

Omid Asbaghi

List of Publications by Year in descending order

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Version: 2024-02-01

96
papers

1,648
citations

361045

20
h-index

454577

30
g-index

99
all docs

99
docs citations

99
times ranked

1709
citing authors

#	ARTICLE	IF	CITATIONS
1	Soy, Soy Isoflavones, and Protein Intake in Relation to Mortality from All Causes, Cancers, and Cardiovascular Diseases: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2019, 119, 1483-1500.e17.	0.4	83
2	The effect of vitamin E supplementation on selected inflammatory biomarkers in adults: a systematic review and meta-analysis of randomized clinical trials. <i>Scientific Reports</i> , 2020, 10, 17234.	1.6	55
3	Effects of Folic Acid Supplementation on Oxidative Stress Markers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Antioxidants</i> , 2021, 10, 871.	2.2	46
4	Ultra-Processed Food Consumption and Adult Diabetes Risk: A Systematic Review and Dose-Response Meta-Analysis. <i>Nutrients</i> , 2021, 13, 4410.	1.7	46
5	Sleep and frailty risk: a systematic review and meta-analysis. <i>Sleep and Breathing</i> , 2020, 24, 1187-1197.	0.9	44
6	The Effects of Nano-Curcumin Supplementation on Risk Factors for Cardiovascular Disease: A GRADE-Assessed Systematic Review and Meta-Analysis of Clinical Trials. <i>Antioxidants</i> , 2021, 10, 1015.	2.2	41
7	The effect of green tea on C-reactive protein and biomarkers of oxidative stress in patients with type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2019, 46, 210-216.	1.3	39
8	Effects of zinc supplementation on lipid profile in patients with type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1260-1271.	1.1	37
9	Effects of chromium supplementation on glycemic control in patients with type 2 diabetes: a systematic review and meta-analysis of randomized controlled trials. <i>Pharmacological Research</i> , 2020, 161, 105098.	3.1	36
10	Whole-Grain Consumption Does Not Affect Obesity Measures: An Updated Systematic Review and Meta-analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2020, 11, 280-292.	2.9	35
11	Effects of the Mediterranean diet on cardiovascular risk factors in non-alcoholic fatty liver disease patients: A systematic review and meta-analysis. <i>Clinical Nutrition ESPEN</i> , 2020, 37, 148-156.	0.5	35
12	The effects of grape seed extract on glycemic control, serum lipoproteins, inflammation, and body weight: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2020, 34, 239-253.	2.8	34
13	Effect of vitamin E supplementation on blood pressure: a systematic review and meta-analysis. <i>Journal of Human Hypertension</i> , 2019, 33, 499-507.	1.0	32
14	The effect of almond intake on blood pressure: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 50, 102399.	1.3	32
15	Dietary acid load and risk of hypertension: A systematic review and dose-response meta-analysis of observational studies. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 665-675.	1.1	29
16	<p>Dairy Consumption in Relation to Hypertension Among a Large Population of University Students: The MEPHASOUS Study</p>. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2020, Volume 13, 1633-1642.	1.1	29
17	The Effects of Magnesium Supplementation on Blood Pressure and Obesity Measure Among Type 2 Diabetes Patient: a Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Biological Trace Element Research</i> , 2021, 199, 413-424.	1.9	29
18	Folic Acid Supplementation Improves Glycemic Control for Diabetes Prevention and Management: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2021, 13, 2355.	1.7	29

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19	The effects of saffron (<i>Crocus sativus</i> L.) on mental health parameters and C-reactive protein: A meta-analysis of randomized clinical trials. <i>Complementary Therapies in Medicine</i> , 2020, 48, 102250.	1.3	27
20	The effect of vitamin d-calcium co-supplementation on inflammatory biomarkers: A systematic review and meta-analysis of randomized controlled trials. <i>Cytokine</i> , 2020, 129, 155050.	1.4	26
21	Effect of green tea extract on lipid profile in patients with type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2020, 14, 293-301.	1.8	25
22	Effects of Folic Acid Supplementation on Inflammatory Markers: A Grade-Assessed Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2021, 13, 2327.	1.7	24
23	The effect of saffron supplementation on blood glucose and lipid profile: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 47, 102158.	1.3	23
24	Effects of chromium supplementation on lipid profile in patients with type 2 diabetes: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Journal of Trace Elements in Medicine and Biology</i> , 2021, 66, 126741.	1.5	23
25	Effects of pistachios on anthropometric indices, inflammatory markers, endothelial function and blood pressure in adults: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2021, 126, 718-729.	1.2	22
26	Effects of saffron (<i>Crocus sativus</i> L.) supplementation on inflammatory biomarkers: A systematic review and meta-analysis. <i>Phytotherapy Research</i> , 2021, 35, 20-32.	2.8	22
27	Effect of green tea on glycemic control in patients with type 2 diabetes mellitus: A systematic review and meta-analysis. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2021, 15, 23-31.	1.8	22
28	Effects of resistance training combined with a ketogenic diet on body composition: a systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 5717-5732.	5.4	22
29	Does vitamin C supplementation exert profitable effects on serum lipid profile in patients with type 2 diabetes? A systematic review and dose-response meta-analysis. <i>Pharmacological Research</i> , 2021, 169, 105665.	3.1	22
30	Effects of chromium supplementation on blood pressure, body mass index, liver function enzymes and malondialdehyde in patients with type 2 diabetes: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2021, 60, 102755.	1.3	22
31	The effect of berberine supplementation on obesity parameters, inflammation and liver function enzymes: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Nutrition ESPEN</i> , 2020, 38, 43-49.	0.5	21
32	Effect of daily probiotic yogurt consumption on inflammation: A systematic review and meta-analysis of randomized Controlled Clinical trials. <i>Obesity Medicine</i> , 2020, 18, 100221.	0.5	21
33	The effect of green coffee extract supplementation on anthropometric measures in adults: A comprehensive systematic review and dose-response meta-analysis of randomized clinical trials. <i>Complementary Therapies in Medicine</i> , 2020, 51, 102424.	1.3	20
34	Long-term effect of bariatric surgery on body composition in patients with morbid obesity: A systematic review and meta-analysis. <i>Clinical Nutrition</i> , 2021, 40, 1755-1766.	2.3	19
35	The effect of almond intake on lipid profile: a systematic review and meta-analysis of randomized controlled trials. <i>Food and Function</i> , 2021, 12, 1882-1896.	2.1	19
36	Selenium supplementation and oxidative stress: A review. <i>PharmaNutrition</i> , 2021, 17, 100263.	0.8	19

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37	The Effects of Magnesium Supplementation on Lipid Profile Among Type 2 Diabetes Patients: a Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Biological Trace Element Research</i> , 2021, 199, 861-873.	1.9	17
38	Effect of L-Arginine Supplementation on Blood Pressure in Adults: A Systematic Review and Dose-Response Meta-analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2022, 13, 1226-1242.	2.9	17
39	Effect of Omega-3 and vitamin E co-supplementation on serum lipids concentrations in overweight patients with metabolic disorders: A systematic review and meta-analysis of randomized controlled trials. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019, 13, 2525-2531.	1.8	15
40	Effect of Calcium-Vitamin D Co-Supplementation on Insulin, Insulin Sensitivity, and Glycemia: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Hormone and Metabolic Research</i> , 2019, 51, 288-295.	0.7	15
41	Association between Circulating Irisin and C-Reactive Protein Levels: A Systematic Review and Meta-Analysis. <i>Endocrinology and Metabolism</i> , 2019, 34, 140.	1.3	15
42	The effects of soy supplementation on inflammatory biomarkers: A systematic review and meta-analysis of randomized controlled trials. <i>Cytokine</i> , 2020, 136, 155282.	1.4	15
43	Effects of green tea supplementation on serum concentrations of adiponectin in patients with type 2 diabetes mellitus: a systematic review and meta-analysis. <i>Archives of Physiology and Biochemistry</i> , 2023, 129, 536-543.	1.0	15
44	Effects of intermittent fasting combined with resistance training on body composition: a systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2021, 237, 113453.	1.0	15
45	Effects of betaine supplementation on cardiovascular markers: A systematic review and Meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6516-6533.	5.4	14
46	Effect of green coffee bean extract supplementation on liver function and inflammatory biomarkers: A meta-analysis of randomized clinical trials. <i>Complementary Therapies in Clinical Practice</i> , 2021, 43, 101349.	0.7	14
47	Beneficial effects of folic acid supplementation on lipid markers in adults: A GRADE-assessed systematic review and dose-response meta-analysis of data from 21,787 participants in 34 randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 8435-8453.	5.4	14
48	The effects of oral magnesium supplementation on glycaemic control in patients with type 2 diabetes: a systematic review and dose-response meta-analysis of controlled clinical trials. <i>British Journal of Nutrition</i> , 2022, 128, 2363-2372.	1.2	14
49	Effect of L-carnitine on liver enzymes and biochemical factors in hepatic encephalopathy: A systematic review and meta-analysis. <i>Journal of Gastroenterology and Hepatology (Australia)</i> , 2019, 34, 2062-2070.	1.4	13
50	The effects of magnesium and vitamin E co-supplementation on some cardiovascular risk factors: A meta-analysis. <i>Clinical Nutrition ESPEN</i> , 2021, 41, 110-117.	0.5	13
51	The Effect of Saffron Supplementation on Blood Pressure in Adults: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2021, 13, 2736.	1.7	13
52	Effect of Green Tea Supplementation on Antioxidant Status in Adults: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Antioxidants</i> , 2021, 10, 1731.	2.2	13
53	Effects of ginseng on C-reactive protein level: A systematic review and meta-analysis of clinical trials. <i>Complementary Therapies in Medicine</i> , 2019, 45, 98-103.	1.3	12
54	The effects of green coffee extract supplementation on glycemic indices and lipid profile in adults: a systematic review and dose-response meta-analysis of clinical trials. <i>Nutrition Journal</i> , 2020, 19, 71.	1.5	12

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55	The association between urinary metabolites of polycyclic aromatic hydrocarbons (PAHs) and cardiovascular diseases and blood pressure: a systematic review and meta-analysis of observational studies. <i>Environmental Science and Pollution Research</i> , 2022, 29, 1712-1728.	2.7	12
56	Chromium supplementation does not improve weight loss or metabolic and hormonal variables in patients with polycystic ovary syndrome: A systematic review. <i>Nutrition Research</i> , 2018, 56, 1-10.	1.3	11
57	The Effects of Soy Products on Cardiovascular Risk Factors in Patients with Type 2 Diabetes: A Systematic Review and Meta-analysis of Clinical Trials. <i>Advances in Nutrition</i> , 2022, 13, 455-473.	2.9	11
58	Consumption of pistachio nuts positively affects lipid profiles: A systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 5358-5371.	5.4	11
59	The effect of almond intake on anthropometric indices: a systematic review and meta-analysis. <i>Food and Function</i> , 2020, 11, 7340-7355.	2.1	10
60	The effects of magnesium supplementation on serum level of brain derived neurotrophic factor (BDNF) and depression status in patients with depression. <i>Clinical Nutrition ESPEN</i> , 2021, 42, 381-386.	0.5	10
61	Folic acid supplementation and blood pressure: a GRADE-assessed systematic review and dose-response meta-analysis of 41,633 participants. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 1846-1861.	5.4	10
62	Dietary Inflammatory Index and the Risk of Frailty Among Older Adults: A Systematic Review and Meta-Analysis. <i>Research on Aging</i> , 2021, 43, 323-331.	0.9	9
63	The effect of synbiotic supplementation on anthropometric indices, appetite, and constipation in people with hypothyroidism: A randomized, double-blind, placebo-controlled trial. <i>Phytotherapy Research</i> , 2020, 34, 2712-2720.	2.8	9
64	The effects of omega-3 fatty acids supplementation on metabolic status in pregnant women: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Diabetes and Metabolic Disorders</i> , 2020, 19, 1685-1699.	0.8	9
65	The effect of crocin supplementation on lipid concentrations and fasting blood glucose: A systematic review and meta-analysis and meta-regression of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 52, 102500.	1.3	9
66	Effects of <i>Cynara scolymus</i> L. on glycemic indices: A systematic review and meta-analysis of randomized clinical trials. <i>Complementary Therapies in Medicine</i> , 2020, 52, 102496.	1.3	9
67	Effects of 6 Months of Soy-Enriched High Protein Compared to Eucaloric Low Protein Snack Replacement on Appetite, Dietary Intake, and Body Composition in Normal-Weight Obese Women: A Randomized Controlled Trial. <i>Nutrients</i> , 2021, 13, 2266.	1.7	9
68	Effect of Vitamins C and E Co-Supplementation on Serum C-Reactive Protein Level: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Preventive Nutrition and Food Science</i> , 2020, 25, 1-8.	0.7	9
69	The Association between Nuts Intake and Non-Alcoholic Fatty Liver Disease (NAFLD) Risk: a Case-Control Study. <i>Clinical Nutrition Research</i> , 2020, 9, 195.	0.5	9
70	The association between Dietary Diversity Score and odds of nonalcoholic fatty liver disease: a case-control study. <i>European Journal of Gastroenterology and Hepatology</i> , 2022, 34, 678-685.	0.8	9
71	Effect of l-arginine supplementation on C-reactive protein and other inflammatory biomarkers: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 47, 102226.	1.3	8
72	Effect of L-Carnitine Supplementation on Lipid Profiles of Patients with Liver Disease: A Systematic Review and Meta-Analysis. <i>Preventive Nutrition and Food Science</i> , 2020, 25, 124-132.	0.7	8

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73	Effect of grape products on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>International Journal of Food Properties</i> , 2021, 24, 627-645.	1.3	8
74	Preservation of fat-free mass in the first year after bariatric surgery: a systematic review and meta-analysis of 122 studies and 10,758 participants. <i>Surgery for Obesity and Related Diseases</i> , 2022, 18, 964-982.	1.0	8
75	The effects of L-carnitine supplementation on lipid concentrations in patients with type 2 diabetes: A systematic review and meta-analysis of randomized clinical trials. <i>Journal of Cardiovascular and Thoracic Research</i> , 2020, 12, 246-255.	0.3	7
76	Lycopene Supplementation and Blood Pressure: Systematic review and meta-analyses of randomized trials. <i>Journal of Herbal Medicine</i> , 2022, 31, 100521.	1.0	7
77	Effect of selenium supplementation on lipid profile levels: An updated systematic review and meta-analysis of randomized controlled clinical trials. <i>Obesity Medicine</i> , 2019, 15, 100113.	0.5	6
78	Effect of Green Tea on Anthropometric Indices and Body Composition in Patients with Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. <i>Complementary Medicine Research</i> , 2021, 28, 244-251.	0.5	6
79	The effects of supplementation with L-arginine on anthropometric indices and body composition in overweight or obese subjects: A systematic review and meta-analysis. <i>Journal of Functional Foods</i> , 2020, 71, 104022.	1.6	6
80	Effect of green cardamom on lipoproteins, glycemic control and anthropometric parameters: A meta-analysis of randomized clinical trials. <i>Clinical Nutrition ESPEN</i> , 2020, 37, 24-33.	0.5	6
81	Does saffron supplementation have favorable effects on liver function indicators? A systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6315-6327.	5.4	6
82	The effect of grapes/grape products on glycemic response: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2021, 35, 5053-5067.	2.8	6
83	The effects of artificial- and stevia-based sweeteners on lipid profile in adults: a GRADE-assessed systematic review, meta-analysis, and meta-regression of randomized clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 5063-5079.	5.4	6
84	The effects of gradual vs. rapid weight loss on serum concentrations of myokines and body composition in overweight and obese females. <i>Archives of Physiology and Biochemistry</i> , 2021, , 1-8.	1.0	5
85	How Does Fat Mass Change in the First Year After Bariatric Surgery? A Systemic Review and Meta-Analysis. <i>Obesity Surgery</i> , 2021, 31, 3799-3821.	1.1	5
86	Elevated Plasma Concentrations of Vitamin D-Binding Protein Are Associated with Lower High-Density Lipoprotein and Higher Fat Mass Index in Overweight and Obese Women. <i>Nutrients</i> , 2021, 13, 3223.	1.7	4
87	A Comprehensive Insight into Potential Roles of Taurine on Metabolic Variables in Type 2 Diabetes: A Systematic Review. <i>Pharmaceutical Sciences</i> , 2020, 26, 225-238.	0.1	4
88	The effect of almond intake on glycemic control: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2022, 36, 395-414.	2.8	4
89	Effects of carnitine supplementation on liver aminotransferase enzymes: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Indian Journal of Gastroenterology</i> , 2019, 38, 470-479.	0.7	3
90	Effects of selenium supplementation on serum C reactive protein level: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Obesity Medicine</i> , 2020, 17, 100182.	0.5	3

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91	Effects of grape products on inflammation and oxidative stress: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2021, 35, 4898-4912.	2.8	3
92	Effects of beta-alanine supplementation on body composition: a GRADE-assessed systematic review and meta-analysis. <i>Journal of the International Society of Sports Nutrition</i> , 2022, 19, 196-218.	1.7	3
93	Betaine supplementation fails to improve body composition: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2022, 128, 975-988.	1.2	2
94	The effect of omega-3 fatty acids and vitamin E co-supplementation on glycemic profile: A systematic review and meta-analysis of randomized controlled trials. <i>Obesity Medicine</i> , 2020, 17, 100180.	0.5	1
95	The effect of soy products on circulating adiponectin and leptin concentration in adults: A systematic review and meta-analysis of randomised controlled trials. <i>International Journal of Clinical Practice</i> , 2021, 75, e14100.	0.8	1
96	Reply to letter on: "Does vitamin C supplementation exert profitable effects on serum lipid profile in patients with type 2 diabetes? A systematic review and dose-response meta-analysis". <i>Pharmacological Research</i> , 2021, 172, 105810.	3.1	0