Richard B Kreider

List of Publications by Year
in descending order

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212 papers	9,069 citations	38660 50 h-index	46693 89 g-index
216 all docs	216 docs citations	216 times ranked	6645 citing authors

#	Article	IF	Citations
1	ISSN exercise & sports nutrition review update: research & recommendations. Journal of the International Society of Sports Nutrition, 2018, 15, 38.	1.7	446
2	International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2017, 14, 20.	1.7	430
3	International society of sports nutrition position stand: caffeine and performance. Journal of the International Society of Sports Nutrition, 2010, 7, 5.	1.7	388
4	International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. Journal of the International Society of Sports Nutrition, 2017, 14, 18.	1.7	376
5	Effects of creatine supplementation on body composition, strength, and sprint performance. Medicine and Science in Sports and Exercise, 1998, 30, 73-82.	0.2	325
6	International Society of Sports Nutrition position stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2007, 4, 8.	1.7	322
7	ISSN exercise & sport nutrition review: research & recommendations. Journal of the International Society of Sports Nutrition, 2010, 7, .	1.7	269
8	International society of sports nutrition position stand: nutrient timing. Journal of the International Society of Sports Nutrition, 2017, 14, 33.	1.7	241
9	International Society of Sports Nutrition position stand: Nutrient timing. Journal of the International Society of Sports Nutrition, 2008, 5, 17.	1.7	217
10	International Society of Sports Nutrition position stand: creatine supplementation and exercise. Journal of the International Society of Sports Nutrition, 2007, 4, 6.	1.7	194
11	Effects of creatine supplementation on performance and training adaptations. Molecular and Cellular Biochemistry, 2003, 244, 89-94.	1.4	177
12	International Society of Sports Nutrition position stand: energy drinks. Journal of the International Society of Sports Nutrition, 2013, 10, 1.	1.7	165
13	International society of sports nutrition position stand: Beta-Alanine. Journal of the International Society of Sports Nutrition, 2015, 12, 30.	1.7	165
14	The athletic gut microbiota. Journal of the International Society of Sports Nutrition, 2020, 17, 24.	1.7	157
15	Obesity: Prevalence, Theories, Medical Consequences, Management, and Research Directions. Journal of the International Society of Sports Nutrition, 2005, 2, 4-31.	1.7	147
16	Title is missing!. Molecular and Cellular Biochemistry, 2003, 244, 95-104.	1.4	135
17	International Society of Sports Nutrition Position Stand: Probiotics. Journal of the International Society of Sports Nutrition, 2019, 16, 62.	1.7	134
18	The Effects of Protein and Amino Acid Supplementation on Performance and Training Adaptations During Ten Weeks of Resistance Training. Journal of Strength and Conditioning Research, 2006, 20, 643.	1.0	120

#	Article	IF	Citations
19	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). Journal of the International Society of Sports Nutrition, 2013, 10, 6.	1.7	120
20	Dietary Supplements and the Promotion of Muscle Growth with Resistance Exercise. Sports Medicine, 1999, 27, 97-110.	3.1	115
21	Pharmacokinetics, safety, and effects on exercise performance of l-arginine Î±-ketoglutarate in trained adult men. Nutrition, 2006, 22, 872-881.	1.1	104
22	Effects of Creatine Supplementation on Repetitive Sprint Performance and Body Composition in Competitive Swimmers. International Journal of Sport Nutrition, 1997, 7, 330-346.	1.6	103
23	Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. Journal of the International Society of Sports Nutrition, 2008, 5, 8.	1.7	103
24	Analysis of the efficacy, safety, and regulatory status of novel forms of creatine. Amino Acids, 2011, 40, 1369-1383.	1.2	101
25	Effects of Beta-Alanine on Muscle Carnosine and Exercise Performance: A Review of the Current Literature. Nutrients, 2010, 2, 75-98.	1.7	96
26	Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. Applied Physiology, Nutrition and Metabolism, 2017, 42, 216-227.	0.9	95
27	Effects of conjugated linoleic acid supplementation during resistance training on body composition, bone density, strength, and selected hematological markers. Journal of Strength and Conditioning Research, 2002, 16, 325-34.	1.0	83
28	Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. Nutrition and Metabolism, 2009, 6, 23.	1.3	82
29	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. Journal of the International Society of Sports Nutrition, 2019, 16, 50.	1.7	81
30	Effects of Coleus Forskohlii Supplementation on Body Composition and Hematological Profiles in Mildly Overweight Women. Journal of the International Society of Sports Nutrition, 2005, 2, 54-62.	1.7	79
31	Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. Journal of the International Society of Sports Nutrition, 2016, 13, 22.	1.7	76
32	Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. Journal of Clinical Medicine, 2019, 8, 488.	1.0	74
33	Creatine in Health and Disease. Nutrients, 2021, 13, 447.	1.7	72
34	Physiological Considerations of Ultraendurance Performance. International Journal of Sport Nutrition, 1991, 1, 3-27.	1.6	70
35	Cardiovascular and thermal responses of triathlon performance. Medicine and Science in Sports and Exercise, 1988, 20, 385-390.	0.2	67
36	Creatine Supplementation Patterns and Perceived Effects in Select Division I Collegiate Athletes. Clinical Journal of Sport Medicine, 2000, 10, 191-194.	0.9	66

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37	The effects of creatine ethyl ester supplementation combined with heavy resistance training on body composition, muscle performance, and serum and muscle creatine levels. Journal of the International Society of Sports Nutrition, 2009, 6, 6.	1.7	63
38	Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8Âweeks on training adaptations in resistance-trained males. Journal of the International Society of Sports Nutrition, 2017, 14, 1.	1.7	63
39	Amino Acid Supplementation and Exercise Performance. Sports Medicine, 1993, 16, 190-209.	3.1	62
40	Title is missing!. Molecular and Cellular Biochemistry, 2003, 244, 83-88.	1.4	62
41	Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males. Journal of the International Society of Sports Nutrition, 2015, 12, 41.	1.7	62
42	Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. Journal of the International Society of Sports Nutrition, 2021, 18, 13.	1.7	62
43	Intramuscular adaptations to eccentric exercise and antioxidant supplementation. Amino Acids, 2010, 39, 219-232.	1.2	61
44	Effects of Different Intensities of Resistance Exercise on Regulators of Myogenesis. Journal of Strength and Conditioning Research, 2009, 23, 2179-2187.	1.0	60
45	Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women. Nutrition Journal, 2010, 9, 59.	1.5	60
46	Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 2018, 15, 31.	1.7	59
47	Effects of creatine supplementation on performance and training adaptations. Molecular and Cellular Biochemistry, 2003, 244, 89-94.	1.4	59
48	Greater Gains in Strength and Power With Intraset Rest Intervals in Hypertrophic Training. Journal of Strength and Conditioning Research, 2013, 27, 3116-3131.	1.0	55
49	Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide Supplementation on Training Adaptations in Resistance-Trained Males. Journal of the International Society of Sports Nutrition, 2006, 3, 19-27.	1.7	54
50	International Society of Sports Nutrition position stand: meal frequency. Journal of the International Society of Sports Nutrition, 2011, 8, 4.	1.7	53
51	MRI-Based Regional Muscle Use during Hamstring Strengthening Exercises in Elite Soccer Players. PLoS ONE, 2016, 11, e0161356.	1.1	53
52	Sarcopenia: Etiology, Nutritional Approaches, and miRNAs. International Journal of Molecular Sciences, 2021, 22, 9724.	1.8	52
53	Effects of Ingesting Supplements Designed to Promote Lean Tissue Accretion on Body Composition during Resistance Training. International Journal of Sport Nutrition, 1996, 6, 234-246.	1.6	51
54	Effects of Conjugated Linoleic Acid Supplementation During Resistance Training on Body Composition, Bone Density, Strength, and Selected Hematological Markers. Journal of Strength and Conditioning Research, 2002, 16, 325.	1.0	51

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55	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. Nutrients, 2021, 13, 1238.	1.7	50
56	Effects of Phosphate Loading on Metabolic and Myocardial Responses to Maximal and Endurance Exercise. International Journal of Sport Nutrition, 1992, 2, 20-47.	1.6	49
57	AÃ§aÃ-(Euterpe oleracea Mart.) beverage consumption improves biomarkers for inflammation but not glucose- or lipid-metabolism in individuals with metabolic syndrome in a randomized, double-blinded, placebo-controlled clinical trial. Food and Function, 2018, 9, 3097-3103.	2.1	49
58	Effects of calcium pyruvate supplementation during training on body composition, exercise capacity, and metabolic responses to exercise. Nutrition, 2005, 21, 312-319.	1.1	46
59	Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. Nutrition, 2007, 23, 647-656.	1.1	46
60	Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. Molecular and Cellular Biochemistry, 2003, 244, 95-104.	1.4	44
61	Effects of diet type and supplementation of glucosamine, chondroitin, and MSM on body composition, functional status, and markers of health in women with knee osteoarthritis initiating a resistance-based exercise and weight loss program. Journal of the International Society of Sports Nutrition, 2011, 8, 8.	1.7	43
62	Effects of 28Âdays of beta-alanine and creatine supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. Journal of the International Society of Sports Nutrition, 2014, 11, 55.	1.7	39
63	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. Frontiers in Nutrition, 2019, 6, 124.	1.6	39
64	Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations. Nutrients, 2021, 13, 1915.	1.7	39
65	Low vs. High Glycemic Index Carbohydrate Gel Ingestion During Simulated 64-km Cycling Time Trial Performance. Journal of Strength and Conditioning Research, 2004, 18, 466.	1.0	39
66	A Structured Diet and Exercise Program Promotes Favorable Changes in Weight Loss, Body Composition, and Weight Maintenance. Journal of the American Dietetic Association, 2011, 111, 828-843.	1.3	38
67	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. Journal of the International Society of Sports Nutrition, 2021, 18, 61.	1.7	38
68	Effects of Oral D-Ribose Supplementation on Anaerobic Capacity and Selected Metabolic Markers in Healthy Males. International Journal of Sport Nutrition and Exercise Metabolism, 2003, 13, 76-86.	1.0	37
69	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. Journal of the International Society of Sports Nutrition, 2007, 4, 21.	1.7	37
70	Effects of acute ingestion of a pre-workout dietary supplement with and without p-synephrine on resting energy expenditure, cognitive function and exercise performance. Journal of the International Society of Sports Nutrition, 2017, 14, 3.	1.7	37
71	Cramping and Injury Incidence in Collegiate Football Players Are Reduced by Creatine Supplementation. Journal of Athletic Training, 2003, 38, 216-219.	0.9	37
72	Effects of a ketogenic diet on body composition and strength in trained women. Journal of the International Society of Sports Nutrition, 2020, 17, 19.	1.7	36

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73	Honey. Strength and Conditioning Journal, 2002, 24, 50-51.	0.7	35
74	ISSN Exercise & Sport Nutrition Review: Research & Recommendations. Journal of the International Society of Sports Nutrition, 2004, 1, 1.	1.7	35
75	Effects of Zinc Magnesium Aspartate (ZMA) Supplementation on Training Adaptations and Markers of Anabolism and Catabolism. Journal of the International Society of Sports Nutrition, 2004, 1, 12-20.	1.7	33
76	Effects of a Purported Aromatase and 5 Î±-Reductase Inhibitor on Hormone Profiles in College-Age Men. International Journal of Sport Nutrition and Exercise Metabolism, 2010, 20, 457-465.	1.0	33
77	Effect of inosine supplementation on 3-mile treadmill run performance and &OV0312;o2 peak. Medicine and Science in Sports and Exercise, 1990, 22, 517???522.	0.2	32
78	Early-Phase Adaptations to a Split-Body, Linear Periodization Resistance Training Program in College-Aged and Middle-Aged Men. Journal of Strength and Conditioning Research, 2009, 23, 962-971.	1.0	32
79	Effects of Adherence to a Higher Protein Diet on Weight Loss, Markers of Health, and Functional Capacity in Older Women Participating in a Resistance-Based Exercise Program. Nutrients, 2018, 10, 1070.	1.7	30
80	The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults. Dynamic Medicine: DM, 2009, 8, 6.	2.7	29
81	The Effects of Creatine Monohydrate Supplementation With and Without D-Pinitol on Resistance Training Adaptations. Journal of Strength and Conditioning Research, 2009, 23, 2673-2682.	1.0	29
82	A Carbohydrate-Restricted Diet during Resistance Training Promotes More Favorable Changes in Body Composition and Markers of Health in Obese Women with and without Insulin Resistance. Physician and Sportsmedicine, 2011, 39, 27-40.	1.0	29
83	A buffered form of creatine does not promote greater changes in muscle creatine content, body composition, or training adaptations than creatine monohydrate. Journal of the International Society of Sports Nutrition, 2012, 9, 43.	1.7	29
84	The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. Journal of the International Society of Sports Nutrition, 2010, 7, 34.	1.7	27
85	Creatine supplementation post-exercise does not enhance training-induced adaptations in middle to older aged males. European Journal of Applied Physiology, 2014, 114, 1321-1332.	1.2	27
86	Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance. Journal of the International Society of Sports Nutrition, 2016, 13, 12.	1.7	25
87	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. Nutrients, 2017, 9, 823.	1.7	24
88	Effects of Ashwagandha (Withania somnifera) on Physical Performance: Systematic Review and Bayesian Meta-Analysis. Journal of Functional Morphology and Kinesiology, 2021, 6, 20.	1.1	24
89	Effects of Resistance Exercise Intensity on Extracellular Signal-Regulated Kinase 1/2 Mitogen-Activated Protein Kinase Activation in Men. Journal of Strength and Conditioning Research, 2012, 26, 599-607.	1.0	23
90	Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. Food and Chemical Toxicology, 2013, 61, 47-52.	1.8	23

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91	Potential Clinical Applications of Multi-functional Milk Proteins and Peptides in Cancer Management. Current Medicinal Chemistry, 2014, 21, 2424-2437.	1.2	23
92	Creatine supplementation in exercise, sport, and medicine. Journal of Exercise Nutrition & Biochemistry, 2011, 6, 53-69.	1.3	23
93	Effects of Carbohydrate Supplementation during Intense training on Dietary Patterns, Psychological Status, and Performance. International Journal of Sport Nutrition, 1995, 5, 125-135.	1.6	21
94	Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. Journal of the International Society of Sports Nutrition, 2007, 4, 18.	1.7	21
95	The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. Journal of the International Society of Sports Nutrition, 2008, 5, 23.	1.7	21
96	Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2021, 35, 411-419.	1.0	21
97	The 4Râ€™s Framework of Nutritional Strategies for Post-Exercise Recovery: A Review with Emphasis on New Generation of Carbohydrates. International Journal of Environmental Research and Public Health, 2021, 18, 103.	1.2	21
98	Creatine supplementation during college football training does not increase the incidence of cramping or injury. Molecular and Cellular Biochemistry, 2003, 244, 83-8.	1.4	21
99	Conjugated Linoleic Acids. Current Sports Medicine Reports, 2008, 7, 237-241.	0.5	18
100	Species-specific responses to creatine supplementation. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2003, 285, R725-R726.	0.9	17
101	Effects of Ribose Supplementation Prior to and during Intense Exercise on Anaerobic Capacity and Metabolic Markers. International Journal of Sport Nutrition and Exercise Metabolism, 2005, 15, 653-664.	1.0	17
102	Journal of the International Society of Sports Nutrition: a new era begins. Journal of the International Society of Sports Nutrition, 2007, 4, 1.	1.7	17
103	Protein for Exercise and Recovery. Physician and Sportsmedicine, 2009, 37, 13-21.	1.0	17
104	The effects of IQPLUS Focus on cognitive function, mood and endocrine response before and following acute exercise. Journal of the International Society of Sports Nutrition, 2011, 8, 16.	1.7	16
105	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. Nutrients, 2017, 9, 1359.	1.7	16
106	Oral Contraceptive Use does not Negatively Affect Body Composition and Strength Adaptations in Trained Women. International Journal of Sports Medicine, 2019, 40, 842-849.	0.8	16
107	Differential Impact of Calcium and Vitamin D on Body Composition Changes in Post-Menopausal Women Following a Restricted Energy Diet and Exercise Program. Nutrients, 2020, 12, 713.	1.7	16
108	Optimizing Nutrition for Exercise and Sport. , 2001, , 207-235.		16

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109	Effects of a single dose of N-Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. Journal of the International Society of Sports Nutrition, 2007, 4, 14.	1.7	15
110	Bioactive properties and clinical safety of a novel milk protein peptide. Nutrition Journal, 2011, 10, 99.	1.5	15
111	Effectiveness of accommodation and constant resistance training on maximal strength and power in trained athletes. PeerJ, 2014, 2, e441.	0.9	15
112	Validation of Field Methods to Assess Body Fat Percentage in Elite Youth Soccer Players. International Journal of Sports Medicine, 2018, 39, 349-354.	0.8	14
113	Bioavailability, Efficacy, Safety, and Regulatory Status of Creatine and Related Compounds: A Critical Review. Nutrients, 2022, 14, 1035.	1.7	13
114	Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. Journal of the International Society of Sports Nutrition, 2007, 4, 25.	1.7	12
115	Annual acknowledgement of manuscript reviewers. Journal of the International Society of Sports Nutrition, 2014, 11, .	1.7	12
116	The role of exercise training on lipoprotein profiles in adolescent males. Lipids in Health and Disease, 2014, 13, 95.	1.2	12
117	Comparison of ingesting a food bar containing whey protein and isomalto-oligosaccharides to carbohydrate on performance and recovery from an acute bout of resistance-exercise and sprint conditioning: an open label, randomized, counterbalanced, crossover pilot study. Journal of the International Society of Sports Nutrition, 2019, 16, 34.	1.7	12
118	Effects of whey protein supplementation prior to, and following, resistance exercise on body composition and training responses: A randomized double-blind placebo-controlled study. Journal of Exercise Nutrition & Biochemistry, 2019, 23, 34-44.	1.3	11
119	Creatine Enhances the Effects of Cluster-Set Resistance Training on Lower-Limb Body Composition and Strength in Resistance-Trained Men: A Pilot Study. Nutrients, 2021, 13, 2303.	1.7	11
120	Role of Creatine Supplementation in Conditions Involving Mitochondrial Dysfunction: A Narrative Review. Nutrients, 2022, 14, 529.	1.7	11
121	International society of sports nutrition position stand: tactical athlete nutrition. Journal of the International Society of Sports Nutrition, 2022, 19, 267-315.	1.7	11
122	Protein and Amino Acid Supplementation Does Not Alter Proteolytic Gene Expression following Immobilization. Journal of Nutrition and Metabolism, 2011, 2011, 1-9.	0.7	10
123	Periexercise coingestion of branched-chain amino acids and carbohydrate in men does not preferentially augment resistance exerciseâ€“induced increases in phosphatidylinositol 3 kinase/protein kinase Bâ€“mammalian target of rapamycin pathway markers indicative of muscle protein synthesis. Nutrition Research, 2014, 34, 191-198.	1.3	10
124	A Bioinformatics-Assisted Review on Iron Metabolism and Immune System to Identify Potential Biomarkers of Exercise Stress-Induced Immunosuppression. Biomedicines, 2022, 10, 724.	1.4	10
125	Retrospective Analysis of Protein- and Carbohydrate-Focused Diets Combined with Exercise on Metabolic Syndrome Prevalence in Overweight and Obese Women. Metabolic Syndrome and Related Disorders, 2016, 14, 228-237.	0.5	9
126	Dose Response to One Week of Supplementation of a Multi-Ingredient Preworkout Supplement Containing Caffeine Before Exercise. Journal of Caffeine Research, 2017, 7, 81-94.	1.0	9

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127	Current perspectives of caffeinated energy drinks on exercise performance and safety assessment. Nutrition and Dietary Supplements, 0, Volume 10, 35-44.	0.7	9
128	Strength/Power Augmentation Subsequent to Short-Term Training Abstinence. Journal of Strength and Conditioning Research, 2004, 18, 765.	1.0	9
129	Acute Paraxanthine Ingestion Improves Cognition and Short-Term Memory and Helps Sustain Attention in a Double-Blind, Placebo-Controlled, Crossover Trial. Nutrients, 2021, 13, 3980.	1.7	9
130	Dose-Response of Paraxanthine on Cognitive Function: A Double Blind, Placebo Controlled, Crossover Trial. Nutrients, 2021, 13, 4478.	1.7	9
131	Comparison of changes in lean body mass with a strength- versus muscle endurance-based resistance training program. European Journal of Applied Physiology, 2019, 119, 933-940.	1.2	8
132	Effects of a low-carbohydrate ketogenic diet on health parameters in resistance-trained women. European Journal of Applied Physiology, 2021, 121, 2349-2359.	1.2	8
133	Putative Role of MCT1 rs1049434 Polymorphism in High-Intensity Endurance Performance: Concept and Basis to Understand Possible Individualization Stimulus. Sports, 2021, 9, 143.	0.7	8
134	Velocity-Based Resistance Training on 1-RM, Jump and Sprint Performance: A Systematic Review of Clinical Trials. Sports, 2022, 10, 8.	0.7	8
135	Co-ingestion of carbohydrate with branched-chain amino acids or l-leucine does not preferentially increase serum IGF-1 and expression of myogenic-related genes in response to a single bout of resistance exercise. Amino Acids, 2015, 47, 1203-1213.	1.2	7
136	Muscle Fiber and Performance Adaptations to Resistance Exercise with MyoVive, Colostrum or Casein and Whey Supplementation. Research in Sports Medicine, 2003, 11, 109-128.	0.7	6
137	Effects of eight weeks of an alleged aromatase inhibiting nutritional supplement 6-OXO (androst-4-ene-3,6,17-trione) on serum hormone profiles and clinical safety markers in resistance-trained, eugonadal males. Journal of the International Society of Sports Nutrition, 2007, 4, 13.	1.7	6
138	A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation. Nutrients, 2021, 13, 2521.	1.7	6
139	Effects of creatine supplementation on performance and training adaptations. , 2003, , 89-94.		6
140	CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males. International Journal of Sport Nutrition and Exercise Metabolism, 2022, 32, 16-21.	1.0	6
141	Relationship of uric acid to markers of metabolic syndrome (MS) and medical status. FASEB Journal, 2008, 22, 786-786.	0.2	6
142	Effects of Combined Creatine Plus Fenugreek Extract vs. Creatine Plus Carbohydrate Supplementation on Resistance Training Adaptations. Journal of Sports Science and Medicine, 2011, 10, 254-60.	0.7	6
143	Biochemical Effects of Carbohydrate Supplementation in a Simulated Competition of Short Terrestrial Duathlon. Journal of the International Society of Sports Nutrition, 2006, 3, 6-11.	1.7	5
144	Fatty Acid Blood Levels, Vitamin D Status, Physical Performance, Activity, and Resiliency: A Novel Potential Screening Tool for Depressed Mood in Active Duty Soldiers. Military Medicine, 2016, 181, 1114-1120.	0.4	5

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145	Effects of an Eight Week Resistance Training Program and Low Glycemic Diet on Body Composition and Performance in Sedentary, Healthy Overweight Females: Preliminary Data. FASEB Journal, 2008, 22, 759-759.	0.2	5
146	Effects of Inositol-Enhanced Bonded Arginine Silicate Ingestion on Cognitive and Executive Function in Gamers. Nutrients, 2021, 13, 3758.	1.7	5
147	EFFECTS OF CREATINE SUPPLEMENTATION ON THE INCIDENCE OF CRAMPING/INJURY DURING EIGHTEEN WEEKS OF DIVISION I FOOTBALL TRAINING/COMPETITION. Medicine and Science in Sports and Exercise, 2002, 34, S146.	0.2	5
148	The Relative Safety of Ephedra Compared with Other Herbal Products. Annals of Internal Medicine, 2003, 138, 1006.	2.0	4
149	ISSN Roundtable: FAQs About the ISSN. Journal of the International Society of Sports Nutrition, 2005, 2, 1-3.	1.7	4
150	Factors That Contribute to and Account for Strength and Work Capacity in a Large Cohort of Recreationally Trained Adult Healthy Men With High- and Low-Strength Levels. Journal of Strength and Conditioning Research, 2014, 28, 1246-1254.	1.0	4
151	Effects of short-term ingestion of Russian Tarragon prior to creatine monohydrate supplementation on whole body and muscle creatine retention and anaerobic sprint capacity: a preliminary investigation. Journal of the International Society of Sports Nutrition, 2014, 11, 6.	1.7	4
152	PERCEIVED HEALTH STATUS AND SIDE-EFFECTS ASSOCIATED WITH CREATINE SUPPLEMENTATION DURING THE COLLEGIATE FOOTBALL SEASON. Medicine and Science in Sports and Exercise, 2001, 33, S205.	0.2	4
153	Creatine Controversy?. Strength and Conditioning Journal, 1999, 21, 14.	0.7	3
154	Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. Journal of the International Society of Sports Nutrition, 2012, 9, .	1.7	3
155	Effects of ingesting a pre-workout supplement with and without synephrine on cognitive function, perceptions of readiness to perform, and exercise performance. Journal of the International Society of Sports Nutrition, 2014, 11, P36.	1.7	3
156	An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. Journal of Dietary Supplements, 2021, 18, 478-506.	1.4	3
157	Effects of cluster training on body composition and strength in resistance-trained men. Isokinetics and Exercise Science, 2020, 28, 391-399.	0.2	3
158	Strength, Conditioning, and Nutritional Considerations for High-Level Performers. Kinesiology Review, 2020, 9, 31-40.	0.4	3
159	Glycemic and Insulinemic Response to Ingestion of a Novel Food Bar Containing Whey Protein and Isomaltoâ€Oligosaccharides. FASEB Journal, 2018, 32, lb371.	0.2	3
160	Effects of Energy and Macronutrient Cycling on Weight Loss, Body Composition, and Markers of Health in Obese Women Participating in a Resistance-Based Exercise Program. Medical Research Archives, 2020, 8, .	0.1	3
161	Exercise and Nutritional Strategies to Promote Weight Loss: A Narrative Review. OBM Integrative and Complementary Medicine, 2021, 06, 1-1.	0.1	3
162	Traditional and Undulating Periodization on Body Composition, Strength Levels and Physical Fitness in Older Adults. International Journal of Environmental Research and Public Health, 2022, 19, 4522.	1.2	3

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163	682 EFFECTS OF AMINO ACID & CARNITINE SUPPLEMENTATION ON IMMUNE STATUS DURING AN INTERCOLLEGIATE SWIM SEASON. Medicine and Science in Sports and Exercise, 1993, 25, S123.	0.2	2
164	The Effects of a Commercially Available Energy Drink on Resistance Training Performance. Medicine and Science in Sports and Exercise, 2010, 42, 448.	0.2	2
165	Thermogenic and hemodynamic effects of ingesting a pre-workout supplement with and without synephrine. Journal of the International Society of Sports Nutrition, 2014, 11, .	1.7	2
166	Optimizing Nutrition for Exercise and Sports. , 2012, , 391-434.		2
167	The Neurosurgeon in Sport: Awareness of the Risks of Heatstroke and Dietary Supplements. Neurosurgery, 2003, 52, 252-255.	0.6	2
168	Comparison of Two Diet and Exercise Approaches on Weight Loss and Health Outcomes in Obese Women. International Journal of Environmental Research and Public Health, 2022, 19, 4877.	1.2	2
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170	Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers. Medicine and Science in Sports and Exercise, 2011, 43, 471-472.	0.2	1
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