

# Maria-Teresa Garcia-Conesa

## List of Publications by Year in descending order

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85  
papers

8,838  
citations

38660

50  
h-index

56606

83  
g-index

85  
all docs

85  
docs citations

85  
times ranked

10862  
citing authors

#	ARTICLE	IF	CITATIONS
1	Nutraceuticals: Facts and fiction. <i>Phytochemistry</i> , 2007, 68, 2986-3008.	1.4	675
2	Stability of polyphenols in chokeberry ( <i>Aronia melanocarpa</i> ) subjected to in vitro gastric and pancreatic digestion. <i>Food Chemistry</i> , 2007, 102, 865-874.	4.2	446
3	Biological Significance of Urolithins, the Gut Microbial Ellagic Acid-Derived Metabolites: The Evidence So Far. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-15.	0.5	399
4	Resveratrol and Clinical Trials: The Crossroad from In Vitro Studies to Human Evidence. <i>Current Pharmaceutical Design</i> , 2013, 19, 6064-6093.	0.9	377
5	Urolithins, the rescue of "old" metabolites to understand a "new" concept: Metabotypes as a nexus among phenolic metabolism, microbiota dysbiosis, and host health status. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1500901.	1.5	319
6	Ellagitannins, ellagic acid and vascular health. <i>Molecular Aspects of Medicine</i> , 2010, 31, 513-539.	2.7	315
7	One-year supplementation with a grape extract containing resveratrol modulates inflammatory-related microRNAs and cytokines expression in peripheral blood mononuclear cells of type 2 diabetes and hypertensive patients with coronary artery disease. <i>Pharmacological Research</i> , 2013, 72, 69-82.	3.1	304
8	Esterase Activity Able To Hydrolyze Dietary Antioxidant Hydroxycinnamates Is Distributed along the Intestine of Mammals. <i>Journal of Agricultural and Food Chemistry</i> , 2001, 49, 5679-5684.	2.4	269
9	Intestinal release and uptake of phenolic antioxidant diferulic acids. <i>Free Radical Biology and Medicine</i> , 2001, 31, 304-314.	1.3	241
10	Urolithins, Ellagic Acid-Derived Metabolites Produced by Human Colonic Microflora, Exhibit Estrogenic and Antiestrogenic Activities. <i>Journal of Agricultural and Food Chemistry</i> , 2006, 54, 1611-1620.	2.4	233
11	One-Year Consumption of a Grape Nutraceutical Containing Resveratrol Improves the Inflammatory and Fibrinolytic Status of Patients in Primary Prevention of Cardiovascular Disease. <i>American Journal of Cardiology</i> , 2012, 110, 356-363.	0.7	219
12	Alternative method for gas chromatography-mass spectrometry analysis of short-chain fatty acids in faecal samples. <i>Journal of Separation Science</i> , 2012, 35, 1906-1913.	1.3	203
13	Absorption of Hydroxycinnamates in Humans after High-Bran Cereal Consumption. <i>Journal of Agricultural and Food Chemistry</i> , 2003, 51, 6050-6055.	2.4	197
14	Grape Resveratrol Increases Serum Adiponectin and Downregulates Inflammatory Genes in Peripheral Blood Mononuclear Cells: A Triple-Blind, Placebo-Controlled, One-Year Clinical Trial in Patients with Stable Coronary Artery Disease. <i>Cardiovascular Drugs and Therapy</i> , 2013, 27, 37-48.	1.3	197
15	Addressing the inter-individual variation in response to consumption of plant food bioactives: Towards a better understanding of their role in healthy aging and cardiometabolic risk reduction. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600557.	1.5	179
16	Occurrence of urolithins, gut microbiota ellagic acid metabolites and proliferation markers expression response in the human prostate gland upon consumption of walnuts and pomegranate juice. <i>Molecular Nutrition and Food Research</i> , 2010, 54, 311-322.	1.5	174
17	Isolation and structural determination of two 5,5'-diferuloyl oligosaccharides indicate that maize heteroxylans are covalently cross-linked by oxidatively coupled ferulates. <i>Carbohydrate Research</i> , 1999, 320, 82-92.	1.1	168
18	Consumption of a grape extract supplement containing resveratrol decreases oxidized LDL and ApoB in patients undergoing primary prevention of cardiovascular disease: A triple-blind, 6-month follow-up, placebo-controlled, randomized trial. <i>Molecular Nutrition and Food Research</i> , 2012, 56, 810-821.	1.5	167

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19	Hydroxycinnamic acid composition and in vitro antioxidant activity of selected grain fractions. Food Chemistry, 2006, 99, 455-463.	4.2	162
20	Ellagitannin metabolites, urolithin <sc>A</sc> glucuronide and its aglycone urolithin <sc>A</sc>, ameliorate <sc>TNF</sc>â€”induced inflammation and associated molecular markers in human aortic endothelial cells. Molecular Nutrition and Food Research, 2012, 56, 784-796.	1.5	143
21	Characterization of Metabolites of Hydroxycinnamates in the in Vitro Model of Human Small Intestinal Epithelium Caco-2 Cells. Journal of Agricultural and Food Chemistry, 2003, 51, 7884-7891.	2.4	135
22	Concentration and Solubility of Flavanones in Orange Beverages Affect Their Bioavailability in Humans. Journal of Agricultural and Food Chemistry, 2010, 58, 6516-6524.	2.4	134
23	Gene expression, cell cycle arrest and MAPK signalling regulation in Cacoâ€” cells exposed to ellagic acid and its metabolites, urolithins. Molecular Nutrition and Food Research, 2009, 53, 686-698.	1.5	130
24	Inhibition of Quorum Sensing (QS) in Yersinia enterocolitica by an Orange Extract Rich in Glycosylated Flavanones. Journal of Agricultural and Food Chemistry, 2012, 60, 8885-8894.	2.4	124
25	Metabolites and tissue distribution of resveratrol in the pig. Molecular Nutrition and Food Research, 2011, 55, 1154-1168.	1.5	117
26	Meta-Analysis of the Effects of Foods and Derived Products Containing Ellagitannins and Anthocyanins on Cardiometabolic Biomarkers: Analysis of Factors Influencing Variability of the Individual Responses. International Journal of Molecular Sciences, 2018, 19, 694.	1.8	108
27	Phase-II metabolism limits the antiproliferative activity of urolithins in human colon cancer cells. European Journal of Nutrition, 2014, 53, 853-864.	1.8	107
28	Release of ferulic acid dehydrodimers from plant cell walls by feruloyl esterases. Journal of the Science of Food and Agriculture, 1999, 79, 428-434.	1.7	105
29	Intestinal Ellagitannin Metabolites Ameliorate Cytokine-Induced Inflammation and Associated Molecular Markers in Human Colon Fibroblasts. Journal of Agricultural and Food Chemistry, 2012, 60, 8866-8876.	2.4	91
30	Dietary phenolics against colorectal cancerâ€”From promising preclinical results to poor translation into clinical trials: Pitfalls and future needs. Molecular Nutrition and Food Research, 2015, 59, 1274-1291.	1.5	89
31	Gene expression changes in colon tissues from colorectal cancer patients following the intake of an ellagitannin-containing pomegranate extract: a randomized clinical trial. Journal of Nutritional Biochemistry, 2017, 42, 126-133.	1.9	86
32	Strawberry Processing Does Not Affect the Production and Urinary Excretion of Urolithins, Ellagic Acid Metabolites, in Humans. Journal of Agricultural and Food Chemistry, 2012, 60, 5749-5754.	2.4	85
33	Exploring the Validity of the 14-Item Mediterranean Diet Adherence Screener (MEDAS): A Cross-National Study in Seven European Countries around the Mediterranean Region. Nutrients, 2020, 12, 2960.	1.7	85
34	Ferulic acid dehydrodimers from wheat bran: isolation, purification and antioxidant properties of 8-O-4-diferulic acid. Redox Report, 1997, 3, 319-323.	1.4	81
35	A novel class of protein from wheat which inhibits xylanases1. Biochemical Journal, 1999, 338, 441.	1.7	81
36	Resveratrol in primary and secondary prevention of cardiovascular disease: a dietary and clinical perspective. Annals of the New York Academy of Sciences, 2013, 1290, 37-51.	1.8	80

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37	Up-regulation of tumor suppressor carcinoembryonic antigen-related cell adhesion molecule 1 in human colon cancer Caco-2 cells following repetitive exposure to dietary levels of a polyphenol-rich chokeberry juice. <i>Journal of Nutritional Biochemistry</i> , 2007, 18, 259-271.	1.9	77
38	Bioavailability of the major bioactive diterpenoids in a rosemary extract: Metabolic profile in the intestine, liver, plasma, and brain of Zucker rats. <i>Molecular Nutrition and Food Research</i> , 2013, 57, 1834-1846.	1.5	76
39	Dissimilar <i>In Vitro</i> and <i>In Vivo</i> Effects of Ellagic Acid and Its Microbiota-Derived Metabolites, Urolithins, on the Cytochrome P450 1A1. <i>Journal of Agricultural and Food Chemistry</i> , 2009, 57, 5623-5632.	2.4	75
40	The feruloyl esterase system of <i>Talaromyces stipitatus</i> : production of three discrete feruloyl esterases, including a novel enzyme, TsFaeC, with a broad substrate specificity. <i>Journal of Biotechnology</i> , 2004, 108, 227-241.	1.9	74
41	Inhibition of Gastric Lipase as a Mechanism for Body Weight and Plasma Lipids Reduction in Zucker Rats Fed a Rosemary Extract Rich in Carnosic Acid. <i>PLoS ONE</i> , 2012, 7, e39773.	1.1	71
42	Hydrolysis of diethyl diferulates by a tannase from <i>Aspergillus oryzae</i> . <i>Carbohydrate Polymers</i> , 2001, 44, 319-324.	5.1	70
43	Preventive Oral Treatment with Resveratrol Pro-prodrugs Drastically Reduce Colon Inflammation in Rodents. <i>Journal of Medicinal Chemistry</i> , 2010, 53, 7365-7376.	2.9	69
44	Oligomeric procyanidins inhibit cell migration and modulate the expression of migration and proliferation associated genes in human umbilical vascular endothelial cells. <i>Molecular Nutrition and Food Research</i> , 2009, 53, 266-276.	1.5	68
45	Comprehensive characterization of the effects of ellagic acid and urolithins on colorectal cancer and key associated molecular hallmarks: MicroRNA cell specific induction of <i>CDKN1A</i> (p21) as a common mechanism involved. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 701-716.	1.5	68
46	Antioxidant properties of 4,4'-dihydroxy-3,3'-dimethoxy-2,2'-bicinnamic acid (8-8-diferulic acid,) <i>Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 38</i>	1.7	67
47	Urolithins, ellagitannin metabolites produced by colon microbiota, inhibit Quorum Sensing in <i>Yersinia enterocolitica</i> : Phenotypic response and associated molecular changes. <i>Food Chemistry</i> , 2012, 132, 1465-1474.	4.2	60
48	<i>In Vivo</i> relevant mixed urolithins and ellagic acid inhibit phenotypic and molecular colon cancer stem cell features: A new potentiality for ellagitannin metabolites against cancer. <i>Food and Chemical Toxicology</i> , 2016, 92, 8-16.	1.8	58
49	MicroRNAs expression in normal and malignant colon tissues as biomarkers of colorectal cancer and in response to pomegranate extracts consumption: Critical issues to discern between modulatory effects and potential artefacts. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 1973-1986.	1.5	57
50	A Rosemary Extract Rich in Carnosic Acid Selectively Modulates Caecum Microbiota and Inhibits $\beta$ -Glucosidase Activity, Altering Fiber and Short Chain Fatty Acids Fecal Excretion in Lean and Obese Female Rats. <i>PLoS ONE</i> , 2014, 9, e94687.	1.1	55
51	A Systematic Review and Meta-Analysis of the Effects of Flavanol-Containing Tea, Cocoa and Apple Products on Body Composition and Blood Lipids: Exploring the Factors Responsible for Variability in Their Efficacy. <i>Nutrients</i> , 2017, 9, 746.	1.7	52
52	Nutraceuticals for older people: Facts, fictions and gaps in knowledge. <i>Maturitas</i> , 2013, 75, 313-334.	1.0	50
53	Antioxidant properties of ferulic acid dimers. <i>Redox Report</i> , 1997, 3, 239-244.	1.4	46
54	Effects of long-term consumption of low doses of resveratrol on diet-induced mild hypercholesterolemia in pigs: a transcriptomic approach to disease prevention. <i>Journal of Nutritional Biochemistry</i> , 2012, 23, 829-837.	1.9	43

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55	Characterisation of the cell walls of loquat ( <i>Eriobotrya japonica</i> L.) fruit tissues. <i>Carbohydrate Polymers</i> , 1998, 35, 169-177.	5.1	42
56	Pharmacokinetic Study of <i>trans</i> -Resveratrol in Adult Pigs. <i>Journal of Agricultural and Food Chemistry</i> , 2010, 58, 11165-11171.	2.4	36
57	Combined effect of interventions with pure or enriched mixtures of (poly)phenols and anti-diabetic medication in type 2 diabetes management: a meta-analysis of randomized controlled human trials. <i>European Journal of Nutrition</i> , 2020, 59, 1329-1343.	1.8	36
58	Why interindividual variation in response to consumption of plant food bioactives matters for future personalised nutrition. <i>Proceedings of the Nutrition Society</i> , 2020, 79, 225-235.	0.4	36
59	A cinnamoyl esterase from <i>Aspergillus niger</i> can break plant cell wall cross-links without release of free ferulic acids. <i>FEBS Journal</i> , 1999, 266, 644-652.	0.2	34
60	Superoxide scavenging by polyphenols: effect of conjugation and dimerization. <i>Redox Report</i> , 2002, 7, 379-383.	1.4	33
61	Lack of effect of oral administration of resveratrol in LPS-induced systemic inflammation. <i>European Journal of Nutrition</i> , 2011, 50, 673-680.	1.8	32
62	Hepatic molecular responses to <i>Bifidobacterium pseudocatenulatum</i> CECT 7765 in a mouse model of diet-induced obesity. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014, 24, 57-64.	1.1	31
63	Chokeberry Juice Containing Polyphenols Does Not Affect Cholesterol or Blood Pressure but Modifies the Composition of Plasma Phospholipids Fatty Acids in Individuals at Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 850.	1.7	31
64	Dietary Polyphenols against Metabolic Disorders: How Far Have We Progressed in the Understanding of the Molecular Mechanisms of Action of These Compounds?. <i>Critical Reviews in Food Science and Nutrition</i> , 2017, 57, 00-00.	5.4	29
65	A Citrus Extract Containing Flavanones Represses Plasminogen Activator Inhibitor-1 (PAI-1) Expression and Regulates Multiple Inflammatory, Tissue Repair, and Fibrosis Genes in Human Colon Fibroblasts. <i>Journal of Agricultural and Food Chemistry</i> , 2009, 57, 9305-9315.	2.4	28
66	Transcriptional changes in human Caco-2 colon cancer cells following exposure to a recurrent non-toxic dose of polyphenol-rich chokeberry juice. <i>Genes and Nutrition</i> , 2007, 2, 111-113.	1.2	27
67	A rosemary extract enriched in carnolic acid improves circulating adipocytokines and modulates key metabolic sensors in lean Zucker rats: Critical and contrasting differences in the obese genotype. <i>Molecular Nutrition and Food Research</i> , 2014, 58, 942-953.	1.5	24
68	Persistent Moderate-to-Weak Mediterranean Diet Adherence and Low Scoring for Plant-Based Foods across Several Southern European Countries: Are We Overlooking the Mediterranean Diet Recommendations?. <i>Nutrients</i> , 2021, 13, 1432.	1.7	24
69	Release of the bioactive compound, ferulic acid, from malt extracts. <i>Biochemical Society Transactions</i> , 1996, 24, 379S-379S.	1.6	22
70	An Exploratory Search for Potential Molecular Targets Responsive to the Probiotic <i>Lactobacillus salivarius</i> PS2 in Women With Mastitis: Gene Expression Profiling vs. Interindividual Variability. <i>Frontiers in Microbiology</i> , 2018, 9, 2166.	1.5	21
71	Critical Evaluation of Gene Expression Changes in Human Tissues in Response to Supplementation with Dietary Bioactive Compounds: Moving Towards Better-Quality Studies. <i>Nutrients</i> , 2018, 10, 807.	1.7	21
72	A Dietary Resveratrol-Rich Grape Extract Prevents the Developing of Atherosclerotic Lesions in the Aorta of Pigs Fed an Atherogenic Diet. <i>Journal of Agricultural and Food Chemistry</i> , 2012, 60, 5609-5620.	2.4	20

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73	Evaluation of <i>Pseudomonas aeruginosa</i> (PAO1) adhesion to human alveolar epithelial cells A549 using SYTO 9 dye. <i>Molecular and Cellular Probes</i> , 2012, 26, 121-126.	0.9	19
74	Bioavailability and Metabolism of Ellagic Acid and Ellagitannins. , 2009, , 273-297.		18
75	Targeted and Untargeted Metabolomics to Explore the Bioavailability of the Secoiridoids from a Seed/Fruit Extract ( <i>Fraxinus angustifolia</i> Vahl) in Human Healthy Volunteers: A Preliminary Study. <i>Molecules</i> , 2015, 20, 22202-22219.	1.7	18
76	Mediterranean Diet Adherence and Subjective Well-Being in a Sample of Portuguese Adults. <i>Nutrients</i> , 2020, 12, 3837.	1.7	18
77	Process for the isolation of preparative quantities of [2-O-(trans-feruloyl)- $\beta$ -D-arabinofuranosyl]-(1 $\rightarrow$ 3)- $\beta$ -D-glucopyranoside. <i>Journal of Chromatography B</i> , 2015, 971, 11-15.	1.1	15
78	Targeting the delivery of dietary plant bioactives to those who would benefit most: from science to practical applications. <i>European Journal of Nutrition</i> , 2019, 58, 65-73.	1.8	14
79	Polyphenol-Rich Foods for Human Health and Disease. <i>Nutrients</i> , 2020, 12, 400.	1.7	14
80	Assessment of Subjective Well-Being in a Cohort of University Students and Staff Members: Association with Physical Activity and Outdoor Leisure Time during the COVID-19 Pandemic. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4787.	1.2	13
81	Bioavailability, Metabolism, and Bioactivity of Food Ellagic Acid and Related Polyphenols. , 0, , 263-277.		8
82	A Systematic Review of the Cardiometabolic Benefits of Plant Products Containing Mixed Phenolics and Polyphenols in Postmenopausal Women: Insufficient Evidence for Recommendations to This Specific Population. <i>Nutrients</i> , 2021, 13, 4276.	1.7	7
83	Exploring Hedonic and Eudaimonic Items of Well-Being in Mediterranean and Non-Mediterranean Countries: Influence of Sociodemographic and Lifestyle Factors. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1715.	1.2	4
84	Enzymic hydrolysis of diferulates from wheat bran cell walls. <i>Biochemical Society Transactions</i> , 1998, 26, S168-S168.	1.6	1
85	The inhibitory effect of flavonoids and their gut-derived metabolites on the replication of <i>Chlamydia abortus</i> in the AH-1 ovine trophoblast cell line. <i>Research in Veterinary Science</i> , 2019, 126, 199-206.	0.9	1