

Jeffrey R Stout

List of Publications by Citations

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314
papers

8,144
citations

45
h-index

75
g-index

398
ext. papers

9,644
ext. citations

2.6
avg, IF

5.85
L-index

#	Paper	IF	Citations
3 ¹⁴	Prevalence of and interventions for sarcopenia in ageing adults: a systematic review. Report of the International Sarcopenia Initiative (EWGSOP and IWGS). <i>Age and Ageing</i> , 2014 , 43, 748-59	3	1063
3 ¹³	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
3 ¹²	Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 809-17	3.2	134
3 ¹¹	Effect of protein/essential amino acids and resistance training on skeletal muscle hypertrophy: A case for whey protein. <i>Nutrition and Metabolism</i> , 2010 , 7, 51	4.6	128
3 ¹⁰	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
3 ⁰⁹	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
3 ⁰⁸	The time course of musculotendinous stiffness responses following different durations of passive stretching. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2008 , 38, 632-9	4.2	117
3 ⁰⁷	Role of beta-alanine supplementation on muscle carnosine and exercise performance. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1162-73	1.2	116
3 ⁰⁶	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
3 ⁰⁵	Do practical durations of stretching alter muscle strength? A dose-response study. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1529-37	1.2	102
3 ⁰⁴	Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006 , 16, 430-46	4.4	93
3 ⁰³	International society of sports nutrition position stand: diets and body composition. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 16	4.5	91
3 ⁰²	The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. <i>Physiological Reports</i> , 2015 , 3, e12472	2.6	89
3 ⁰¹	Muscle architecture and strength: adaptations to short-term resistance training in older adults. <i>Muscle and Nerve</i> , 2014 , 49, 584-92	3.4	88
3 ⁰⁰	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
299	Short-duration beta-alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. <i>Nutrition Research</i> , 2008 , 28, 31-5	4	87
298	Examination of the health and safety aspects of 28-days ingestion of a supplement containing slow-release caffeine. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P17	4.5	78

297	Bio-active peptides (Biogro) supplementation improves work capacity during short-term resistance exercise in men. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11,	4.5	78
296	Effects of beta-alanine supplementation and high-intensity interval training on endurance performance and body composition in men; a double-blind trial. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 5	4.5	78
295	Effect of calcium β-hydroxy-β-methylbutyrate (CaHMB) with and without resistance training in men and women 65+yrs: a randomized, double-blind pilot trial. <i>Experimental Gerontology</i> , 2013 , 48, 1303-10	4.5	72
294	Effects of twenty-eight days of beta-alanine and creatine monohydrate supplementation on the physical working capacity at neuromuscular fatigue threshold. <i>Journal of Strength and Conditioning Research</i> , 2006 , 20, 928-31	3.2	72
293	Visual tracking speed is related to basketball-specific measures of performance in NBA players. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2406-14	3.2	71
292	Estimating body fat in NCAA Division I female athletes: a five-compartment model validation of laboratory methods. <i>European Journal of Applied Physiology</i> , 2009 , 105, 119-30	3.4	69
291	Total body water estimations in healthy men and women using bioimpedance spectroscopy: a deuterium oxide comparison. <i>Nutrition and Metabolism</i> , 2008 , 5, 7	4.6	69
290	The effects of 12 weeks of beta-hydroxy-beta-methylbutyrate free acid supplementation on muscle mass, strength, and power in resistance-trained individuals: a randomized, double-blind, placebo-controlled study. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1217-27	3.4	68
289	International society of sports nutrition position stand: caffeine and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 1	4.5	67
288	Mechanomyographic responses to concentric isokinetic muscle contractions. <i>European Journal of Applied Physiology</i> , 1997 , 75, 166-9	3.4	63
287	The effect of beta-alanine supplementation on neuromuscular fatigue in elderly (55-92 Years): a double-blind randomized study. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 21	4.5	59
286	Isometric Mid-Thigh Pull Correlates With Strength, Sprint, and Agility Performance in Collegiate Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3051-3056	3.2	59
285	Effects of two modes of static stretching on muscle strength and stiffness. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1777-84	1.2	56
284	Effect of creatine loading on neuromuscular fatigue threshold. <i>Journal of Applied Physiology</i> , 2000 , 88, 109-12	3.7	55
283	Muscle quality index improves with resistance exercise training in older adults. <i>Experimental Gerontology</i> , 2014 , 53, 1-6	4.5	54
282	Anthropometric estimation of thigh muscle cross-sectional area. <i>Medicine and Science in Sports and Exercise</i> , 1995 , 27, 784-791	1.2	54
281	Comparison of high-intensity vs. high-volume resistance training on the BDNF response to exercise. <i>Journal of Applied Physiology</i> , 2016 , 121, 123-8	3.7	53
280	Biomarkers of muscle quality: N-terminal propeptide of type III procollagen and C-terminal agrin fragment responses to resistance exercise training in older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014 , 5, 139-48	10.3	52

279	Comparison of the recovery response from high-intensity and high-volume resistance exercise in trained men. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1287-1298	3.4	50
278	The effects of beta-alanine supplementation and high-intensity interval training on neuromuscular fatigue and muscle function. <i>European Journal of Applied Physiology</i> , 2009 , 105, 357-63	3.4	49
277	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. <i>Journal of Sports Sciences</i> , 2009 , 27, 957-61	3.6	49
276	Intramuscular Anabolic Signaling and Endocrine Response Following Resistance Exercise: Implications for Muscle Hypertrophy. <i>Sports Medicine</i> , 2016 , 46, 671-85	10.6	47
275	Mechanomyography and oxygen consumption during incremental cycle ergometry. <i>European Journal of Applied Physiology</i> , 1997 , 76, 363-7	3.4	47
274	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
273	β-Hydroxy-β-methylbutyrate free acid reduces markers of exercise-induced muscle damage and improves recovery in resistance-trained men. <i>British Journal of Nutrition</i> , 2013 , 110, 538-44	3.6	46
272	Natural bodybuilding competition preparation and recovery: a 12-month case study. <i>International Journal of Sports Physiology and Performance</i> , 2013 , 8, 582-92	3.5	46
271	Effects of exercise training and amino-acid supplementation on body composition and physical performance in untrained women. <i>Nutrition</i> , 2000 , 16, 1043-6	4.8	46
270	β-Hydroxy-β-methylbutyrate (HMB)-free acid attenuates circulating TNF-α and TNFR1 expression postresistance exercise. <i>Journal of Applied Physiology</i> , 2013 , 115, 1173-82	3.7	44
269	Blessed Are the Organized 2010 ,		43
268	A comparison of traditional and block periodized strength training programs in trained athletes. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 990-7	3.2	42
267	Tracking fat-free mass changes in elderly men and women using single-frequency bioimpedance and dual-energy X-ray absorptiometry: a four-compartment model comparison. <i>European Journal of Clinical Nutrition</i> , 2013 , 67 Suppl 1, S40-6	5.2	41
266	Vastus lateralis exhibits non-homogenous adaptation to resistance training. <i>Muscle and Nerve</i> , 2014 , 50, 785-93	3.4	40
265	Exercise-induced oxidative stress: the effects of β-alanine supplementation in women. <i>Amino Acids</i> , 2012 , 43, 77-90	3.5	40
264	Six weeks of high-intensity interval training with and without beta-alanine supplementation for improving cardiovascular fitness in women. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1199-207	3.2	40
263	Gender differences in musculotendinous stiffness and range of motion after an acute bout of stretching. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2618-26	3.2	38
262	Performance changes in NBA basketball players vary in starters vs. nonstarters over a competitive season. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 611-5	3.2	37

261	The effects of a pre-workout supplement containing caffeine, creatine, and amino acids during three weeks of high-intensity exercise on aerobic and anaerobic performance. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 10	4.5	37
260	Total body water changes after an exercise intervention tracked using bioimpedance spectroscopy: a deuterium oxide comparison. <i>Clinical Nutrition</i> , 2009 , 28, 516-25	5.9	36
259	Mechanomyographic responses to maximal eccentric isokinetic muscle actions. <i>Journal of Applied Physiology</i> , 1997 , 82, 1003-7	3.7	36
258	Evaluation of Cortical Thickness after Traumatic Brain Injury in Military Veterans. <i>Journal of Neurotrauma</i> , 2015 , 32, 1751-8	5.4	35
257	Alanine supplemented diets enhance behavioral resilience to stress exposure in an animal model of PTSD. <i>Amino Acids</i> , 2015 , 47, 1247-57	3.5	35
256	Beta-hydroxy-beta-methyl-butyrate blunts negative age-related changes in body composition, functionality and myofiber dimensions in rats. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, 18	4.5	35
255	Effects of 8 weeks of creatine supplementation on exercise performance and fat-free weight in football players during training. <i>Nutrition Research</i> , 1999 , 19, 217-225	4	35
254	Oral nutritional supplement fortified with beta-alanine improves physical working capacity in older adults: a randomized, placebo-controlled study. <i>Experimental Gerontology</i> , 2013 , 48, 933-9	4.5	34
253	Reliability of the dynavision [®] 2 for assessing reaction time performance. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 145-50	2.7	34
252	Resistance exercise may improve spatial awareness and visual reaction in older adults. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2079-87	3.2	33
251	Performance and muscle architecture comparisons between starters and nonstarters in National Collegiate Athletic Association Division I women's soccer. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 2355-65	3.2	33
250	Acute effects of static stretching on peak torque and the hamstrings-to-quadriceps conventional and functional ratios. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013 , 23, 38-45	4.6	32
249	Effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1663-9	3.2	32
248	Beta-hydroxy-beta-methylbutyrate free acid supplementation may improve recovery and muscle adaptations after resistance training: a systematic review. <i>Nutrition Research</i> , 2017 , 45, 1-9	4	31
247	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
246	Viscoelastic creep in the human skeletal muscle-tendon unit. <i>European Journal of Applied Physiology</i> , 2010 , 108, 207-11	3.4	31
245	Exercise-Induced Hormone Elevations Are Related to Muscle Growth. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 45-53	3.2	30
244	Efficacy of phosphatidic acid ingestion on lean body mass, muscle thickness and strength gains in resistance-trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, 47	4.5	30

243	Passive properties of the muscle-tendon unit: the influence of muscle cross-sectional area. <i>Muscle and Nerve</i> , 2009 , 39, 227-9	3.4	30
242	Judo for Children and Adolescents: Benefits of Combat Sports. <i>Strength and Conditioning Journal</i> , 2011 , 33, 60-63	2	30
241	Acute loading and aging effects on myostatin pathway biomarkers in human skeletal muscle after three sequential bouts of resistance exercise. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2011 , 66, 855-65	6.4	29
240	Acute effects of ingesting a commercial thermogenic drink on changes in energy expenditure and markers of lipolysis. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 6	4.5	29
239	Short-Term Unilateral Resistance Training Results in Cross Education of Strength Without Changes in Muscle Size, Activation, or Endocrine Response. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1213-23	3.2	29
238	βAlanine ingestion increases muscle carnosine content and combat specific performance in soldiers. <i>Amino Acids</i> , 2015 , 47, 627-36	3.5	28
237	Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men. <i>Physiological Reports</i> , 2015 , 3, e12466	2.6	28
236	Electromyographic fatigue thresholds of the superficial muscles of the quadriceps femoris. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1995 , 71, 131-6		28
235	Resistance training intensity and volume affect changes in rate of force development in resistance-trained men. <i>European Journal of Applied Physiology</i> , 2016 , 116, 2367-2374	3.4	28
234	Bilateral differences in muscle architecture and increased rate of injury in national basketball association players. <i>Journal of Athletic Training</i> , 2014 , 49, 794-9	4	27
233	Comparison of Two βAlanine Dosing Protocols on Muscle Carnosine Elevations. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 608-616	3.5	27
232	The effects of tournament preparation on anthropometric and sport-specific performance measures in youth judo athletes. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 331-9	3.2	27
231	ISSN Exercise & Sport Nutrition Review: Research & Recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2004 , 1, 1	4.5	27
230	βAlanine supplementation improves tactical performance but not cognitive function in combat soldiers. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 15	4.5	26
229	Effects of Hydrolyzed Whey versus Other Whey Protein Supplements on the Physiological Response to 8 Weeks of Resistance Exercise in College-Aged Males. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 16-27	3.5	26
228	The possible combinatory effects of acute consumption of caffeine, creatine, and amino acids on the improvement of anaerobic running performance in humans. <i>Nutrition Research</i> , 2010 , 30, 607-14	4	26
227	The effects of four weeks of creatine supplementation and high-intensity interval training on cardiorespiratory fitness: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 18	4.5	26
226	Percent body fat estimations in college men using field and laboratory methods: a three-compartment model approach. <i>Dynamic Medicine: DM</i> , 2008 , 7, 7		26

225	Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. <i>Journal of Neuroscience Methods</i> , 2008 , 168, 293-305	3	26
224	Resistance training does not induce uniform adaptations to quadriceps. <i>PLoS ONE</i> , 2018 , 13, e0198304	3.7	26
223	Evaluating Upper-Body Strength and Power From a Single Test: The Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 1338-1345	3.2	25
222	Predictors of high-intensity running capacity in collegiate women during a soccer game. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 964-70	3.2	25
221	Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. <i>British Journal of Nutrition</i> , 2010 , 104, 1384-94	3.6	25
220	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. <i>Journal of Neuroscience Methods</i> , 2008 , 171, 104-9	3	25
219	Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly but does not change muscle l-histidine content. <i>Nutrition Research</i> , 2017 , 48, 16-25	4	24
218	Effects of Alanine Supplementation on Carnosine Elevation and Physiological Performance. <i>Advances in Food and Nutrition Research</i> , 2018 , 84, 183-206	6	24
217	Effects of Hydroxy-methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. <i>Amino Acids</i> , 2014 , 46, 1501-11	3.5	24
216	The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 37	4.5	24
215	Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. <i>Journal of Neuroscience Methods</i> , 2009 , 179, 240-6	3	24
214	Behavioral and inflammatory response in animals exposed to a low-pressure blast wave and supplemented with Alanine. <i>Amino Acids</i> , 2017 , 49, 871-886	3.5	23
213	Anthropometric estimations of percent body fat in NCAA Division I female athletes: a 4-compartment model validation. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1068-76	3.2	23
212	Percent body fat estimations in college women using field and laboratory methods: a three-compartment model approach. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 16	4.5	23
211	Creatine in Health and Disease. <i>Nutrients</i> , 2021 , 13,	6.7	23
210	Muscle performance, size, and safety responses after eight weeks of resistance training and protein supplementation: a randomized, double-blinded, placebo-controlled clinical trial. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 3091-100	3.2	22
209	Minimal nutrition intervention with high-protein/low-carbohydrate and low-fat, nutrient-dense food supplement improves body composition and exercise benefits in overweight adults: A randomized controlled trial. <i>Nutrition and Metabolism</i> , 2008 , 5, 11	4.6	22
208	Effects of resistance exercise and creatine supplementation on myasthenia gravis: a case study. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 869-72	1.2	22

207	Physical Differences Between Forwards and Backs in American Collegiate Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2382-91	3.2	22
206	High-velocity intermittent running: effects of beta-alanine supplementation. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2798-805	3.2	21
205	A comparison of techniques for estimating training-induced changes in muscle cross-sectional area. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2383-9	3.2	21
204	Efficacy and safety of a popular thermogenic drink after 28 days of ingestion. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 19	4.5	21
203	Effect of two and five days of creatine loading on anaerobic working capacity in women. <i>Journal of Strength and Conditioning Research</i> , 2004 , 18, 168-73	3.2	21
202	Effect of diet composition on acid-base balance in adolescents, young adults and elderly at rest and during exercise. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 399-404	5.2	20
201	Sprinting performance on the Woodway Curve 3.0 is related to muscle architecture. <i>European Journal of Sport Science</i> , 2015 , 15, 606-14	3.9	20
200	Comparison of the effects of electrical stimulation and cold-water immersion on muscle soreness after resistance exercise. <i>Journal of Sport Rehabilitation</i> , 2015 , 24, 99-108	1.7	20
199	Differences in the log-transformed electromyographic-force relationships of the plantar flexors between high- and moderate-activated subjects. <i>Journal of Electromyography and Kinesiology</i> , 2011 , 21, 841-6	2.5	20
198	Effects of creatine monohydrate and polyethylene glycosylated creatine supplementation on muscular strength, endurance, and power output. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 818-26	3.2	20
197	The effects of creatine loading and gender on anaerobic running capacity. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1826-33	3.2	20
196	Influence of gender and muscle architecture asymmetry on jump and sprint performance. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 904-11	2.7	20
195	A Microbiopsy Method for Immunohistological and Morphological Analysis: A Pilot Study. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 331-5	1.2	20
194	βAlanine supplementation and military performance. <i>Amino Acids</i> , 2015 , 47, 2463-74	3.5	19
193	Effects of resistance training on classic and specific bioelectrical impedance vector analysis in elderly women. <i>Experimental Gerontology</i> , 2016 , 74, 9-12	4.5	19
192	Acute effects of a thermogenic nutritional supplement on energy expenditure and cardiovascular function at rest, during low-intensity exercise, and recovery from exercise. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 807-17	3.2	19
191	C-terminal agrin fragment is inversely related to neuromuscular fatigue in older men. <i>Muscle and Nerve</i> , 2015 , 51, 132-3	3.4	18
190	Effects of supine rest duration on ultrasound measures of the vastus lateralis. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 155-157	2.4	18

189	High-intensity interval training and β-hydroxy-β-methylbutyric free acid improves aerobic power and metabolic thresholds. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 16	4.5	18
188	Effect of sodium bicarbonate and beta-alanine supplementation on maximal sprint swimming. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 52	4.5	18
187	Effects of Amino Acids and their Metabolites on Aerobic and Anaerobic Sports. <i>Strength and Conditioning Journal</i> , 2012 , 34, 33-48	2	18
186	Electrode placement over the innervation zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. <i>Journal of Electromyography and Kinesiology</i> , 2009 , 19, 660-6	2.5	18
185	Combined effect of GBI-30, 6086 and HMB supplementation on muscle integrity and cytokine response during intense military training. <i>Journal of Applied Physiology</i> , 2017 , 123, 11-18	3.7	17
184	Effects of β-hydroxy-β-methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1β following resistance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014 , 306, R483-9	3.2	17
183	Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men. <i>Physiological Reports</i> , 2015 , 3, e12268	2.6	17
182	Effects of β-Hydroxy-β-methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. <i>International Journal of Endocrinology</i> , 2015 , 2015, 856708	2.7	17
181	The effect of a dietary supplement (N-oleyl-phosphatidyl-ethanolamine and epigallocatechin gallate) on dietary compliance and body fat loss in adults who are overweight: a double-blind, randomized control trial. <i>Lipids in Health and Disease</i> , 2012 , 11, 127	4.4	17
180	Effect of creatine phosphate supplementation on anaerobic working capacity and body weight after two and six days of loading in men and women. <i>Journal of Strength and Conditioning Research</i> , 2005 , 19, 756-63	3.2	17
179	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. <i>Nutrients</i> , 2021 , 13,	6.7	17
178	Effects of 4 Weeks of High-Intensity Interval Training and β-Hydroxy-β-Methylbutyric Free Acid Supplementation on the Onset of Neuromuscular Fatigue. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 626-34	3.2	16
177	β-Hydroxy-β-methylbutyrate attenuates cytokine response during sustained military training. <i>Nutrition Research</i> , 2016 , 36, 553-63	4	16
176	Speed, force, and power values produced from nonmotorized treadmill test are related to sprinting performance. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1812-9	3.2	16
175	Critical velocity: a predictor of 2000-m rowing ergometer performance in NCAA D1 female collegiate rowers. <i>Journal of Sports Sciences</i> , 2011 , 29, 945-50	3.6	16
174	Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. <i>Journal of the International Society of Sports Nutrition</i> , 2007 , 4, 20	4.5	16
173	Estimating fat-free mass in elite-level male rowers: a four-compartment model validation of laboratory and field methods. <i>Journal of Sports Sciences</i> , 2017 , 35, 624-633	3.6	15
172	Effects of oral phosphatidic acid feeding with or without whey protein on muscle protein synthesis and anabolic signaling in rodent skeletal muscle. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 32	4.5	15

171	Physiological effects of caffeine, epigallocatechin-3-gallate, and exercise in overweight and obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010 , 35, 607-16	3	15
170	Alanine supplementation. <i>Current Sports Medicine Reports</i> , 2012 , 11, 189-95	1.9	15
169	Low-calorie energy drink improves physiological response to exercise in previously sedentary men: a placebo-controlled efficacy and safety study. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2227-38	3.2	15
168	IGF-1 splice variant and IGF-1 peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. <i>European Journal of Applied Physiology</i> , 2010 , 110, 961-9	3.4	15
167	Evaluation of creatine transport using Caco-2 monolayers as an in vitro model for intestinal absorption. <i>Journal of Pharmaceutical Sciences</i> , 2001 , 90, 1593-8	3.9	15
166	Validity of percent body fat estimations in males. <i>Medicine and Science in Sports and Exercise</i> , 1994 , 26, 632-636	1.2	15
165	Reliability of the Woodway Curve(TM) Non-Motorized Treadmill for Assessing Anaerobic Performance. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 104-8	2.7	15
164	Comparison of sustained-release and rapid-release Alanine formulations on changes in skeletal muscle carnosine and histidine content and isometric performance following a muscle-damaging protocol. <i>Amino Acids</i> , 2019 , 51, 49-60	3.5	14
163	Phosphatidylserine and caffeine attenuate postexercise mood disturbance and perception of fatigue in humans. <i>Nutrition Research</i> , 2013 , 33, 464-72	4	14
162	The effect of polyphenols on cytokine and granulocyte response to resistance exercise. <i>Physiological Reports</i> , 2016 , 4, e13058	2.6	14
161	Impact of Polyphenol Supplementation on Acute and Chronic Response to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2945-2954	3.2	13
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