuming Higher- Compared with Lower- or Normal-Protein Diets: A Systematic Review and Meta-Analysis. *Journal of Nutrition*, **2018**, 148, 1760-1775	4.1	34
283	Resistance training in young men induces muscle transcriptome-wide changes associated with muscle structure and metabolism refining the response to exercise-induced stress. *European Journal of Applied Physiology*, **2018**, 118, 2607-2616	3.4	19

282	Muscle Androgen Receptor Content but Not Systemic Hormones Is Associated With Resistance Training-Induced Skeletal Muscle Hypertrophy in Healthy, Young Men. *Frontiers in Physiology*, **2018**, 9, 1373	4.6	49
281	Low-load resistance exercise during inactivity is associated with greater fibre area and satellite cell expression in older skeletal muscle. *Journal of Cachexia, Sarcopenia and Muscle*, **2018**, 9, 747-754	10.3	26
280	Does protein supplementation really augment hypertrophy in older persons with resistance exercise training?. *American Journal of Clinical Nutrition*, **2018**, 107, 1054-1056	7	4
279	Greater electromyographic responses do not imply greater motor unit recruitment and hypertrophic potential cannot be inferred. *Journal of Strength and Conditioning Research*, **2017**, 31, e1-e4	3.2	24
278	Investigating human skeletal muscle physiology with unilateral exercise models: when one limb is more powerful than two. *Applied Physiology, Nutrition and Metabolism*, **2017**, 42, 563-570	3	41
277	Nutrition Support for Persistent Inflammation, Immunosuppression, and Catabolism Syndrome. *Nutrition in Clinical Practice*, **2017**, 32, 121S-127S	3.6	38
276	Protein Turnover and Metabolism in the Elderly Intensive Care Unit Patient. *Nutrition in Clinical Practice*, **2017**, 32, 112S-120S	3.6	24
275	Variation in Protein Origin and Utilization: Research and Clinical Application. *Nutrition in Clinical Practice*, **2017**, 32, 48S-57S	3.6	7
274	Changes in body composition and performance with supplemental HMB-FA+ATP. *Journal of Strength and Conditioning Research*, **2017**, 31, e71-e72	3.2	16
273	Attenuation of Resting but Not Load-Mediated Protein Synthesis in Prostate Cancer Patients on Androgen Deprivation. *Journal of Clinical Endocrinology and Metabolism*, **2017**, 102, 1076-1083	5.6	20
272	Nutrition in the elderly: a recommendation for more (evenly distributed) protein?. *American Journal of Clinical Nutrition*, **2017**, 106, 12-13	7	7
271	Summary Points and Consensus Recommendations From the International Protein Summit. *Nutrition in Clinical Practice*, **2017**, 32, 142S-151S	3.6	55
270	Altered muscle satellite cell activation following 16 wk of resistance training in young men. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2017**, 312, R85-R92	3.2	36
269	Differential localization and anabolic responsiveness of mTOR complexes in human skeletal muscle in response to feeding and exercise. *American Journal of Physiology - Cell Physiology*, **2017**, 313, C604-C611	5.4	34
268	Discrepancies in publications related to HMB-FA and ATP supplementation. *Nutrition and Metabolism*, **2017**, 14, 42	4.6	13
267	Muscling out from under the yolk of the egg's "bad" reputation. *American Journal of Clinical Nutrition*, **2017**, 106, 1333-1334	7	
266	A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. *BMC Public Health*, **2017**, 17, 300	4.1	66
265	Arterial Stiffness Is Reduced Regardless of Resistance Training Load in Young Men. *Medicine and Science in Sports and Exercise*, **2017**, 49, 342-348	1.2	25

264	Skeletal muscle and resistance exercise training; the role of protein synthesis in recovery and remodeling. *Journal of Applied Physiology*, **2017**, 122, 541-548	3.7	56
263	Current Concepts and Unresolved Questions in Dietary Protein Requirements and Supplements in Adults. *Frontiers in Nutrition*, **2017**, 4, 13	6.2	62
262	A whey protein-based multi-ingredient nutritional supplement stimulates gains in lean body mass and strength in healthy older men: A randomized controlled trial. *PLoS ONE*, **2017**, 12, e0181387	3.7	60
261	15: Dietary Protein and Physical Training Effects on Body Composition and Performance **2017**, 323-342		
260	Early resistance training-induced increases in muscle cross-sectional area are concomitant with edema-induced muscle swelling. *European Journal of Applied Physiology*, **2016**, 116, 49-56	3.4	103
259	Biomarkers of browning of white adipose tissue and their regulation during exercise- and diet-induced weight loss. *American Journal of Clinical Nutrition*, **2016**, 104, 557-65	7	39
258	Postexercise Dietary Protein Strategies to Maximize Skeletal Muscle Repair and Remodeling in Masters Endurance Athletes: A Review. *International Journal of Sport Nutrition and Exercise Metabolism*, **2016**, 26, 168-78	4.4	28
257	Self-Myofascial Release: No Improvement of Functional Outcomes in Tight Hamstrings. *International Journal of Sports Physiology and Performance*, **2016**, 11, 658-63	3.5	7
256	Control of skeletal muscle atrophy in response to disuse: clinical/preclinical contentions and fallacies of evidence. *American Journal of Physiology - Endocrinology and Metabolism*, **2016**, 311, E594-604	6	83
255	Leucine supplementation enhances integrative myofibrillar protein synthesis in free-living older men consuming lower- and higher-protein diets: a parallel-group crossover study. *American Journal of Clinical Nutrition*, **2016**, 104, 1594-1606	7	83
254	Green tea extract does not affect exogenous glucose appearance but reduces insulinemia with glucose ingestion in exercise recovery. *Journal of Applied Physiology*, **2016**, 121, 1282-1289	3.7	3
253	Exceptional body composition changes attributed to collagen peptide supplementation and resistance training in older sarcopenic men. *British Journal of Nutrition*, **2016**, 116, 569-70	3.6	12
252	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. *American Journal of Clinical Nutrition*, **2016**, 103, 738-46	7	123
251	Leucine supplementation is anti-atrophic during paradoxical sleep deprivation in rats. *Amino Acids*, **2016**, 48, 949-957	3.5	15
250	A randomized trial of high-dairy-protein, variable-carbohydrate diets and exercise on body composition in adults with obesity. *Obesity*, **2016**, 24, 1035-45	8	18
249	Fish oil supplementation suppresses resistance exercise and feeding-induced increases in anabolic signaling without affecting myofibrillar protein synthesis in young men. *Physiological Reports*, **2016**, 4, e12715	2.6	53
248	Growing older with health and vitality: a nexus of physical activity, exercise and nutrition. *Biogerontology*, **2016**, 17, 529-46	4.5	50
247	What is the Optimal Amount of Protein to Support Post-Exercise Skeletal Muscle Reconditioning in the Older Adult?. *Sports Medicine*, **2016**, 46, 1205-12	10.6	46

246	Protein "requirements" beyond the RDA: implications for optimizing health. *Applied Physiology, Nutrition and Metabolism*, **2016**, 41, 565-72	3	169
245	Motor unit recruitment cannot be inferred from surface EMG amplitude and basic reporting standards must be adhered to. *European Journal of Applied Physiology*, **2016**, 116, 657-8	3.4	11
244	Protein-leucine ingestion activates a regenerative inflammo-myogenic transcriptome in skeletal muscle following intense endurance exercise. *Physiological Genomics*, **2016**, 48, 21-32	3.6	28
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