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List of Publications by Year in descending order

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ΠΙΑΝΑ Ν ΟΒΑΝΟΑ

#	Article	IF	CITATIONS
1	Artepillin C: A comprehensive review of its chemistry, bioavailability, and pharmacological properties. Fìtoterapìâ, 2020, 147, 104775.	1.1	28
2	Chemical composition and pharmacological properties of <i>Macaranga</i> â€ŧype Pacific propolis: A review. Phytotherapy Research, 2021, 35, 207-222.	2.8	27
3	CD Obesityâ€Prone Rats, but not Obesityâ€Resistant Rats, Robustly Ferment Resistant Starch Without Increased Weight or Fat Accretion. Obesity, 2018, 26, 570-577.	1.5	26
4	An extract of Urtica dioica L. mitigates obesity induced insulin resistance in mice skeletal muscle via protein phosphatase 2A (PP2A). Scientific Reports, 2016, 6, 22222.	1.6	17
5	Kale Attenuates Inflammation and Modulates Gut Microbial Composition and Function in C57BL/6J Mice with Diet-Induced Obesity. Microorganisms, 2021, 9, 238.	1.6	17
6	Abundance of the species Clostridium butyricum in the gut microbiota contributes to differences in obesity phenotype in outbred Sprague-Dawley CD rats. Nutrition, 2020, 78, 110893.	1.1	15
7	Metagenomic insights into the effects of Urtica dioica vegetable on the gut microbiota of C57BL/6J obese mice, particularly the composition of Clostridia. Journal of Nutritional Biochemistry, 2021, 91, 108594.	1.9	14
8	Gut Microbiota Composition and Predicted Microbial Metabolic Pathways of Obesity Prone and Obesity Resistant Outbred Sprague-Dawley CD Rats May Account for Differences in Their Phenotype. Frontiers in Nutrition, 2021, 8, 746515.	1.6	14
9	Stinging Nettle (Urtica dioica L.) Attenuates FFA Induced Ceramide Accumulation in 3T3-L1 Adipocytes in an Adiponectin Dependent Manner. PLoS ONE, 2016, 11, e0150252.	1.1	10
10	Urtica dioica Whole Vegetable as a Functional Food Targeting Fat Accumulation and Insulin Resistance-a Preliminary Study in a Mouse Pre-Diabetic Model. Nutrients, 2020, 12, 1059.	1.7	8
11	Kale supplementation during high fat feeding improves metabolic health in a mouse model of obesity and insulin resistance. PLoS ONE, 2021, 16, e0256348.	1.1	4