

Simone Perna

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

143
papers

2,225
citations

25
h-index

40
g-index

165
ext. papers

3,066
ext. citations

4
avg, IF

5.24
L-index

#	Paper	IF	Citations
143	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, 830-40	7	193
142	Self-Care for Common Colds: The Pivotal Role of Vitamin D, Vitamin C, Zinc, and 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</i>	2.3	86
141	Using probiotics in clinical practice: Where are we now? A review of existing meta-analyses. <i>Gut Microbes</i> , 2017 , 8, 521-543	8.8	84
140	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	4.1	66
139	Review on microbiota and effectiveness of probiotics use in older. <i>World Journal of Clinical Cases</i> , 2015 , 3, 156-62	1.6	64
138	A nutritional formula enriched with arginine, zinc, and antioxidants for the healing of pressure ulcers: a randomized trial. <i>Annals of Internal Medicine</i> , 2015 , 162, 167-74	8	62
137	Neuroinflammation, immune system and Alzheimer disease: searching for the missing link. <i>Aging Clinical and Experimental Research</i> , 2017 , 29, 821-831	4.8	54
136	Mediterranean Way of Drinking and Longevity. <i>Critical Reviews in Food Science and Nutrition</i> , 2016 , 56, 635-40	11.5	51
135	Novel insights on nutrient management of sarcopenia in elderly. <i>BioMed Research International</i> , 2015 , 2015, 524948	3	48
134	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	4.8	45
133	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	3.7	43
132	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	8.4	42
131	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	6.7	40
130	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	7	34
129	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	6.7	33
128	Is There Enough Evidence for Osteosarcopenic Obesity as a Distinct Entity? A Critical Literature Review. <i>Calcified Tissue International</i> , 2019 , 105, 109-124	3.9	31
127	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	4	29

126	How to estimate fat mass in overweight and obese subjects. <i>International Journal of Endocrinology</i> , 2013 , 2013, 285680	2.7	29
125	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, 1251-61	6.7	28
124	Effects of Hazelnut Consumption on Blood Lipids and Body Weight: A Systematic Review and Bayesian Meta-Analysis. <i>Nutrients</i> , 2016 , 8,	6.7	28
123	The effect of Berberine on weight loss in order to prevent obesity: A systematic review. <i>Biomedicine and Pharmacotherapy</i> , 2020 , 127, 110137	7.5	26
122	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, 915087	2.3	26
121	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	4.8	25
120	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		25
119	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	3.7	25
118	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, 6147426	2.3	23
117	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	2.3	23
116	Volatile Organic Compounds as Biomarkers of Gastrointestinal Diseases and Nutritional Status. <i>Journal of Analytical Methods in Chemistry</i> , 2019 , 2019, 7247802	2	21
115	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	5.2	21
114	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	4.8	21
113	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,	3.1	21
112	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, 1079-92	2.5	20
111	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	4.4	20
110	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, 23227-49	6.3	20
109	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,	6.3	19

108	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	2.7	19
107	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	3.2	19
106	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, 5970367	2.3	18
105	Evidence-Based Role of Nutrients and Antioxidants for Chronic Pain Management in Musculoskeletal Frailty and Sarcopenia in Aging. <i>Geriatrics (Switzerland)</i> , 2020 , 5,	2.2	17
104	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, 2605-10	4.3	17
103	NOVEL INSIGHTS ON INTAKE OF MEAT AND PREVENTION OF SARCOPENIA: ALL REASONS FOR AN ADEQUATE CONSUMPTION. <i>Nutricion Hospitalaria</i> , 2015 , 32, 2136-43	1	17
102	Pivotal role of boron supplementation on bone health: A narrative review. <i>Journal of Trace Elements in Medicine and Biology</i> , 2020 , 62, 126577	4.1	16
101	MediterrAsian Diet Products That Could Raise HDL-Cholesterol: A Systematic Review. <i>BioMed Research International</i> , 2016 , 2016, 2025687	3	16
100	Association between muscle mass and adipo-metabolic profile: a cross-sectional study in older subjects. <i>Clinical Interventions in Aging</i> , 2015 , 10, 499-504	4	15
99	Twenty-four-week effects of liraglutide on body composition, adherence to appetite, and lipid profile in overweight and obese patients with type 2 diabetes mellitus. <i>Patient Preference and Adherence</i> , 2016 , 10, 407-13	2.4	15
98	Novel Insights on Intake of Fish and Prevention of Sarcopenia: All Reasons for an Adequate Consumption. <i>Nutrients</i> , 2020 , 12,	6.7	14
97	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?: Body Cell Mass Index links in elderly. <i>Clinical Nutrition</i> , 2018 , 37, 934-939	5.9	14
96	Micronutrients Dietary Supplementation Advices for Celiac Patients on Long-Term Gluten-Free Diet with Good Compliance: A Review. <i>Medicina (Lithuania)</i> , 2019 , 55,	3.1	14
95	A path model of sarcopenia on bone mass loss in elderly subjects. <i>Journal of Nutrition, Health and Aging</i> , 2014 , 18, 15-21	5.2	14
94	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	7.6	13
93	Polycystic ovary syndrome management: a review of the possible amazing role of berberine. <i>Archives of Gynecology and Obstetrics</i> , 2020 , 301, 53-60	2.5	13
92	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, 41-9	3.5	13
91	Update on nutrients involved in maintaining healthy bone. <i>Endocrinología Y Nutrición (English Edition)</i> , 2013 , 60, 197-210		13

90	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	10.3	13
89	Clinical trials on pain lowering effect of ginger: A narrative review. <i>Phytotherapy Research</i> , 2020 , 34, 2843-2856	13	13
88	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	3.2	12
87	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 , 10, 141-151	1.5	12
86	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	5.2	11
85	Ideal food pyramid for patients with rheumatoid arthritis: A narrative review. <i>Clinical Nutrition</i> , 2021 , 40, 661-689	5.9	11
84	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	4	10
83	Sarcopenic obesity: time to target the phenotypes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 710-711	10.3	10
82	The Use of a New Food-Grade Lecithin Formulation of Highly Standardized Ginger () and Extracts for the Treatment of Pain and Inflammation in a Group of Subjects with Moderate Knee Osteoarthritis. <i>Journal of Pain Research</i> , 2020 , 13, 761-770	2.9	10
81	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, 576580	0.8	10
80	Effectiveness of a Short-Term Treatment of Oxygen-Ozone Therapy into Healing in a Posttraumatic Wound. <i>Case Reports in Medicine</i> , 2016 , 2016, 9528572	0.7	10
79	A bibliometric study of scientific literature in Scopus on botanicals for treatment of androgenetic alopecia. <i>Journal of Cosmetic Dermatology</i> , 2016 , 15, 120-30	2.5	10
78	Traditional plant-based foods and beverages in Bahrain. <i>Journal of Ethnic Foods</i> , 2017 , 4, 274-283	2.5	9
77	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,	2.2	9
76	<i>Acmella oleracea</i> for pain management. <i>Phytotherapy Research</i> , 2020 , 34, 1044-19	3.2	9
75	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,	6.7	8
74	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, 849-56	4.8	8
73	Correlation of the controlled attenuation parameter with indices of liver steatosis in overweight or obese individuals: a pilot study. <i>European Journal of Gastroenterology and Hepatology</i> , 2015 , 27, 305-12	2.2	8

72	Association between Dietary Patterns of Meat and Fish Consumption with Bone Mineral Density or Fracture Risk: A Systematic Literature. <i>Nutrients</i> , 2017 , 9,	6.7	8
71	Current opinion on dietary advice in order to preserve fat-free mass during a low-calorie diet. <i>Nutrition</i> , 2020 , 72, 110667	4.8	8
70	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	5.7	8
69	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	6.7	8
68	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	2.9	7
67	Hepatitis B Virus Genotypes in the Kingdom of Bahrain: Prevalence, Gender Distribution and Impact on Hepatic Biomarkers. <i>Medicina (Lithuania)</i> , 2019 , 55,	3.1	7
66	The Metabolic Effects of 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,	6.7	7
65	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,	6.7	7
64	An update on magnesium and bone health. <i>BioMetals</i> , 2021 , 34, 715-736	3.4	7
63	Copper as Dietary Supplement for Bone Metabolism: A Review. <i>Nutrients</i> , 2021 , 13,	6.7	7
62	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	6.2	7
61	Second edition of SIMPAR's "Feed Your Destiny" workshop: the role of lifestyle in improving pain management. <i>Journal of Pain Research</i> , 2018 , 11, 1627-1636	2.9	7
60	Is a Combination of Melatonin and Amino Acids Useful to Sarcopenic Elderly Patients? A Randomized Trial. <i>Geriatrics (Switzerland)</i> , 2018 , 4,	2.2	6
59	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	6.9	6
58	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,	6.7	6
57	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	4.4	5
56	Fatty Acid Profile and Antioxidant Status Fingerprint in Sarcopenic Elderly Patients: Role of Diet and Exercise. <i>Nutrients</i> , 2019 , 11,	6.7	5
55	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	4.8	5

54	An innovative intervention for the treatment of cognitive impairment-Emisymmetric bilateral stimulation improves cognitive functions in Alzheimer's disease and mild cognitive impairment: an open-label study. <i>Neuropsychiatric Disease and Treatment</i> , 2015 , 11, 2391-404	3.1	5
53	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,	6.7	5
52	Silicon: A neglected micronutrient essential for bone health. <i>Experimental Biology and Medicine</i> , 2021 , 246, 1500-1511	3.7	5
51	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,	4.6	5
50	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> , 2020 , 1-7	3.6	5
49	Rice germ macro- and micronutrients: a new opportunity for the nutraceuticals. <i>Natural Product Research</i> , 2021 , 35, 1532-1536	2.3	5
48	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,	7.1	4
47	Food Pyramid for Subjects with Chronic Obstructive Pulmonary Diseases. <i>International Journal of COPD</i> , 2020 , 15, 1435-1448	3	4
46	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, e344-e351	0.9	4
45	Promising Effects of 3-Month Period of Quercetin Phytosome Supplementation in the Prevention of Symptomatic COVID-19 Disease in Healthcare Workers: A Pilot Study.. <i>Life</i> , 2022 , 12,	3	4
44	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	3.6	4
43	Association between RT-PCR Ct Values and COVID-19 New Daily Cases: A Multicenter Cross-Sectional Study		4
42	DXA-Derived Visceral Adipose Tissue (VAT) in Elderly: Percentiles of Reference for Gender and Association with Metabolic Outcomes. <i>Life</i> , 2020 , 10,	3	4
41	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	2.9	4
40	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,	6.7	4
39	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,	6.7	3
38	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	4	3
37	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,	1.4	3

36	Effects of 60-Day 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,	6.7	3
35	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	3.1	3
34	Risk factors for 5-year mortality in a cohort of elderly patients with sarcopenia. <i>Experimental Gerontology</i> , 2020 , 136, 110944	4.5	3
33	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	5.1	3
32	A Retrospective Epidemiological Study of the Incidence and Risk Factors of Salmonellosis in Bahrain in Children During 2012?2016. <i>Pathogens</i> , 2019 , 8,	4.5	2
31	Natural Killer Response and Lipo-Metabolic Profile in Adults with Low HDL-Cholesterol and Mild Hypercholesterolemia: Beneficial Effects of Artichoke Leaf Extract Supplementation. <i>Evidence-based Complementary and Alternative Medicine</i> , 2019 , 2019, 2069701	2.3	2
30	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	2.5	2
29	Does endogenous GLP-1 affect resting energy expenditure and fuel selection in overweight and obese adults?. <i>Journal of Endocrinological Investigation</i> , 2018 , 41, 439-445	5.2	2
28	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	1.3	2
27	Symptomatic uncomplicated diverticular disease management: an innovative food-grade formulation of and extracts. <i>Drugs in Context</i> , 2020 , 9,	5.2	2
26	Essentiality of Manganese for Bone Health: An Overview and Update. <i>Natural Product Communications</i> , 2021 , 16, 1934578X2110166	0.9	2
25	Nutritional management in an elderly man with esophageal and gastric necrosis after caustic soda ingestion: a case report. <i>Therapeutics and Clinical Risk Management</i> , 2016 , 12, 129-33	2.9	2
24	Effect of a mixture of botanicals extracts plus mannitol on hydration and bloating sensation. An open label study in women with high extra cellular water. <i>Natural Product Research</i> , 2020 , 34, 2500-2504 ^{2.3}	2.3	2
23	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>Endocrinologia, Diabetes Y Nutrición</i> , 2021 , 68, 17-46	1.3	2
22	Artichoke and Bergamot Phytosome Alliance: A Randomized Double Blind Clinical Trial in Mild Hypercholesterolemia.. <i>Nutrients</i> , 2021 , 14,	6.7	2
21	Is oxycodone/naloxone effective and safe in managing chronic pain of a fragile elderly patient with multiple skin ulcers of the lower limbs? A case report. <i>Clinical Interventions in Aging</i> , 2015 , 10, 1283-7	4	1
20	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	1.6	1
19	Effects of Hoodia Parviflora on satiety, abdominal obesity and weight in a group of overweight subjects: a randomized, blinded, placebo-controlled trial. <i>Minerva Gastroenterologica E Dietologica</i> , 2020 , 66, 211-218	1.6	1

18	Effect of Polyglucosamine on Weight Loss and Metabolic Parameters in Overweight and Obesity: A Systemic Review and Meta-Analysis. <i>Nutrients</i> , 2020 , 12,	6.7	1
17	Evidence of a Positive Link between Consumption and Supplementation of Ascorbic Acid and Bone Mineral Density. <i>Nutrients</i> , 2021 , 13,	6.7	1
16	Effect of a Food for Special Medical Purposes for Muscle Recovery, Consisting of Arginine, Glutamine and Beta-Hydroxy-Beta-Methylbutyrate on Body Composition and Skin Health in Overweight and Obese Class I Sedentary Postmenopausal Women. <i>Nutrients</i> , 2021 , 13,	6.7	1
15	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	5.9	1
14	A favorable effect on nutritional status of 12-week tailored texture-modified sous-vide cooking meals in institutionalized elderly women with oropharyngeal dysphagia: an intervention study. <i>Minerva Endocrinology</i> , 2021 , 46, 202-213	2.5	1
13	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	5.6	1
12	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	3.6	1
11	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>Endocrinologia Diabetes Y Nutrición (English Ed)</i> , 2021 , 68, 17-46	0.1	1
10	Comparison between Bioimpedance Analysis and Dual-Energy X-ray Absorptiometry in assessment of body composition in a cohort of elderly patients aged 65-90 years. <i>Advances in Gerontology = Uspekhi Gerontologii / Rossiiskaia Akademiia Nauk, Gerontologicheskoe Obshchestvo</i> , 2019 , 32, 1023-1033	0.2	1
9	An overview on the correlation between blood zinc, zinc intake, zinc supplementation and bone mineral density in humans. <i>Acta Ortopedica Mexicana</i> , 2021 , 35, 142-152	0.1	1
8	Predicting visceral adipose tissue in older adults: A pilot clinical study.. <i>Clinical Nutrition</i> , 2022 , 41, 810-816	3.6	1
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5	Multidimensional evaluation of the effects of Ramadan intermittent fasting on the health of female students at the University of Bahrain. <i>Arab Journal of Basic and Applied Sciences</i> , 2021 , 28, 360-369	2.9	0
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3	Review sul ruolo della melatonina nella prevenzione del cancro e nella gestione delle comorbilità cancro-correlate, quali i disturbi del ritmo sonno-veglia e del tono dell'umore. <i>L Endocrinologo</i> , 2014 , 15, 179-185	0	
2	Munch's Scream Sign: An Unusual Case of Dysphagia in Advanced Dementia. <i>Journal of the American Geriatrics Society</i> , 2015 , 63, 2650-2651	5.6	
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