

# Simone Perna

## List of Publications by Year in descending order

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Version: 2024-02-01

157  
papers

3,857  
citations

136885

32  
h-index

182361

51  
g-index

165  
all docs

165  
docs citations

165  
times ranked

6119  
citing authors

#	ARTICLE	IF	CITATIONS
1	Whey protein, amino acids, and vitamin D supplementation with physical activity increases fat-free mass and strength, functionality, and quality of life and decreases inflammation in sarcopenic elderly. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 830-840.	2.2	282
2	Self-Care for Common Colds: The Pivotal Role of Vitamin D, Vitamin C, Zinc, and Echinacea in Three Main Immune Interactive Clusters (Physical Barriers, Innate and Adaptive Immunity) Involved during an Episode of Common Colds—Practical Advice on Dosages and on the Time to Take These Nutrients/Botanicals in order to Prevent or Treat Common Colds. <i>Evidence-based Complementary and Alternative Medicine</i> , 2018, 2018, 1-36.	0.5	139
3	Using probiotics in clinical practice: Where are we now? A review of existing meta-analyses. <i>Gut Microbes</i> , 2017, 8, 521-543.	4.3	131
4	Performance of Edmonton Frail Scale on frailty assessment: its association with multi-dimensional geriatric conditions assessed with specific screening tools. <i>BMC Geriatrics</i> , 2017, 17, 2.	1.1	127
5	Investigation of the toxic effects of different polystyrene micro-and nanoplastics on microalgae <i>Chlorella vulgaris</i> by analysis of cell viability, pigment content, oxidative stress and ultrastructural changes. <i>Marine Pollution Bulletin</i> , 2020, 156, 111278.	2.3	112
6	The Long History of Vitamin C: From Prevention of the Common Cold to Potential Aid in the Treatment of COVID-19. <i>Frontiers in Immunology</i> , 2020, 11, 574029.	2.2	94
7	Review on microbiota and effectiveness of probiotics use in older. <i>World Journal of Clinical Cases</i> , 2015, 3, 156.	0.3	88
8	A Nutritional Formula Enriched With Arginine, Zinc, and Antioxidants for the Healing of Pressure Ulcers. <i>Annals of Internal Medicine</i> , 2015, 162, 167-174.	2.0	88
9	Mediterranean Way of Drinking and Longevity. <i>Critical Reviews in Food Science and Nutrition</i> , 2016, 56, 635-640.	5.4	76
10	Food pyramid for subjects with chronic pain: foods and dietary constituents as anti-inflammatory and antioxidant agents. <i>Nutrition Research Reviews</i> , 2018, 31, 131-151.	2.1	75
11	Neuroinflammation, immune system and Alzheimer disease: searching for the missing link. <i>Aging Clinical and Experimental Research</i> , 2017, 29, 821-831.	1.4	74
12	Novel Insights on Nutrient Management of Sarcopenia in Elderly. <i>BioMed Research International</i> , 2015, 2015, 1-14.	0.9	62
13	The effect of Berberine on weight loss in order to prevent obesity: A systematic review. <i>Biomedicine and Pharmacotherapy</i> , 2020, 127, 110137.	2.5	61
14	Improving rehabilitation in sarcopenia: a randomized-controlled trial utilizing a muscle-targeted food for special medical purposes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020, 11, 1535-1547.	2.9	55
15	Beneficial effects of artichoke leaf extract supplementation on increasing HDL-cholesterol in subjects with primary mild hypercholesterolaemia: a double-blind, randomized, placebo-controlled trial. <i>International Journal of Food Sciences and Nutrition</i> , 2013, 64, 7-15.	1.3	54
16	Liraglutide and obesity in elderly: efficacy in fat loss and safety in order to prevent sarcopenia. A perspective case series study. <i>Aging Clinical and Experimental Research</i> , 2016, 28, 1251-1257.	1.4	54
17	Update on the role of melatonin in the prevention of cancer tumorigenesis and in the management of cancer correlates, such as sleep-wake and mood disturbances: review and remarks. <i>Aging Clinical and Experimental Research</i> , 2013, 25, 499-510.	1.4	52
18	Sarcopenia and sarcopenic obesity in comparison: prevalence, metabolic profile, and key differences. A cross-sectional study in Italian hospitalized elderly. <i>Aging Clinical and Experimental Research</i> , 2017, 29, 1249-1258.	1.4	51

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19	Is There Enough Evidence for Osteosarcopenic Obesity as a Distinct Entity? A Critical Literature Review. <i>Calcified Tissue International</i> , 2019, 105, 109-124.	1.5	51
20	Volatile Organic Compounds as Biomarkers of Gastrointestinal Diseases and Nutritional Status. <i>Journal of Analytical Methods in Chemistry</i> , 2019, 2019, 1-14.	0.7	50
21	The Role of Glutamine in the Complex Interaction between Gut Microbiota and Health: A Narrative Review. <i>International Journal of Molecular Sciences</i> , 2019, 20, 5232.	1.8	49
22	Clinical trials on pain lowering effect of ginger: A narrative review. <i>Phytotherapy Research</i> , 2020, 34, 2843-2856.	2.8	46
23	Metabolic Management in Overweight Subjects with Naive Impaired Fasting Glycaemia by Means of a Highly Standardized Extract From <i>Cynara scolymus</i> : A Double-Blind, Placebo-Controlled, Randomized Clinical Trial. <i>Phytotherapy Research</i> , 2014, 28, 33-41.	2.8	43
24	The Effect of Ginger ( <i>Zingiber officinalis</i> ) and Artichoke ( <i>Cynara cardunculus</i> ) Extract Supplementation on Functional Dyspepsia: A Randomised, Double-Blind, and Placebo-Controlled Clinical Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-9.	0.5	42
25	Effects of Hazelnut Consumption on Blood Lipids and Body Weight: A Systematic Review and Bayesian Meta-Analysis. <i>Nutrients</i> , 2016, 8, 747.	1.7	42
26	Osteosarcopenic Visceral Obesity and Osteosarcopenic Subcutaneous Obesity, Two New Phenotypes of Sarcopenia: Prevalence, Metabolic Profile, and Risk Factors. <i>Journal of Aging Research</i> , 2018, 2018, 1-8.	0.4	41
27	An update on magnesium and bone health. <i>BioMetals</i> , 2021, 34, 715-736.	1.8	41
28	Selenium Fortification of an Italian Rice Cultivar via Foliar Fertilization with Sodium Selenate and Its Effects on Human Serum Selenium Levels and on Erythrocyte Glutathione Peroxidase Activity. <i>Nutrients</i> , 2014, 6, 1251-1261.	1.7	39
29	Improvement in insulin resistance and favourable changes in plasma inflammatory adipokines after weight loss associated with two months' consumption of a combination of bioactive food ingredients in overweight subjects. <i>Endocrine</i> , 2013, 44, 391-401.	1.1	37
30	How to Estimate Fat Mass in Overweight and Obese Subjects. <i>International Journal of Endocrinology</i> , 2013, 2013, 1-9.	0.6	37
31	Is Vitamin D Supplementation Useful for Weight Loss Programs? A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Medicina (Lithuania)</i> , 2019, 55, 368.	0.8	37
32	Pivotal role of boron supplementation on bone health: A narrative review. <i>Journal of Trace Elements in Medicine and Biology</i> , 2020, 62, 126577.	1.5	34
33	Association of the bitter taste receptor gene TAS2R38 (polymorphism RS713598) with sensory responsiveness, food preferences, biochemical parameters and body-composition markers. A cross-sectional study in Italy. <i>International Journal of Food Sciences and Nutrition</i> , 2018, 69, 245-252.	1.3	33
34	The effect and safety of highly standardized Ginger ( <i>Zingiber officinale</i> ) and Echinacea ( <i>Echinacea angustifolia</i> ) extract supplementation on inflammation and chronic pain in NSAIDs poor responders. A pilot study in subjects with knee arthrosis. <i>Natural Product Research</i> , 2017, 31, 1309-1313.	1.0	32
35	Micronutrients Dietary Supplementation Advices for Celiac Patients on Long-Term Gluten-Free Diet with Good Compliance: A Review. <i>Medicina (Lithuania)</i> , 2019, 55, 337.	0.8	32
36	Efficacy of bergamot: From anti-inflammatory and anti-oxidative mechanisms to clinical applications as preventive agent for cardiovascular morbidity, skin diseases, and mood alterations. <i>Food Science and Nutrition</i> , 2019, 7, 369-384.	1.5	32

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37	Effects of two-months balanced diet in metabolically healthy obesity: lipid correlations with gender and BMI-related differences. <i>Lipids in Health and Disease</i> , 2015, 14, 139.	1.2	30
38	A Systematic Review on the Effects of Botanicals on Skeletal Muscle Health in Order to Prevent Sarcopenia. <i>Evidence-based Complementary and Alternative Medicine</i> , 2016, 2016, 1-23.	0.5	30
39	Polycystic ovary syndrome management: a review of the possible amazing role of berberine. <i>Archives of Gynecology and Obstetrics</i> , 2020, 301, 53-60.	0.8	29
40	Novel Insights on Intake of Fish and Prevention of Sarcopenia: All Reasons for an Adequate Consumption. <i>Nutrients</i> , 2020, 12, 307.	1.7	29
41	Body composition assessment using bioelectrical impedance analysis (BIA) in a wide cohort of patients affected with mild to severe obesity. <i>Clinical Nutrition</i> , 2021, 40, 3973-3981.	2.3	29
42	<i>Acmella oleracea</i> for pain management. <i>FÃ-toterapÃ-Ã</i> , 2020, 140, 104419.	1.1	28
43	Is Probiotic Supplementation Useful for the Management of Body Weight and Other Anthropometric Measures in Adults Affected by Overweight and Obesity with Metabolic Related Diseases? A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021, 13, 666.	1.7	28
44	The Potential Roles of Very Low Calorie, Very Low Calorie Ketogenic Diets and Very Low Carbohydrate Diets on the Gut Microbiota Composition. <i>Frontiers in Endocrinology</i> , 2021, 12, 662591.	1.5	28
45	Update on nutrients involved in maintaining healthy bone. <i>Endocrinologia Y Nutricion: Organo De La Sociedad Espanola De Endocrinologia Y Nutricion</i> , 2013, 60, 197-210.	0.8	27
46	Twenty-four-week effects of liraglutide on body composition, adherence to appetite, and lipid profile in overweight and obese patients with type&nbsp;2 diabetes mellitus. <i>Patient Preference and Adherence</i> , 2016, 10, 407.	0.8	27
47	MediterrAsian Diet Products That Could Raise HDL-Cholesterol: A Systematic Review. <i>BioMed Research International</i> , 2016, 2016, 1-15.	0.9	27
48	Multidimensional evaluation of endogenous and health factors affecting food preferences, taste and smell perception. <i>Journal of Nutrition, Health and Aging</i> , 2016, 20, 971-981.	1.5	27
49	Where to Find Leucine in Food and How to Feed Elderly With Sarcopenia in Order to Counteract Loss of Muscle Mass: Practical Advice. <i>Frontiers in Nutrition</i> , 2020, 7, 622391.	1.6	26
50	Beyond Body Mass Index. Is the Body Cell Mass Index (BCMI) a useful prognostic factor to describe nutritional, inflammation and muscle mass status in hospitalized elderly?. <i>Clinical Nutrition</i> , 2018, 37, 934-939.	2.3	25
51	Evidence-Based Role of Nutrients and Antioxidants for Chronic Pain Management in Musculoskeletal Frailty and Sarcopenia in Aging. <i>Geriatrics (Switzerland)</i> , 2020, 5, 16.	0.6	25
52	Focus on metabolic and nutritional correlates of polycystic ovary syndrome and update on nutritional management of these critical phenomena. <i>Archives of Gynecology and Obstetrics</i> , 2014, 290, 1079-1092.	0.8	24
53	Ideal food pyramid for patients with rheumatoid arthritis: A narrative review. <i>Clinical Nutrition</i> , 2021, 40, 661-689.	2.3	24
54	Promising Effects of 3-Month Period of Quercetin PhytosomeÂ® Supplementation in the Prevention of Symptomatic COVID-19 Disease in Healthcare Workers: A Pilot Study. <i>Life</i> , 2022, 12, 66.	1.1	24

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55	Health-promoting properties of artichoke in preventing cardiovascular disease by its lipidic and glycemic-reducing action. <i>Monaldi Archives for Chest Disease</i> , 2013, 80, 17-26.	0.3	23
56	A bibliometric study of scientific literature in Scopus on botanicals for treatment of androgenetic alopecia. <i>Journal of Cosmetic Dermatology</i> , 2016, 15, 120-130.	0.8	23
57	Effects of 12 Weeks of Essential Amino Acids (EAA)-Based Multi-Ingredient Nutritional Supplementation on Muscle Mass, Muscle Strength, Muscle Power and Fatigue in Healthy Elderly Subjects: A Randomized Controlled Double-Blind Study. <i>Journal of Nutrition, Health and Aging</i> , 2019, 23, 414-424.	1.5	23
58	Effects of Daily Low-Dose Date Consumption on Glycemic Control, Lipid Profile, and Quality of Life in Adults with Pre- and Type 2 Diabetes: A Randomized Controlled Trial. <i>Nutrients</i> , 2020, 12, 217.	1.7	23
59	A path model of sarcopenia on bone mass loss in elderly subjects. <i>Journal of Nutrition, Health and Aging</i> , 2014, 18, 15-21.	1.5	22
60	Focus on Pivotal Role of Dietary Intake (Diet and Supplement) and Blood Levels of Tocopherols and Tocotrienols in Obtaining Successful Aging. <i>International Journal of Molecular Sciences</i> , 2015, 16, 23227-23249.	1.8	22
61	NOVEL INSIGHTS ON INTAKE OF MEAT AND PREVENTION OF SARCOPENIA: ALL REASONS FOR AN ADEQUATE CONSUMPTION. <i>Nutricion Hospitalaria</i> , 2015, 32, 2136-43.	0.2	21
62	Key points for maximum effectiveness and safety for cholesterol-lowering properties of plant sterols and use in the treatment of metabolic syndrome. <i>Journal of the Science of Food and Agriculture</i> , 2013, 93, 2605-2610.	1.7	19
63	Association between muscle mass and adipo-metabolic profile: a cross-sectional study in older subjects. <i>Clinical Interventions in Aging</i> , 2015, 10, 499.	1.3	19
64	Effectiveness of a Short-Term Treatment of Oxygen-Ozone Therapy into Healing in a Posttraumatic Wound. <i>Case Reports in Medicine</i> , 2016, 2016, 1-5.	0.3	19
65	Effect of a multistrain probiotic (Lactoflorene® Plus) on inflammatory parameters and microbiota composition in subjects with stress-related symptoms. <i>Neurobiology of Stress</i> , 2019, 10, 100138.	1.9	19
66	Phenotypes of Sarcopenic Obesity: Exploring the Effects on Peri-Muscular Fat, the Obesity Paradox, Hormone-Related Responses and the Clinical Implications. <i>Geriatrics (Switzerland)</i> , 2020, 5, 8.	0.6	19
67	Copper as Dietary Supplement for Bone Metabolism: A Review. <i>Nutrients</i> , 2021, 13, 2246.	1.7	19
68	Is vitamin D-fortified yogurt a value-added strategy for improving human health? A systematic review and meta-analysis of randomized trials. <i>Journal of Dairy Science</i> , 2019, 102, 8587-8603.	1.4	18
69	Silicon: A neglected micronutrient essential for bone health. <i>Experimental Biology and Medicine</i> , 2021, 246, 1500-1511.	1.1	18
70	Traditional plant-based foods and beverages in Bahrain. <i>Journal of Ethnic Foods</i> , 2017, 4, 274-283.	0.8	17
71	12-month effects of incretins versus SGLT2-Inhibitors on cognitive performance and metabolic profile. A randomized clinical trial in the elderly with Type-2 diabetes mellitus. <i>Clinical Pharmacology: Advances and Applications</i> , 2018, Volume 10, 141-151.	0.8	17
72	Current opinion on dietary advice in order to preserve fat-free mass during a low-calorie diet. <i>Nutrition</i> , 2020, 72, 110667.	1.1	17

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73	The Metabolic Effects of Cynara Supplementation in Overweight and Obese Class I Subjects with Newly Detected Impaired Fasting Glycemia: A Double-Blind, Placebo-Controlled, Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 3298.	1.7	17
74	Acute Effect on Satiety, Resting Energy Expenditure, Respiratory Quotient, Glucagon-Like Peptide-1, Free Fatty Acids, and Glycerol Following Consumption of a Combination of Bioactive Food Ingredients in Overweight Subjects. <i>Journal of the American College of Nutrition</i> , 2013, 32, 41-49.	1.1	16
75	Nutritional advantages of sous-vide cooking compared to boiling on cereals and legumes: Determination of ashes and metals content in ready-to-eat products. <i>Food Science and Nutrition</i> , 2017, 5, 827-833.	1.5	16
76	Continent-Wide Analysis of COVID 19: Total Cases, Deaths, Tests, Socio-Economic, and Morbidity Factors Associated to the Mortality Rate, and Forecasting Analysis in 2020-2021. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5350.	1.2	16
77	In Vitro and In Vivo Anticancer Activity of Basil ( <i>Ocimum spp.</i> ): Current Insights and Future Prospects. <i>Cancers</i> , 2022, 14, 2375.	1.7	16
78	Sarcopenic obesity: time to target the phenotypes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 710-711.	2.9	15
79	The Use of a New Food-Grade Lecithin Formulation of Highly Standardized Ginger ( <i>Zingiber officinale</i> ) and <i>Acmella oleracea</i> Extracts for the Treatment of Pain and Inflammation in a Group of Subjects with Moderate Knee Osteoarthritis. <i>Journal of Pain Research</i> , 2020, Volume 13, 761-770.	0.8	15
80	Bergamot phytosome improved visceral fat and plasma lipid profiles in overweight and obese class I subject with mild hypercholesterolemia: A randomized placebo controlled trial. <i>Phytotherapy Research</i> , 2021, 35, 2045-2056.	2.8	15
81	Effectiveness of Non-Animal Chondroitin Sulfate Supplementation in the Treatment of Moderate Knee Osteoarthritis in a Group of Overweight Subjects: A Randomized, Double-Blind, Placebo-Controlled Pilot Study. <i>Nutrients</i> , 2019, 11, 2027.	1.7	14
82	Berberine Phospholipid Is an Effective Insulin Sensitizer and Improves Metabolic and Hormonal Disorders in Women with Polycystic Ovary Syndrome: A One-Group Pretest-Post-Test Explanatory Study. <i>Nutrients</i> , 2021, 13, 3665.	1.7	14
83	Update on nutrients involved in maintaining healthy bone. <i>Endocrinologia y Nutrición (English)</i> 17(1) 0.784314 13	0.5	13
84	Second edition of SIMPAR's "Feed Your Destiny" workshop: the role of lifestyle in improving pain management. <i>Journal of Pain Research</i> , 2018, Volume 11, 1627-1636.	0.8	13
85	Emotional eating behavior among University of Bahrain students: a cross-sectional study. <i>Arab Journal of Basic and Applied Sciences</i> , 2019, 26, 424-432.	1.0	13
86	A review on COVID-19 vaccines: stages of clinical trials, mode of actions and efficacy. <i>Arab Journal of Basic and Applied Sciences</i> , 2021, 28, 225-233.	1.0	13
87	Association between Dietary Patterns of Meat and Fish Consumption with Bone Mineral Density or Fracture Risk: A Systematic Literature. <i>Nutrients</i> , 2017, 9, 1029.	1.7	12
88	Rice germ macro- and micronutrients: a new opportunity for the nutraceuticals. <i>Natural Product Research</i> , 2021, 35, 1532-1536.	1.0	12
89	Novel insights on anti-obesity potential of the miracle tree, <i>Moringa oleifera</i> : A systematic review. <i>Journal of Functional Foods</i> , 2021, 84, 104600.	1.6	12
90	The Ketogenic Diet: Is It an Answer for Sarcopenic Obesity?. <i>Nutrients</i> , 2022, 14, 620.	1.7	12

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91	Effectiveness of an Innovative Pulsed Electromagnetic Fields Stimulation in Healing of Untreatable Skin Ulcers in the Frail Elderly: Two Case Reports. <i>Case Reports in Dermatological Medicine</i> , 2015, 2015, 1-6.	0.1	11
92	A comorbidity prognostic effect on post-hospitalization outcome in a geriatric rehabilitation setting: the pivotal role of functionality, assessed by mediation model, and association with the Brass index. <i>Aging Clinical and Experimental Research</i> , 2015, 27, 849-856.	1.4	11
93	Multidimensional Effects of Soy Isoflavone by Food or Supplements in Menopause Women: A Systematic Review and Bibliometric Analysis. <i>Natural Product Communications</i> , 2016, 11, 1934578X1601101.	0.2	11
94	Effect of Acute and Chronic Dietary Supplementation with Green Tea Catechins on Resting Metabolic Rate, Energy Expenditure and Respiratory Quotient: A Systematic Review. <i>Nutrients</i> , 2021, 13, 644.	1.7	11
95	Effects of 60-Day <i>Saccharomyces boulardii</i> and Superoxide Dismutase Supplementation on Body Composition, Hunger Sensation, Pro/Antioxidant Ratio, Inflammation and Hormonal Lipo-Metabolic Biomarkers in Obese Adults: A Double-Blind, Placebo-Controlled Trial. <i>Nutrients</i> , 2021, 13, 2512.	1.7	11
96	Association between RT-PCR Ct values and COVID-19 new daily cases: a multicenter cross-sectional study. <i>Infezioni in Medicina</i> , 2021, 29, 416-426.	0.7	11
97	Correlation of the controlled attenuation parameter with indices of liver steatosis in overweight or obese individuals. <i>European Journal of Gastroenterology and Hepatology</i> , 2015, 27, 305-312.	0.8	10
98	Are the therapeutic strategies in anorexia of ageing effective on nutritional status? A systematic review with meta-analysis. <i>Journal of Human Nutrition and Dietetics</i> , 2019, 32, 128-138.	1.3	10
99	A structural equation model to assess the pathways of body adiposity and inflammation status on dysmetabolic biomarkers via red cell distribution width and mean corpuscular volume: a cross-sectional study in overweight and obese subjects. <i>Lipids in Health and Disease</i> , 2020, 19, 154.	1.2	10
100	Association between des-acyl ghrelin at fasting and predictive index of muscle derangement, metabolic markers and eating disorders: a cross-sectional study in overweight and obese adults. <i>Nutritional Neuroscience</i> , 2022, 25, 336-342.	1.5	10
101	Essentiality of Manganese for Bone Health: An Overview and Update. <i>Natural Product Communications</i> , 2021, 16, 1934578X2110166.	0.2	10
102	Effect of Bariatric Surgery on Weight Loss, Nutritional Deficiencies, Postoperative Complications and Adherence to Dietary and Lifestyle Recommendations: A retrospective cohort study from Bahrain. <i>Sultan Qaboos University Medical Journal</i> , 2020, 20, 344.	0.3	10
103	An innovative intervention for the treatment of cognitive impairment&ndash;Emisymmetric bilateral stimulation improves cognitive functions in Alzheimer&rsquo;s disease and mild cognitive impairment: an open-label study. <i>Neuropsychiatric Disease and Treatment</i> , 2015, 11, 2391.	1.0	9
104	Fatty Acid Profile and Antioxidant Status Fingerprint in Sarcopenic Elderly Patients: Role of Diet and Exercise. <i>Nutrients</i> , 2019, 11, 2569.	1.7	9
105	Hepatitis B Virus Genotypes in the Kingdom of Bahrain: Prevalence, Gender Distribution and Impact on Hepatic Biomarkers. <i>Medicina (Lithuania)</i> , 2019, 55, 622.	0.8	9
106	Is a Combination of Melatonin and Amino Acids Useful to Sarcopenic Elderly Patients? A Randomized Trial. <i>Geriatrics (Switzerland)</i> , 2019, 4, 4.	0.6	9
107	Evidence of a Positive Link between Consumption and Supplementation of Ascorbic Acid and Bone Mineral Density. <i>Nutrients</i> , 2021, 13, 1012.	1.7	9
108	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>Endocrinologia, Diabetes Y Nutrici�n</i> , 2021, 68, 17-46.	0.1	8

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109	Effects of n-3 EPA and DHA supplementation on fat free mass and physical performance in elderly. A systematic review and meta-analysis of randomized clinical trial. <i>Mechanisms of Ageing and Development</i> , 2021, 196, 111476.	2.2	8
110	Sodium citrate supplementation: An updated revision and practical recommendations on exercise performance, hydration status, and potential risks. <i>Translational Sports Medicine</i> , 2020, 3, 518-525.	0.5	8
111	Effects of Classic Ketogenic Diet in Children with Refractory Epilepsy: A Retrospective Cohort Study in Kingdom of Bahrain. <i>Nutrients</i> , 2022, 14, 1744.	1.7	8
112	The role of kidney dysfunction in COVID-19 and the influence of age. <i>Scientific Reports</i> , 2022, 12, .	1.6	8
113	Short- and Long-Term Effectiveness of Supplementation with Non-Animal Chondroitin Sulphate on Inflammation, Oxidative Stress and Functional Status in Obese Subjects with Moderate Knee Osteoarthritis before and after Physical Stress: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Antioxidants</i> , 2020, 9, 1241.	2.2	7
114	&lt;p&gt;Food Pyramid for Subjects with Chronic Obstructive Pulmonary Diseases&lt;/p&gt;. <i>International Journal of COPD</i> , 2020, Volume 15, 1435-1448.	0.9	7
115	Risk factors for 5-year mortality in a cohort of elderly patients with sarcopenia. <i>Experimental Gerontology</i> , 2020, 136, 110944.	1.2	7
116	Effect of very low-calorie ketogenic diet in combination with omega-3 on inflammation, satiety hormones, body composition, and metabolic markers. A pilot study in class I obese subjects. <i>Endocrine</i> , 2022, 75, 129-136.	1.1	7
117	Plasma kinetics of essential amino acids following their ingestion as free formula or as dietary protein components. <i>Aging Clinical and Experimental Research</i> , 2017, 29, 801-805.	1.4	6
118	A path model analysis on predictors of dropout (at 6 and 12 months) during the weight loss interventions in endocrinology outpatient division. <i>Endocrine</i> , 2018, 61, 447-461.	1.1	6
119	Cardiovascular magnetic resonance feature tracking in pigs: a reproducibility and sample size calculation study. <i>International Journal of Cardiovascular Imaging</i> , 2020, 36, 703-712.	0.7	6
120	Relationship between the absorption of 5-hydroxytryptophan from an integrated diet, by means of Griffonia simplicifolia extract, and the effect on satiety in overweight females after oral spray administration. <i>Eating and Weight Disorders</i> , 2012, 17, e22-8.	1.2	6
121	Adequate Intake and Supplementation of B Vitamins, in Particular Folic Acid, can Play a Protective Role in Bone Health. <i>Current Aging Science</i> , 2022, 15, 110-120.	0.4	6
122	Artichoke and Bergamot Phytosome Alliance: A Randomized Double Blind Clinical Trial in Mild Hypercholesterolemia. <i>Nutrients</i> , 2022, 14, 108.	1.7	6
123	DXA-Derived Visceral Adipose Tissue (VAT) in Elderly: Percentiles of Reference for Gender and Association with Metabolic Outcomes. <i>Life</i> , 2020, 10, 163.	1.1	5
124	The enigma of vitamin D supplementation in aging with obesity. <i>Minerva Gastroenterology</i> , 2022, 68, .	0.3	5
125	High Intensity Crossfit Training Compared to High Intensity Swimming: A Pre-Post Trial to Assess the Impact on Body Composition, Muscle Strength and Resting Energy Expenditure. <i>Asian Journal of Sports Medicine</i> , 2017, 9, .	0.1	5
126	Comparison between Appendicular Skeletal Muscle Index DXA Defined by EWGSOP1 and 2 versus BIA Tengvall Criteria among Older People Admitted to the Post-Acute Geriatric Care Unit in Italy. <i>Nutrients</i> , 2020, 12, 1818.	1.7	4





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145	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>EndocrinologĀa Diabetes Y NutriciĀ<sup>3</sup>n</i> (English Ed ), 2021, 68, 17-46.	0.1	1
146	Randomised clinical trial of rice germ supplementation on nutritional status and performance in trained swimmers: A pilot study. <i>Malaysian Journal of Nutrition</i> , 2020, 26, 215-228.	0.1	1
147	Association of sarcopenia with bone mass loss in elderly subjects. <i>Nutritional Therapy and Metabolism</i> , 2013, 31, 77-82.	0.1	1
148	Comparing the dietary habits and social-health behaviors among University students living at or away from home. <i>Minerva Gastroenterologica E Dietologica</i> , 2020, 66, 82-84.	2.2	1
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