

Simone Perna

List of Publications by Year in Descending Order

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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	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
142	Predicting visceral adipose tissue in older adults: A pilot clinical study.. <i>Clinical Nutrition</i> , 2022 , 41, 810-816	3.6	1
141	In Vitro and In Vivo Anticancer Activity of Basil (<i>Ocimum</i> spp.): Current Insights and Future Prospects. <i>Cancers</i> , 2022 , 14, 2375	6.6	1
140	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
139	Evidence of a Positive Link between Consumption and Supplementation of Ascorbic Acid and Bone Mineral Density. <i>Nutrients</i> , 2021 , 13,	6.7	1
138	Silicon: A neglected micronutrient essential for bone health. <i>Experimental Biology and Medicine</i> , 2021 , 246, 1500-1511	3.7	5
137	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
136	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
135	An update on magnesium and bone health. <i>BioMetals</i> , 2021 , 34, 715-736	3.4	7
134	Essentiality of Manganese for Bone Health: An Overview and Update. <i>Natural Product Communications</i> , 2021 , 16, 1934578X2110166	0.9	2
133	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
132	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
131	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
130	Copper as Dietary Supplement for Bone Metabolism: A Review. <i>Nutrients</i> , 2021 , 13,	6.7	7
129	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
128	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
127	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

126	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
125	Ideal food pyramid for patients with rheumatoid arthritis: A narrative review. <i>Clinical Nutrition</i> , 2021 , 40, 661-689	5.9	11
124	Rice germ macro- and micronutrients: a new opportunity for the nutraceuticals. <i>Natural Product Research</i> , 2021 , 35, 1532-1536	2.3	5
123	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
122	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
121	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
120	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
119	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
118	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> , 2021 , 1	4	0
117	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
116	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>Endocrinología y Nutrición (English Ed)</i> , 2021 , 68, 17-46	0.1	1
115	An overview on the correlation between blood zinc, zinc intake, zinc supplementation and bone mineral density in humans. <i>Acta Ortopédica Mexicana</i> , 2021 , 35, 142-152	0.1	1
114	Artichoke and Bergamot Phytosome Alliance: A Randomized Double Blind Clinical Trial in Mild Hypercholesterolemia.. <i>Nutrients</i> , 2021 , 14,	6.7	2
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>Journal of Pain Research</i> , 2020 , 13, 761-770	7.1	4
112	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
111	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
110	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
109	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

108	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
107	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
106	Food Pyramid for Subjects with Chronic Obstructive Pulmonary Diseases. <i>International Journal of COPD</i> , 2020 , 15, 1435-1448	3	4
105	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
104	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
103	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
102	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
101	Novel Insights on Intake of Fish and Prevention of Sarcopenia: All Reasons for an Adequate Consumption. <i>Nutrients</i> , 2020 , 12,	6.7	14
100	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
99	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
98	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
97	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
96	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
95	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
94	Symptomatic uncomplicated diverticular disease management: an innovative food-grade formulation of and extracts. <i>Drugs in Context</i> , 2020 , 9,	5.2	2
93	Acmella oleracea for pain management. <i>Fitoterapia</i> , 2020 , 140, 104419	3.2	9
92	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
91	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

90	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
89	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
88	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
87	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
86	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
85	Risk factors for 5-year mortality in a cohort of elderly patients with sarcopenia. <i>Experimental Gerontology</i> , 2020 , 136, 110944	4.5	3
84	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
83	Clinical trials on pain lowering effect of ginger: A narrative review. <i>Phytotherapy Research</i> , 2020 , 34, 2843-2856 ¹³	6.7	13
82	Effects of essential amino acid supplementation on pain in the elderly with hip fractures: a pilot, double-blind, placebo-controlled, randomised clinical trial. <i>Journal of Biological Regulators and Homeostatic Agents</i> , 2020 , 34, 721-731	0.7	1
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,	6.7	8
80	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
79	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
78	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
77	Volatile Organic Compounds as Biomarkers of Gastrointestinal Diseases and Nutritional Status. <i>Journal of Analytical Methods in Chemistry</i> , 2019 , 2019, 7247802	2	21
76	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
75	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
74	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
73	Sarcopenic obesity: time to target the phenotypes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 710-711	10.3	10

72	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
71	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
70	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
69	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
68	Fatty Acid Profile and Antioxidant Status Fingerprint in Sarcopenic Elderly Patients: Role of Diet and Exercise. <i>Nutrients</i> , 2019 , 11,	6.7	5
67	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, 111-121	5.2	11
66	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
65	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
64	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 Obschestvo</i> , 2019 , 32, 1023-1033	0.2	1
63	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
62	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
61	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
60	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
59	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
58	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
57	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
56	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
55	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

54	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
53	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
52	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
51	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
50	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
49	Traditional plant-based foods and beverages in Bahrain. <i>Journal of Ethnic Foods</i> , 2017 , 4, 274-283	2.5	9
48	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
47	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
46	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
45	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
44	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
43	Mediterranean Way of Drinking and Longevity. <i>Critical Reviews in Food Science and Nutrition</i> , 2016 , 56, 635-40	11.5	51
42	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
41	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
40	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
39	The beginnings of Alzheimer's disease: A review on inflammatory, mitochondrial, genetic and epigenetic pathways. <i>Genetika</i> , 2016 , 48, 515-524	0.6	
38	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
37	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, 1934578X1601109	0.9	6

36	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
35	MediterrAsian Diet Products That Could Raise HDL-Cholesterol: A Systematic Review. <i>BioMed Research International</i> , 2016 , 2016, 2025687	3	16
34	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
33	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
32	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
31	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
30	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
29	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
28	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
27	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
26	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	
25	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
24	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
23	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
22	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
21	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
20	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
19	Novel insights on nutrient management of sarcopenia in elderly. <i>BioMed Research International</i> , 2015 , 2015, 524948	3	48

18	Review on microbiota and effectiveness of probiotics use in older. <i>World Journal of Clinical Cases</i> , 2015 , 3, 156-62	1.6	64
17	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
16	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
15	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	
14	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
13	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
12	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
11	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
10	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
9	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
8	Update on nutrients involved in maintaining healthy bone. <i>Endocrinología Y Nutrición (English Edition)</i> , 2013 , 60, 197-210		13
7	Update on nutrients involved in maintaining healthy bone. <i>Endocrinología Y Nutricion: Organo De La Sociedad Espanola De Endocrinología Y Nutricion</i> , 2013 , 60, 197-210		25
6	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
5	How to estimate fat mass in overweight and obese subjects. <i>International Journal of Endocrinology</i> , 2013 , 2013, 285680	2.7	29
4	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
3	Health-promoting properties of artichoke in preventing cardiovascular disease by its lipidic and glycaemic-reducing action. <i>Monaldi Archives for Chest Disease</i> , 2013 , 80, 17-26	2.7	19
2	Relationship between the absorption of 5-hydroxytryptophan from an integrated diet, by means of <i>Griffonia simplicifolia</i> 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
1	Association between RT-PCR Ct Values and COVID-19 New Daily Cases: A Multicenter Cross-Sectional Study		4

