

Richard B Kreider

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.

176
papers

6,234
citations

44
h-index

73
g-index

216
ext. papers

7,640
ext. citations

3.4
avg, IF

5.66
L-index

#	Paper	IF	Citations
176	International society of sports nutrition position stand: caffeine and performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 5	4.5	281
175	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 20	4.5	264
174	Effects of creatine supplementation on body composition, strength, and sprint performance. <i>Medicine and Science in Sports and Exercise</i> , 1998 , 30, 73-82	1.2	253
173	ISSN exercise & sports nutrition review update: research & recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2018 , 15, 38	4.5	224
172	International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 18	4.5	215
171	ISSN exercise & sport nutrition review: research & recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7,	4.5	177
170	Effects of creatine supplementation on performance and training adaptations. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 89-94	4.2	136
169	International Society of Sports Nutrition position stand: energy drinks. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 1	4.5	121
168	International Society of Sports Nutrition position stand: nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 17	4.5	120
167	International society of sports nutrition position stand: nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 33	4.5	119
166	Obesity: prevalence, theories, medical consequences, management, and research directions. <i>Journal of the International Society of Sports Nutrition</i> , 2005 , 2, 4-31	4.5	114
165	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 30	4.5	111
164	Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 95-104	4.2	103
163	The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 643-53	3.2	99
162	Dietary supplements and the promotion of muscle growth with resistance exercise. <i>Sports Medicine</i> , 1999 , 27, 97-110	10.6	88
161	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 6	4.5	87
160	Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. <i>Nutrition</i> , 2006 , 22, 872-81	4.8	87

159	Effects of creatine supplementation on repetitive sprint performance and body composition in competitive swimmers. <i>International Journal of Sport Nutrition</i> , 1997 , 7, 330-46		81
158	Effects of conjugated linoleic acid supplementation during resistance training on body composition, bone density, strength, and selected hematological markers. <i>Journal of Strength and Conditioning Research</i> , 2002 , 16, 325-34	3.2	80
157	Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 216-227	3	78
156	Acknowledgement of manuscript reviewers 2015. <i>Journal of the International Society of Sports Nutrition</i> , 2016 , 13,	4.5	78
155	Powdered tart cherry supplementation demonstrates benefit on markers of catabolism and muscle soreness following an acute bout of intense lower body resistance exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P31	4.5	78
154	Kre-Alkalyn [®] supplementation does not promote greater changes in muscle creatine content, body composition, or training adaptations in comparison to creatine monohydrate. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, P11	4.5	78
153	Annual acknowledgement of manuscript reviewers. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10,	4.5	78
152	Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 8	4.5	78
151	Effects of beta-alanine on muscle carnosine and exercise performance: a review of the current literature. <i>Nutrients</i> , 2010 , 2, 75-98	6.7	72
150	Analysis of the efficacy, safety, and regulatory status of novel forms of creatine. <i>Amino Acids</i> , 2011 , 40, 1369-83	3.5	70
149	International Society of Sports Nutrition Position Stand: Probiotics. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 62	4.5	69
148	The athletic gut microbiota. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 24	4.5	65
147	Physiological considerations of ultraendurance performance. <i>International Journal of Sport Nutrition</i> , 1991 , 1, 3-27		62
146	Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. <i>Journal of the International Society of Sports Nutrition</i> , 2016 , 13, 22	4.5	60
145	Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. <i>Nutrition and Metabolism</i> , 2009 , 6, 23	4.6	60
144	Effects of coelus forskohlii supplementation on body composition and hematological profiles in mildly overweight women. <i>Journal of the International Society of Sports Nutrition</i> , 2005 , 2, 54-62	4.5	59
143	Effects of different intensities of resistance exercise on regulators of myogenesis. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2179-87	3.2	52
142	Creatine supplementation patterns and perceived effects in select division I collegiate athletes. <i>Clinical Journal of Sport Medicine</i> , 2000 , 10, 191-4	3.2	52

141	The effects of creatine ethyl ester supplementation combined with heavy resistance training on body composition, muscle performance, and serum and muscle creatine levels. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 6	4.5	51
140	Effects of creatine supplementation on performance and training adaptations. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 89-94	4.2	50
139	Intramuscular adaptations to eccentric exercise and antioxidant supplementation. <i>Amino Acids</i> , 2010 , 39, 219-32	3.5	49
138	Cardiovascular and thermal responses of triathlon performance. <i>Medicine and Science in Sports and Exercise</i> , 1988 , 20, 385-90	1.2	47
137	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 50	4.5	46
136	Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 41	4.5	46
135	Amino acid supplementation and exercise performance. Analysis of the proposed ergogenic value. <i>Sports Medicine</i> , 1993 , 16, 190-209	10.6	45
134	Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	44
133	Creatine supplementation during college football training does not increase the incidence of cramping or injury. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 83-88	4.2	44
132	Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide supplementation on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2006 , 3, 19-27	4.5	43
131	MRI-Based Regional Muscle Use during Hamstring Strengthening Exercises in Elite Soccer Players. <i>PLoS ONE</i> , 2016 , 11, e0161356	3.7	42
130	Greater gains in strength and power with intraset rest intervals in hypertrophic training. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 3116-31	3.2	41
129	Effects of phosphate loading on metabolic and myocardial responses to maximal and endurance exercise. <i>International Journal of Sport Nutrition</i> , 1992 , 2, 20-47		40
128	Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. <i>Nutrition</i> , 2007 , 23, 647-56	4.8	39
127	Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women. <i>Nutrition Journal</i> , 2010 , 9, 59	4.3	37
126	Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 95-104	4.2	36
125	Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2018 , 15, 31	4.5	35
124	Effects of calcium pyruvate supplementation during training on body composition, exercise capacity, and metabolic responses to exercise. <i>Nutrition</i> , 2005 , 21, 312-9	4.8	35

123	Effects of ingesting supplements designed to promote lean tissue accretion on body composition during resistance training. <i>International Journal of Sport Nutrition</i> , 1996 , 6, 234-46		35
122	Honey. <i>Strength and Conditioning Journal</i> , 2002 , 24, 50-51	2	34
121	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. <i>Journal of the International Society of Sports Nutrition</i> , 2011 , 8, 8	4.5	33
120	AB[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. <i>Food and Function</i> , 2018 , 9, 3097-3103	6.1	32
119	International Society of Sports Nutrition position stand: meal frequency. <i>Journal of the International Society of Sports Nutrition</i> , 2011 , 8, 4	4.5	31
118	A structured diet and exercise program promotes favorable changes in weight loss, body composition, and weight maintenance. <i>Journal of the American Dietetic Association</i> , 2011 , 111, 828-43		29
117	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 21	4.5	29
116	Effects of oral D-ribose supplementation on anaerobic capacity and selected metabolic markers in healthy males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003 , 13, 76-86	4.4	29
115	Cramping and Injury Incidence in Collegiate Football Players Are Reduced by Creatine Supplementation. <i>Journal of Athletic Training</i> , 2003 , 38, 216-219	4	29
114	Effects of 28 days of beta-alanine and creatine supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 55	4.5	28
113	Effects of Zinc Magnesium Aspartate (ZMA) Supplementation on Training Adaptations and Markers of Anabolism and Catabolism. <i>Journal of the International Society of Sports Nutrition</i> , 2004 , 1, 12-20	4.5	28
112	Early-phase adaptations to a split-body, linear periodization resistance training program in college-aged and middle-aged men. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 962-71	3.2	27
111	Effects of a purported aromatase and 5 β -reductase inhibitor on hormone profiles in college-age men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010 , 20, 457-65	4.4	27
110	ISSN Exercise & Sport Nutrition Review: Research & Recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2004 , 1, 1	4.5	27
109	Low vs. high glycemic index carbohydrate gel ingestion during simulated 64-km cycling time trial performance. <i>Journal of Strength and Conditioning Research</i> , 2004 , 18, 466-72	3.2	26
108	Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8 weeks on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 1	4.5	25
107	Effects of acute ingestion of a pre-workout dietary supplement with and without synephrine on resting energy expenditure, cognitive function and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 3	4.5	25
106	The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults. <i>Dynamic Medicine: DM</i> , 2009 , 8, 6		24

105	The effects of creatine monohydrate supplementation with and without D-pinitol on resistance training adaptations. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2673-82	3.2	24
104	A buffered form of creatine does not promote greater changes in muscle creatine content, body composition, or training adaptations than creatine monohydrate. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, 43	4.5	23
103	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. <i>Physician and Sportsmedicine</i> , 2011 , 39, 27-40	2.4	23
102	The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 34	4.5	23
101	Effect of inosine supplementation on 3-mile treadmill run performance and $\dot{V}O_{2\max}$ peak. <i>Medicine and Science in Sports and Exercise</i> , 1990 , 22, 517-522	1.2	23
100	Creatine in Health and Disease. <i>Nutrients</i> , 2021 , 13,	6.7	23
99	Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 13	4.5	23
98	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. <i>Frontiers in Nutrition</i> , 2019 , 6, 124	6.2	21
97	Creatine supplementation post-exercise does not enhance training-induced adaptations in middle to older aged males. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1321-32	3.4	19
96	Effects of Conjugated Linoleic Acid Supplementation During Resistance Training on Body Composition, Bone Density, Strength, and Selected Hematological Markers. <i>Journal of Strength and Conditioning Research</i> , 2002 , 16, 325	3.2	19
95	Creatine supplementation during college football training does not increase the incidence of cramping or injury. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 83-8	4.2	19
94	Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. <i>Food and Chemical Toxicology</i> , 2013 , 61, 47-52	4.7	18
93	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. <i>Nutrients</i> , 2017 , 9,	6.7	17
92	Effects of resistance exercise intensity on extracellular signal-regulated kinase 1/2 mitogen-activated protein kinase activation in men. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 599-607	3.2	17
91	The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 23	4.5	17
90	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. <i>Nutrients</i> , 2021 , 13,	6.7	17
89	Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2016 , 13, 12	4.5	16
88	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. <i>Nutrients</i> , 2018 , 10,	6.7	16

87	Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 18	4.5	16
86	Potential clinical applications of multi-functional milk proteins and peptides in cancer management. <i>Current Medicinal Chemistry</i> , 2014 , 21, 2424-37	4.3	16
85	Effects of ribose supplementation prior to and during intense exercise on anaerobic capacity and metabolic markers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005 , 15, 653-64	4.4	15
84	Creatine supplementation in exercise, sport, and medicine. <i>Journal of Exercise Nutrition & Biochemistry</i> , 2011 , 6, 53-69	1.2	15
83	Effects of carbohydrate supplementation during intense training on dietary patterns, psychological status, and performance. <i>International Journal of Sport Nutrition</i> , 1995 , 5, 125-35		14
82	Effects of a ketogenic diet on body composition and strength in trained women. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 19	4.5	14
81	Bioactive properties and clinical safety of a novel milk protein peptide. <i>Nutrition Journal</i> , 2011 , 10, 99	4.3	13
80	Conjugated linoleic acids. <i>Current Sports Medicine Reports</i> , 2008 , 7, 237-41	1.9	13
79	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. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 14	4.5	12
78	Protein for exercise and recovery. <i>Physician and Sportsmedicine</i> , 2009 , 37, 13-21	2.4	11
77	Species-specific responses to creatine supplementation. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2003 , 285, R725-6	3.2	11
76	Optimizing Nutrition for Exercise and Sport 2001 , 207-235		11
75	The effects of IQPLUS Focus on cognitive function, mood and endocrine response before and following acute exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2011 , 8, 16	4.5	10
74	Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 25	4.5	10
73	Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 411-419	3.2	10
72	Validation of Field Methods to Assess Body Fat Percentage in Elite Youth Soccer Players. <i>International Journal of Sports Medicine</i> , 2018 , 39, 349-354	3.6	9
71	The role of exercise training on lipoprotein profiles in adolescent males. <i>Lipids in Health and Disease</i> , 2014 , 13, 95	4.4	9
70	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. <i>Nutrients</i> , 2017 , 9,	6.7	9

69	Journal of the International Society of Sports Nutrition: a new era begins. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 1	4.5	9
68	Differential Impact of Calcium and Vitamin D on Body Composition Changes in Post-Menopausal Women Following a Restricted Energy Diet and Exercise Program. <i>Nutrients</i> , 2020 , 12,	6.7	8
67	Periexercise coingestion of branched-chain amino acids and carbohydrate in men does not preferentially augment resistance exercise-induced increases in phosphatidylinositol 3 kinase/protein kinase B-mammalian target of rapamycin pathway markers indicative of muscle protein synthesis. <i>Nutrition Research</i> , 2014 , 34, 191-8	4	8
66	Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations. <i>Nutrients</i> , 2021 , 13,	6.7	8
65	Sarcopenia: Etiology, Nutritional Approaches, and miRNAs. <i>International Journal of Molecular Sciences</i> , 2021 , 22,	6.3	8
64	Dose Response to One Week of Supplementation of a Multi-Ingredient Preworkout Supplement Containing Caffeine Before Exercise. <i>Journal of Caffeine Research</i> , 2017 , 7, 81-94		7
63	Retrospective Analysis of Protein- and Carbohydrate-Focused Diets Combined with Exercise on Metabolic Syndrome Prevalence in Overweight and Obese Women. <i>Metabolic Syndrome and Related Disorders</i> , 2016 , 14, 228-37	2.6	7
62	Annual acknowledgement of manuscript reviewers. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11,	4.5	7
61	Protein and Amino Acid Supplementation Does Not Alter Proteolytic Gene Expression following Immobilization. <i>Journal of Nutrition and Metabolism</i> , 2011 , 2011, 539690	2.7	7
60	The 4RQ Framework of Nutritional Strategies for Post-Exercise Recovery: A Review with Emphasis on New Generation of Carbohydrates. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 18,	4.6	7
59	Strength/power augmentation subsequent to short-term training abstinence. <i>Journal of Strength and Conditioning Research</i> , 2004 , 18, 765-70	3.2	7
58	Effects of Ashwagandha () on Physical Performance: Systematic Review and Bayesian Meta-Analysis. <i>Journal of Functional Morphology and Kinesiology</i> , 2021 , 6,	2.4	7
57	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. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 34	4.5	6
56	Oral Contraceptive Use does not Negatively Affect Body Composition and Strength Adaptations in Trained Women. <i>International Journal of Sports Medicine</i> , 2019 , 40, 842-849	3.6	6
55	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. <i>Amino Acids</i> , 2015 , 47, 1203-13	3.5	6
54	Muscle Fiber and Performance Adaptations to Resistance Exercise with MyoVive, Colostrum or Casein and Whey Supplementation. <i>Research in Sports Medicine</i> , 2003 , 11, 109-128	3.8	6
53	Effectiveness of accommodation and constant resistance training on maximal strength and power in trained athletes. <i>PeerJ</i> , 2014 , 2, e441	3.1	6
52	Current perspectives of caffeinated energy drinks on exercise performance and safety assessment. <i>Nutrition and Dietary Supplements</i> , 2018 , Volume 10, 35-44	1.2	6

51	Comparison of changes in lean body mass with a strength- versus muscle endurance-based resistance training program. <i>European Journal of Applied Physiology</i> , 2019 , 119, 933-940	3.4	5
50	Effects of whey protein supplementation prior to, and following, resistance exercise on body composition and training responses: A randomized double-blind placebo-controlled study. <i>Journal of Exercise Nutrition & Biochemistry</i> , 2019 , 23, 34-44	1.2	5
49	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. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 13	4.5	5
48	EFFECTS OF CREATINE SUPPLEMENTATION ON THE INCIDENCE OF CRAMPING/INJURY DURING EIGHTEEN WEEKS OF DIVISION I FOOTBALL TRAINING/COMPETITION. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, S146	1.2	5
47	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 61	4.5	5
46	Effects of Combined Creatine Plus Fenugreek Extract vs. Creatine Plus Carbohydrate Supplementation on Resistance Training Adaptations. <i>Journal of Sports Science and Medicine</i> , 2011 , 10, 254-60	2.7	4
45	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. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 6	4.5	3
44	Effects of ingesting a pre-workout supplement with and without synephrine on cognitive function, perceptions of readiness to perform, and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P36	4.5	3
43	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. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1246-54	3.2	3
42	Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9,	4.5	3
41	Biochemical effects of carbohydrate supplementation in a simulated competition of short terrestrial duathlon. <i>Journal of the International Society of Sports Nutrition</i> , 2006 , 3, 6-11	4.5	3
40	The relative safety of ephedra compared with other herbal products. <i>Annals of Internal Medicine</i> , 2003 , 138, 1006; author reply 1006-7	8	3
39	Creatine Controversy?. <i>Strength and Conditioning Journal</i> , 1999 , 21, 14	2	3
38	A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation. <i>Nutrients</i> , 2021 , 13,	6.7	3
37	Effects of creatine supplementation on performance and training adaptations 2003 , 89-94		3
36	A Bioinformatics-Assisted Review on Iron Metabolism and Immune System to Identify Potential Biomarkers of Exercise Stress-Induced Immunosuppression.. <i>Biomedicines</i> , 2022 , 10,	4.8	3
35	Thermogenic and hemodynamic effects of ingesting a pre-workout supplement with and without synephrine. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P35	4.5	2
34	The Effects of a Commercially Available Energy Drink on Resistance Training Performance. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 448	1.2	2

33	PERCEIVED HEALTH STATUS AND SIDE-EFFECTS ASSOCIATED WITH CREATINE SUPPLEMENTATION DURING THE COLLEGIATE FOOTBALL SEASON. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, S205	1.2	2
32	The Neurosurgeon in Sport: Awareness of the Risks of Heatstroke and Dietary Supplements. <i>Neurosurgery</i> , 2003 , 52, 252-255	3.2	2
31	Effects of an Eight Week Resistance Training Program and Low Glycemic Diet on Body Composition and Performance in Sedentary, Healthy Overweight Females: Preliminary Data. <i>FASEB Journal</i> , 2008 , 22, 759-759	0.9	2
30	Fatty Acid Blood Levels, Vitamin D Status, Physical Performance, Activity, and Resiliency: A Novel Potential Screening Tool for Depressed Mood in Active Duty Soldiers. <i>Military Medicine</i> , 2016 , 181, 1114-1120	1.3	2
29	Effects of cluster training on body composition and strength in resistance-trained men. <i>Isokinetics and Exercise Science</i> , 2020 , 28, 391-399	0.6	1
28	Effects of short-term ingestion of Russian Tarragon prior to creatine monohydrate supplementation on whole body and muscle creatine retention: a preliminary investigation. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, P24	4.5	1
27	Strength, Conditioning, and Nutritional Considerations for High-Level Performers. <i>Kinesiology Review</i> , 2020 , 9, 31-40	2	1
26	Effects Of A Non-linear Resistance Training Program On Biochemical And Physiological Health Parameters In Elderly. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 749-749	1.2	1
25	Relationship of uric acid to markers of metabolic syndrome (MS) and medical status. <i>FASEB Journal</i> , 2008 , 22, 786-786	0.9	1
24	Glycemic and Insulinemic Response to Ingestion of a Novel Food Bar Containing Whey Protein and Isomalto-Oligosaccharides. <i>FASEB Journal</i> , 2018 , 32, lb371	0.9	1
23	Optimizing Nutrition for Exercise and Sports 2012 , 391-434		1
22	An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. <i>Journal of Dietary Supplements</i> , 2021 , 18, 478-506	2.3	1
21	Creatine Enhances the Effects of Cluster-Set Resistance Training on Lower-Limb Body Composition and Strength in Resistance-Trained Men: A Pilot Study. <i>Nutrients</i> , 2021 , 13,	6.7	1
20	CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021 , 1-6	4.4	0
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