Richard B Kreider

List of Publications by Year in Descending Order

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	A Bioinformatics-Assisted Review on Iron Metabolism and Immune System to Identify Potential Biomarkers of Exercise Stress-Induced Immunosuppression.. *Biomedicines*, **2022**, 10,	4.8	3
175	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	3.2	10
174	CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males. *International Journal of Sport Nutrition and Exercise Metabolism*, **2021**, 1-6	4.4	0
173	An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. *Journal of Dietary Supplements*, **2021**, 18, 478-506	2.3	1
172	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. *Nutrients*, **2021**, 13,	6.7	17
171	Effects of a low-carbohydrate ketogenic diet on health parameters in resistance-trained women. *European Journal of Applied Physiology*, **2021**, 121, 2349-2359	3.4	0
170	Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations. *Nutrients*, **2021**, 13,	6.7	8
169	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,	6.7	1
168	A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation. *Nutrients*, **2021**, 13,	6.7	3
167	Creatine in Health and Disease. *Nutrients*, **2021**, 13,	6.7	23
166	Effects of Ashwagandha () on Physical Performance: Systematic Review and Bayesian Meta-Analysis. *Journal of Functional Morphology and Kinesiology*, **2021**, 6,	2.4	7
165	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	4.5	23
164	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. *Journal of the International Society of Sports Nutrition*, **2021**, 18, 61	4.5	5
163	Sarcopenia: Etiology, Nutritional Approaches, and miRNAs. *International Journal of Molecular Sciences*, **2021**, 22,	6.3	8
162	The athletic gut microbiota. *Journal of the International Society of Sports Nutrition*, **2020**, 17, 24	4.5	65
161	Effects of cluster training on body composition and strength in resistance-trained men. *Isokinetics and Exercise Science*, **2020**, 28, 391-399	0.6	1
160	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,	6.7	8

159	Dr. Mike Greenwood: A Life of Coaching and Science. *Journal of Strength and Conditioning Research*, **2020**, 34, 295-297	3.2	
158	Strength, Conditioning, and Nutritional Considerations for High-Level Performers. *Kinesiology Review*, **2020**, 9, 31-40	2	1
157	Effects Of A Non-linear Resistance Training Program On Biochemical And Physiological Health Parameters In Elderly. *Medicine and Science in Sports and Exercise*, **2020**, 52, 749-749	1.2	1
156	The 4RQ 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*, **2020**, 18,	4.6	7
155	Effects of a ketogenic diet on body composition and strength in trained women. *Journal of the International Society of Sports Nutrition*, **2020**, 17, 19	4.5	14
154	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	4.5	6
153	Oral Contraceptive Use does not Negatively Affect Body Composition and Strength Adaptations in Trained Women. *International Journal of Sports Medicine*, **2019**, 40, 842-849	3.6	6
152	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	3.4	5
151	Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. *Journal of Clinical Medicine*, **2019**, 8,	5.1	44
150	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	1.2	5
149	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. *Frontiers in Nutrition*, **2019**, 6, 124	6.2	21
148	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	4.5	46
147	Effects of Ingesting a Food Bar Containing Whey Protein and Isomalto-Oligosaccharides on Performance and Recovery from an Acute Bout of Resistance-Exercise and Sprint-Conditioning. *FASEB Journal*, **2019**, 33, 534.1	0.9	
146	Nutraceutical Application of Creatine **2019**, 267-293		
145	International Society of Sports Nutrition Position Stand: Probiotics. *Journal of the International Society of Sports Nutrition*, **2019**, 16, 62	4.5	69
144	Validation of Field Methods to Assess Body Fat Percentage in Elite Youth Soccer Players. *International Journal of Sports Medicine*, **2018**, 39, 349-354	3.6	9
143	ISSN exercise & sports nutrition review update: research & recommendations. *Journal of the International Society of Sports Nutrition*, **2018**, 15, 38	4.5	224
142	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	4.5	35

141	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,	6.7	16
140	Glycemic and Insulinemic Response to Ingestion of a Novel Food Bar Containing Whey Protein and Isomalto-Oligosaccharides. *FASEB Journal*, **2018**, 32, lb371	0.9	1
139	Current perspectives of caffeinated energy drinks on exercise performance and safety assessment. *Nutrition and Dietary Supplements*, **2018**, Volume 10, 35-44	1.2	6
138	A□□(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	6.1	32
137	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	3	78
136	Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8´weeks on training adaptations in resistance-trained males. *Journal of the International Society of Sports Nutrition*, **2017**, 14, 1	4.5	25
135	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		7
134	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	4.5	215
133	Effects of acute ingestion of a pre-workout dietary supplement with and without synephrine on resting energy expenditure, cognitive function and exercise performance. *Journal of the International Society of Sports Nutrition*, **2017**, 14, 3	4.5	25
132	International society of sports nutrition position stand: nutrient timing. *Journal of the International Society of Sports Nutrition*, **2017**, 14, 33	4.5	119
131	International Society of Sports Nutrition Position Stand: protein and exercise. *Journal of the International Society of Sports Nutrition*, **2017**, 14, 20	4.5	264
130	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. *Nutrients*, **2017**, 9,	6.7	17
129	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. *Nutrients*, **2017**, 9,	6.7	9
128	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	4.5	60
127	Acknowledgement of manuscript reviewers 2015. *Journal of the International Society of Sports Nutrition*, **2016**, 13,	4.5	78
126	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	4.5	16
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, 228-37	2.6	7
124	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, 1114-20	1.2	2

123	MRI-Based Regional Muscle Use during Hamstring Strengthening Exercises in Elite Soccer Players. *PLoS ONE*, **2016**, 11, e0161356	3.7	42
122	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, 1203-13	3.5	6
121	International society of sports nutrition position stand: Beta-Alanine. *Journal of the International Society of Sports Nutrition*, **2015**, 12, 30	4.5	111
120	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	4.5	46
119	Annual acknowledgement of manuscript reviewers. *Journal of the International Society of Sports Nutrition*, **2014**, 11,	4.5	7
118	Creatine supplementation post-exercise does not enhance training-induced adaptations in middle to older aged males. *European Journal of Applied Physiology*, **2014**, 114, 1321-32	3.4	19
117	The role of exercise training on lipoprotein profiles in adolescent males. *Lipids in Health and Disease* , **2014**, 13, 95	4.4	9
116	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	4.5	3
115	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. *Nutrition Research*, **2014**, 34, 191-8	4	8
114	Effects of 28 days 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	4.5	28
113	Powdered tart cherry supplementation demonstrates benefit on markers of catabolism and muscle soreness following an acute bout of intense lower body resistance exercise. *Journal of the International Society of Sports Nutrition*, **2014**, 11, P31	4.5	78
112	Thermogenic and hemodynamic effects of ingesting a pre-workout supplement with and without synephrine. *Journal of the International Society of Sports Nutrition*, **2014**, 11, P35	4.5	2
111	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	4.5	3
110	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, 1246-54	3.2	3
109	Potential clinical applications of multi-functional milk proteins and peptides in cancer management. *Current Medicinal Chemistry*, **2014**, 21, 2424-37	4.3	16
108	Effectiveness of accommodation and constant resistance training on maximal strength and power in trained athletes. *PeerJ*, **2014**, 2, e441	3.1	6
107	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	4.7	18
106	International Society of Sports Nutrition position stand: energy drinks. *Journal of the International Society of Sports Nutrition*, **2013**, 10, 1	4.5	121

105	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). *Journal of the International Society of Sports Nutrition*, **2013**, 10, 6	4.5	87
104	Annual acknowledgement of manuscript reviewers. *Journal of the International Society of Sports Nutrition*, **2013**, 10,	4.5	78
103	Greater gains in strength and power with intraset rest intervals in hypertrophic training. *Journal of Strength and Conditioning Research*, **2013**, 27, 3116-31	3.2	41
102	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	4.5	23
101	Kre-Alkalyn supplementation does not promote greater changes in muscle creatine content, body composition, or training adaptations in comparison to creatine monohydrate. *Journal of the International Society of Sports Nutrition*, **2012**, 9, P11	4.5	78
100	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,	4.5	3
99	Effects of short-term ingestion of Russian Tarragon prior to creatine monohydrate supplementation on whole body and muscle creatine retention: a preliminary investigation. *Journal of the International Society of Sports Nutrition*, **2012**, 9, P24	4.5	1
98	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	3.2	17
97	Optimizing Nutrition for Exercise and Sports **2012**, 391-434		1
96	Protein and Amino Acid Supplementation Does Not Alter Proteolytic Gene Expression following Immobilization. *Journal of Nutrition and Metabolism*, **2011**, 2011, 539690	2.7	7
95	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, 828-43		29
94	Analysis of the efficacy, safety, and regulatory status of novel forms of creatine. *Amino Acids*, **2011**, 40, 1369-83	3.5	70
93	Bioactive properties and clinical safety of a novel milk protein peptide. *Nutrition Journal*, **2011**, 10, 99	4.3	13
92	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	4.5	10
91	International Society of Sports Nutrition position stand: meal frequency. *Journal of the International Society of Sports Nutrition*, **2011**, 8, 4	4.5	31
90	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*	4.5	33
89	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	2.4	23
88	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	2.7	4

87	Creatine supplementation in exercise, sport, and medicine. *Journal of Exercise Nutrition & Biochemistry*, **2011**, 6, 53-69	1.2	15
86	Relationship Between Exercise Capacity And Heart Rate Variability In Trained And Untrained Individuals. *FASEB Journal*, **2011**, 25, lb471	0.9	
85	Effects of beta-alanine on muscle carnosine and exercise performance: a review of the current literature. *Nutrients*, **2010**, 2, 75-98	6.7	72
84	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	4.3	37
83	Effects of a purported aromatase and 5Ɛreductase inhibitor on hormone profiles in college-age men. *International Journal of Sport Nutrition and Exercise Metabolism*, **2010**, 20, 457-65	4.4	27
82	Effects Of Creatine Supplementation And Resistance Training On Skeletal Muscle Hypertrophy In Older Individuals. *Medicine and Science in Sports and Exercise*, **2010**, 42, 758	1.2	
81	Effects Of Fenugreek, Cinnamon, & Curcumin Supplementation On Post Workout Il6 And Cortisol Response. *Medicine and Science in Sports and Exercise*, **2010**, 42, 450	1.2	
80	The Effects of a Commercially Available Energy Drink on Resistance Training Performance. *Medicine and Science in Sports and Exercise*, **2010**, 42, 448	1.2	2
79	Intramuscular adaptations to eccentric exercise and antioxidant supplementation. *Amino Acids*, **2010**, 39, 219-32	3.5	49
78	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	4.5	23
77	International society of sports nutrition position stand: caffeine and performance. *Journal of the International Society of Sports Nutrition*, **2010**, 7, 5	4.5	281
76	ISSN exercise & sport nutrition review: research & recommendations. *Journal of the International Society of Sports Nutrition*, **2010**, 7,	4.5	177
75	Protein for exercise and recovery. *Physician and Sportsmedicine*, **2009**, 37, 13-21	2.4	11
74	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	4.5	51
73	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	4.6	60
72	Effects of different intensities of resistance exercise on regulators of myogenesis. *Journal of Strength and Conditioning Research*, **2009**, 23, 2179-87	3.2	52
71	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, 962-71	3.2	27
70	The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults. *Dynamic Medicine: DM*, **2009**, 8, 6		24

69	The effects of creatine monohydrate supplementation with and without D-pinitol on resistance training adaptations. *Journal of Strength and Conditioning Research*, **2009**, 23, 2673-82	3.2	24
68	Weight Management **2009**, 167-199		
67	Conjugated linoleic acids. *Current Sports Medicine Reports*, **2008**, 7, 237-41	1.9	13
66	International Society of Sports Nutrition position stand: nutrient timing. *Journal of the International Society of Sports Nutrition*, **2008**, 5, 17	4.5	120
65	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	4.5	17
64	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	4.5	78
63	Medical profile of sedentary women with and without metabolic syndrome (MS). *FASEB Journal*, **2008**, 22, 788-788	0.9	
62	Relationship of uric acid to markers of metabolic syndrome (MS) and medical status. *FASEB Journal*, **2008**, 22, 786-786	0.9	1
61	Effects of Coenzyme Q10 Supplementation on Exercise Performance in Trained and Untrained Individuals. *Medicine and Science in Sports and Exercise*, **2008**, 40, S402	1.2	
60	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	0.9	2
59	Journal of the International Society of Sports Nutrition: a new era begins. *Journal of the International Society of Sports Nutrition*, **2007**, 4, 1	4.5	9
58	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	4.5	5
57	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	4.5	12
56	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	4.5	16
55	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. *Journal of the International Society of Sports Nutrition*, **2007**, 4, 21	4.5	29
54	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	4.5	10
53	Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. *Nutrition*, **2007**, 23, 647-56	4.8	39
52	Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition*, **2006**, 22, 872-81	4.8	87

51	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, 643-53	3.2	99
50	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	4.5	43
49	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	4.5	3
48	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, 653-64	4.4	15
47	Effects of calcium pyruvate supplementation during training on body composition, exercise capacity, and metabolic responses to exercise. *Nutrition*, **2005**, 21, 312-9	4.8	35
46	Obesity: prevalence, theories, medical consequences, management, and research directions. *Journal of the International Society of Sports Nutrition*, **2005**, 2, 4-31	4.5	114
45	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	4.5	59
44	Regional Body Composition Analysis Using DEXA. *Medicine and Science in Sports and Exercise*, **2005**, 37, S300	1.2	
43	Regional Body Composition Analysis Using DEXA. *Medicine and Science in Sports and Exercise*, **2005**, 37, S300	1.2	
42	ISSN Exercise & Sport Nutrition Review: Research & Recommendations. *Journal of the International Society of Sports Nutrition*, **2004**, 1, 1	4.5	27
41	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	4.5	28
40	Low vs. high glycemic index carbohydrate gel ingestion during simulated 64-km cycling time trial performance. *Journal of Strength and Conditioning Research*, **2004**, 18, 466-72	3.2	26
39	Strength/power augmentation subsequent to short-term training abstinence. *Journal of Strength and Conditioning Research*, **2004**, 18, 765-70	3.2	7
38	Heart Rate Variability and Exercise Capacity in Diabetic and Non-Diabetic Kidney Transplant Recipients. *Medicine and Science in Sports and Exercise*, **2004**, 36, S250-S251	1.2	
37	Creatine **2004**, 81-104		
36	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	4.4	29
35	The relative safety of ephedra compared with other herbal products. *Annals of Internal Medicine*, **2003**, 138, 1006; author reply 1006-7	8	3
34	Species-specific responses to creatine supplementation. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2003**, 285, R725-6	3.2	11

33	Creatine supplementation during college football training does not increase the incidence of cramping or injury. *Molecular and Cellular Biochemistry*, **2003**, 244, 83-88	4.2	44
32	Effects of creatine supplementation on performance and training adaptations. *Molecular and Cellular Biochemistry*, **2003**, 244, 89-94	4.2	136
31	Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. *Molecular and Cellular Biochemistry*, **2003**, 244, 95-104	4.2	103
30	Muscle Fiber and Performance Adaptations to Resistance Exercise with MyoVive, Colostrum or Casein and Whey Supplementation. *Research in Sports Medicine*, **2003**, 11, 109-128	3.8	6
29	Cramping and Injury Incidence in Collegiate Football Players Are Reduced by Creatine Supplementation. *Journal of Athletic Training*, **2003**, 38, 216-219	4	29
28	The neurosurgeon in sport: awareness of the risks of heatstroke and dietary supplements. *Neurosurgery*, **2003**, 52, 252-5; author reply 255-7	3.2	
27	The Neurosurgeon in Sport: Awareness of the Risks of Heatstroke and Dietary Supplements. *Neurosurgery*, **2003**, 52, 252-255	3.2	2
26	Long-term creatine supplementation does not significantly affect clinical markers of health in athletes **2003**, 95-104		
25	Creatine supplementation during college football training does not increase the incidence of cramping or injury **2003**, 83-88		
24	Effects of creatine supplementation on performance and training adaptations **2003**, 89-94		3
23	Creatine supplementation during college football training does not increase the incidence of cramping or injury. *Molecular and Cellular Biochemistry*, **2003**, 244, 83-8	4.2	19
22	Effects of creatine supplementation on performance and training adaptations. *Molecular and Cellular Biochemistry*, **2003**, 244, 89-94	4.2	50
21	Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. *Molecular and Cellular Biochemistry*, **2003**, 244, 95-104	4.2	36
20	Honey. *Strength and Conditioning Journal*, **2002**, 24, 50-51	2	34
19	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	3.2	19
18	Myosin Heavy Chain Expression and Dynamic Strength and Force Variables in Weight-Trained Females. *Medicine and Science in Sports and Exercise*, **2002**, 34, 72	1.2	
17	The Relationship Between EMG-Time and Isometric Force-Time Curves. *Medicine and Science in Sports and Exercise*, **2002**, 34, 22	1.2	
16	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	1.2	5

15	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	3.2	80
14	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	1.2	2
13	Optimizing Nutrition for Exercise and Sport **2001**, 207-235		11
12	Creatine supplementation patterns and perceived effects in select division I collegiate athletes. *Clinical Journal of Sport Medicine*, **2000**, 10, 191-4	3.2	52
11	Dietary supplements and the promotion of muscle growth with resistance exercise. *Sports Medicine* , **1999**, 27, 97-110	10.6	88
10	Creatine Controversy?. *Strength and Conditioning Journal*, **1999**, 21, 14	2	3
9	Effects of creatine supplementation on body composition, strength, and sprint performance. *Medicine and Science in Sports and Exercise*, **1998**, 30, 73-82	1.2	253
8	Effects of creatine supplementation on repetitive sprint performance and body composition in competitive swimmers. *International Journal of Sport Nutrition*, **1997**, 7, 330-46		81
7	Effects of ingesting supplements designed to promote lean tissue accretion on body composition during resistance training. *International Journal of Sport Nutrition*, **1996**, 6, 234-46		35
6	Effects of carbohydrate supplementation during intense training on dietary patterns, psychological status, and performance. *International Journal of Sport Nutrition*, **1995**, 5, 125-35		14
5	Amino acid supplementation and exercise performance. Analysis of the proposed ergogenic value. *Sports Medicine*, **1993**, 16, 190-209	10.6	45
4	Effects of phosphate loading on metabolic and myocardial responses to maximal and endurance exercise. *International Journal of Sport Nutrition*, **1992**, 2, 20-47		40
3	Physiological considerations of ultraendurance performance. *International Journal of Sport Nutrition*, **1991**, 1, 3-27		62
2	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	1.2	23
1	Cardiovascular and thermal responses of triathlon performance. *Medicine and Science in Sports and Exercise*, **1988**, 20, 385-90	1.2	47