

# David C Nieman

## List of Publications by Year in descending order

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295  
papers

23,499  
citations

12330

69  
h-index

8866

145  
g-index

340  
all docs

340  
docs citations

340  
times ranked

22559  
citing authors

#	ARTICLE	IF	CITATIONS
1	Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1334-1359.	0.4	6,722
2	Prevention, Diagnosis, and Treatment of the Overtraining Syndrome. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 186-205.	0.4	801
3	The compelling link between physical activity and the body's defense system. <i>Journal of Sport and Health Science</i> , 2019, 8, 201-217.	6.5	738
4	Exercise, upper respiratory tract infection, and the immune system. <i>Medicine and Science in Sports and Exercise</i> , 1994, 26, 128-139.	0.4	367
5	Immune response to heavy exertion. <i>Journal of Applied Physiology</i> , 1997, 82, 1385-1394.	2.5	340
6	Physical activity and immune function in elderly women. <i>Medicine and Science in Sports and Exercise</i> , 1993, 25, 823-831.	0.4	328
7	Exercise, Infection, and Immunity. <i>International Journal of Sports Medicine</i> , 1994, 15, S131-S141.	1.7	316
8	Exercise and Immune Function. <i>Sports Medicine</i> , 1999, 27, 73-80.	6.5	312
9	Exercise, nutrition and immune function. <i>Journal of Sports Sciences</i> , 2004, 22, 115-125.	2.0	296
10	Influence of Obesity on Immune Function. <i>Journal of the American Dietetic Association</i> , 1999, 99, 294-299.	1.1	292
11	Carbohydrate ingestion influences skeletal muscle cytokine mRNA and plasma cytokine levels after a 3-h run. <i>Journal of Applied Physiology</i> , 2003, 94, 1917-1925.	2.5	283
12	Remodeling of ryanodine receptor complex causes "leaky" channels: A molecular mechanism for decreased exercise capacity. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2008, 105, 2198-2202.	7.1	275
13	Carbohydrate and the cytokine response to 2.5 h of running. <i>Journal of Applied Physiology</i> , 1997, 82, 1662-1667.	2.5	272
14	Position statement. Part two: Maintaining immune health. <i>Exercise Immunology Review</i> , 2011, 17, 64-103.	0.4	253
15	Cytokine changes after a marathon race. <i>Journal of Applied Physiology</i> , 2001, 91, 109-114.	2.5	250
16	Prevention, diagnosis and treatment of the overtraining syndrome: Joint consensus statement of the European College of Sport Science (ECSS) and the American College of Sports Medicine (ACSM). <i>European Journal of Sport Science</i> , 2013, 13, 1-24.	2.7	248
17	Children's OMNI Scale of Perceived Exertion: walking/running evaluation. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 139-144.	0.4	240
18	Cytokine expression and secretion by skeletal muscle cells: regulatory mechanisms and exercise effects. <i>Exercise Immunology Review</i> , 2015, 21, 8-25.	0.4	237

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19	Influence of mode and carbohydrate on the cytokine response to heavy exertion. <i>Medicine and Science in Sports and Exercise</i> , 1998, 30, 671-678.	0.4	194
20	Is infection risk linked to exercise workload?. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, S406-S411.	0.4	184
21	Influence of vitamin C supplementation on oxidative and immune changes after an ultramarathon. <i>Journal of Applied Physiology</i> , 2002, 92, 1970-1977.	2.5	182
22	Validation of the Adult OMNI Scale of Perceived Exertion for Walking/Running Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1776-1780.	0.4	168
23	Exercise and cellular innate immune function. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 57-66.	0.4	166
24	Exercise effects on systemic immunity. <i>Immunology and Cell Biology</i> , 2000, 78, 496-501.	2.3	163
25	Muscle damage is linked to cytokine changes following a 160-km race. <i>Brain, Behavior, and Immunity</i> , 2005, 19, 398-403.	4.1	155
26	Quercetin Reduces Illness but Not Immune Perturbations after Intensive Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1561-1569.	0.4	150
27	Quercetin's Influence on Exercise Performance and Muscle Mitochondrial Biogenesis. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 338-345.	0.4	150
28	Can exercise affect immune function to increase susceptibility to infection?. <i>Exercise Immunology Review</i> , 2020, 26, 8-22.	0.4	145
29	Upper respiratory tract infection is reduced in physically fit and active adults. <i>British Journal of Sports Medicine</i> , 2011, 45, 987-992.	6.7	143
30	Influence of carbohydrate ingestion on immune changes after 2 h of intensive resistance training. <i>Journal of Applied Physiology</i> , 2004, 96, 1292-1298.	2.5	139
31	Change in Salivary IgA Following a Competitive Marathon Race. <i>International Journal of Sports Medicine</i> , 2002, 23, 69-75.	1.7	131
32	Use of the leg-to-leg bioelectrical impedance method in assessing body-composition change in obese women. <i>American Journal of Clinical Nutrition</i> , 1999, 69, 603-607.	4.7	126
33	Validation of Cosmed's FitMate <sup>®</sup> in Measuring Oxygen Consumption and Estimating Resting Metabolic Rate. <i>Research in Sports Medicine</i> , 2006, 14, 89-96.	1.3	125
34	Effects of Quercetin and EGCG on Mitochondrial Biogenesis and Immunity. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 1467-1475.	0.4	124
35	Ibuprofen use, endotoxemia, inflammation, and plasma cytokines during ultramarathon competition. <i>Brain, Behavior, and Immunity</i> , 2006, 20, 578-584.	4.1	121
36	Current Perspective on Exercise Immunology. <i>Current Sports Medicine Reports</i> , 2003, 2, 239-242.	1.2	120

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37	Effects of mode and carbohydrate on the granulocyte and monocyte response to intensive, prolonged exercise. <i>Journal of Applied Physiology</i> , 1998, 84, 1252-1259.	2.5	119
38	Immune and Oxidative Changes During and Following the Western States Endurance Run. <i>International Journal of Sports Medicine</i> , 2003, 24, 541-547.	1.7	116
39	Quercetin supplementation and upper respiratory tract infection: A randomized community clinical trial. <i>Pharmacological Research</i> , 2010, 62, 237-242.	7.1	114
40	The effects of moderate exercise training on psychological well-being and mood state in women. <i>Journal of Psychosomatic Research</i> , 1991, 35, 437-449.	2.6	111
41	Immune function in marathon runners versus sedentary controls. <i>Medicine and Science in Sports and Exercise</i> , 1995, 27, 986-992.	0.4	111
42	Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 976-984.	1.9	111
43	Quercetin's influence on exercise-induced changes in plasma cytokines and muscle and leukocyte cytokine mRNA. <i>Journal of Applied Physiology</i> , 2007, 103, 1728-1735.	2.5	110
44	Vitamin E and Immunity after the Kona Triathlon World Championship. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1328-1335.	0.4	107
45	Marathon Training and Immune Function. <i>Sports Medicine</i> , 2007, 37, 412-415.	6.5	105
46	Muscle Cytokine mRNA Changes after 2.5 h of Cycling: Influence of Carbohydrate. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1283-1290.	0.4	103
47	Immune Response to a 30-Minute Walk. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 57-62.	0.4	103
48	Immune response to exercise training and/or energy restriction in obese women. <i>Medicine and Science in Sports and Exercise</i> , 1998, 30, 679-686.	0.4	102
49	Chia seed does not promote weight loss or alter disease risk factors in overweight adults. <i>Nutrition Research</i> , 2009, 29, 414-418.	2.9	101
50	Coronavirus disease-2019: A tocsin to our aging, unfit, corpulent, and immunodeficient society. <i>Journal of Sport and Health Science</i> , 2020, 9, 293-301.	6.5	101
51	The Effects of Acute and Chronic Exercise on Immunoglobulins. <i>Sports Medicine</i> , 1991, 11, 183-201.	6.5	98
52	Effects of high- vs moderate-intensity exercise on natural killer cell activity. <i>Medicine and Science in Sports and Exercise</i> , 1993, 25, 1126-1134.	0.4	97
53	Carbohydrate supplementation affects blood granulocyte and monocyte trafficking but not function after 2.5 h of running. <i>American Journal of Clinical Nutrition</i> , 1997, 66, 153-159.	4.7	95
54	Quercetin Ingestion Does Not Alter Cytokine Changes in Athletes Competing in the Western States Endurance Run. <i>Journal of Interferon and Cytokine Research</i> , 2007, 27, 1003-1012.	1.2	92

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55	Influence of a Polyphenol-Enriched Protein Powder on Exercise-Induced Inflammation and Oxidative Stress in Athletes: A Randomized Trial Using a Metabolomics Approach. <i>PLoS ONE</i> , 2013, 8, e72215.	2.5	90
56	A new handheld device for measuring resting metabolic rate and oxygen consumption. <i>Journal of the American Dietetic Association</i> , 2003, 103, 588-593.	1.1	89
57	Supplementation of Milled Chia Seeds Increases Plasma ALA and EPA in Postmenopausal Women. <i>Plant Foods for Human Nutrition</i> , 2012, 67, 105-110.	3.2	87
58	Chronic quercetin ingestion and exercise-induced oxidative damage and inflammation. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 254-262.	1.9	86
59	Metabolomics-Based Studies Assessing Exercise-Induced Alterations of the Human Metabolome: A Systematic Review. <i>Metabolites</i> , 2019, 9, 164.	2.9	86
60	Effect of alpha-tocopherol supplementation on plasma homocysteine and oxidative stress in highly trained athletes before and after exhaustive exercise. <i>Journal of Nutritional Biochemistry</i> , 2005, 16, 530-537.	4.2	81
61	The effects of moderate exercise training on immune response. <i>Medicine and Science in Sports and Exercise</i> , 1991, 23, 64-70.	0.4	80
62	Consensus Statement Immunonutrition and Exercise. <i>Exercise Immunology Review</i> , 2017, 23, 8-50.	0.4	80
63	Influence of Vitamin C Supplementation on Cytokine Changes Following an Ultramarathon. <i>Journal of Interferon and Cytokine Research</i> , 2000, 20, 1029-1035.	1.2	78
64	Perceived Stress and ADHD Symptoms in Adults. <i>Journal of Attention Disorders</i> , 2015, 19, 425-434.	2.6	78
65	Potential Impact of Nutrition on Immune System Recovery from Heavy Exertion: A Metabolomics Perspective. <i>Nutrients</i> , 2017, 9, 513.	4.1	78
66	Serum Metabolic Signatures Induced By a Three-Day Intensified Exercise Period Persist After 14 h of Recovery in Runners. <i>Journal of Proteome Research</i> , 2013, 12, 4577-4584.	3.7	77
67	Human Skeletal Muscle Biopsy Procedures Using the Modified Bergström Technique. <i>Journal of Visualized Experiments</i> , 2014, , 51812.	0.3	75
68	Reducing Diet and/or Exercise Training Decreases the Lipid and Lipoprotein Risk Factors of Moderately Obese Women. <i>Journal of the American College of Nutrition</i> , 2002, 21, 344-350.	1.8	73
69	Effect of an Acute Bout of Whole Body Vibration Exercise on Muscle Force Output and Motor Neuron Excitability. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 184-189.	2.1	73
70	Metabolomics approach to assessing plasma 13- and 9-hydroxy-octadecadienoic acid and linoleic acid metabolite responses to 75-km cycling. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014, 307, R68-R74.	1.8	73
71	Exercise immunology: Future directions. <i>Journal of Sport and Health Science</i> , 2020, 9, 432-445.	6.5	73
72	Immunonutrition support for athletes. <i>Nutrition Reviews</i> , 2008, 66, 310-320.	5.8	71

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73	Variance in the Acute Inflammatory Response to Prolonged Cycling Is Linked to Exercise Intensity. <i>Journal of Interferon and Cytokine Research</i> , 2012, 32, 12-17.	1.2	70
74	Influence of Red Pepper Spice and Turmeric on Inflammation and Oxidative Stress Biomarkers in Overweight Females: A Metabolomics Approach. <i>Plant Foods for Human Nutrition</i> , 2012, 67, 415-421.	3.2	70
75	Combined Fruit and Vegetable Intake Is Correlated with Improved Inflammatory and Oxidant Status from a Cross-Sectional Study in a Community Setting. <i>Nutrients</i> , 2012, 4, 29-41.	4.1	70
76	A 12-week supplementation with quercetin does not affect natural killer cell activity, granulocyte oxidative burst activity or granulocyte phagocytosis in female human subjects. <i>British Journal of Nutrition</i> , 2010, 104, 849-857.	2.3	68
77	Chia Seed Supplementation and Disease Risk Factors in Overweight Women: A Metabolomics Investigation. <i>Journal of Alternative and Complementary Medicine</i> , 2012, 18, 700-708.	2.1	68
78	Effect of carbohydrate ingestion and hormonal responses on ratings of perceived exertion during prolonged cycling and running. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1999, 80, 92-99.	1.2	65
79	Carbohydrate affects natural killer cell redistribution but not activity after running. <i>Medicine and Science in Sports and Exercise</i> , 1997, 29, 1318-1324.	0.4	65
80	Effects of Single vs. Multiple Sets of Weight Training: Impact of Volume, Intensity, and Variation. <i>Journal of Strength and Conditioning Research</i> , 1997, 11, 143.	2.1	65
81	Saliva immunoglobulins in elite women rowers. <i>European Journal of Applied Physiology</i> , 2000, 81, 222-228.	2.5	63
82	Comparison of Eight Microcomputer Dietary Analysis Programs with the USDA Nutrient Data Base for Standard Reference. <i>Journal of the American Dietetic Association</i> , 1995, 95, 858-867.	1.1	61
83	Blood Leukocyte mRNA Expression for IL-10, IL-1Ra, and IL-8, but Not IL-6, Increases After Exercise. <i>Journal of Interferon and Cytokine Research</i> , 2006, 26, 668-674.	1.2	61
84	Quercetin supplementation does not alter antioxidant status in humans. <i>Free Radical Research</i> , 2010, 44, 224-231.	3.3	61
85	Nutritional strategies to counter stress to the immune system in athletes, with special reference to football. <i>Journal of Sports Sciences</i> , 2006, 24, 763-772.	2.0	60
86	Validation of Cosmed's FitMate <sup>®</sup> in Measuring Exercise Metabolism. <i>Research in Sports Medicine</i> , 2007, 15, 67-75.	1.3	60
87	Successive bouts of cycling stimulates genes associated with mitochondrial biogenesis. <i>European Journal of Applied Physiology</i> , 2009, 107, 419-427.	2.5	60
88	ACSM Call to Action Statement: COVID-19 Considerations for Sports and Physical Activity. <i>Current Sports Medicine Reports</i> , 2020, 19, 326-328.	1.2	60
89	Vitamin C Supplementation Does Not Alter the Immune Response to 2.5 Hours of Running. <i>International Journal of Sport Nutrition</i> , 1997, 7, 173-184.	1.7	59
90	Bananas as an Energy Source during Exercise: A Metabolomics Approach. <i>PLoS ONE</i> , 2012, 7, e37479.	2.5	59

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91	Î²-Glucan, Immune Function, and Upper Respiratory Tract Infections in Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 1463-1471.	0.4	58
92	Metabolomics-Based Analysis of Banana and Pear Ingestion on Exercise Performance and Recovery. <i>Journal of Proteome Research</i> , 2015, 14, 5367-5377.	3.7	58
93	Physical fitness and vegetarian diets: is there a relation?. <i>American Journal of Clinical Nutrition</i> , 1999, 70, 570S-575S.	4.7	57
94	Immunometabolism: A Multi-Omics Approach to Interpreting the Influence of Exercise and Diet on the Immune System. <i>Annual Review of Food Science and Technology</i> , 2019, 10, 341-363.	9.9	57
95	Oral Quercetin Supplementation and Blood Oxidative Capacity in Response to Ultramarathon Competition. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008, 18, 601-616.	2.1	56
96	Exercise and resistance to infection. <i>Canadian Journal of Physiology and Pharmacology</i> , 1998, 76, 573-580.	1.4	55
97	Influence of Pistachios on Performance and Exercise-Induced Inflammation, Oxidative Stress, Immune Dysfunction, and Metabolite Shifts in Cyclists: A Randomized, Crossover Trial. <i>PLoS ONE</i> , 2014, 9, e113725.	2.5	55
98	Influence of carbohydrate on cytokine and phagocytic responses to 2 h of rowing. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1384-1389.	0.4	54
99	The Acute Effect of Ingesting a Quercetin-Based Supplement on Exercise-Induced Inflammation and Immune Changes in Runners. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011, 21, 338-346.	2.1	54
100	Immune and inflammation responses to a 3-day period of intensified running versus cycling. <i>Brain, Behavior, and Immunity</i> , 2014, 39, 180-185.	4.1	53
101	The Metabolite Profiles of the Obese Population Are Gender-Dependent. <i>Journal of Proteome Research</i> , 2014, 13, 4062-4073.	3.7	53
102	The effects of moderate exercise on chronic stress-induced intestinal barrier dysfunction and antimicrobial defense. <i>Brain, Behavior, and Immunity</i> , 2014, 39, 99-106.	4.1	52
103	Effect of n-3 Fatty Acids and Antioxidants on Oxidative Stress after Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1704-1711.	0.4	50
104	Influence of vitamin D mushroom powder supplementation on exercise-induced muscle damage in vitamin D insufficient high school athletes. <i>Journal of Sports Sciences</i> , 2014, 32, 670-679.	2.0	49
105	Ultrasonic assessment of exercise-induced change in skeletal muscle glycogen content. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2015, 7, 9.	1.7	48
106	Exercise and Upper Respiratory Tract Infections. <i>Sports Medicine</i> , 1992, 14, 353-365.	6.5	47
107	Ibuprofen Use during Extreme Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1075-1079.	0.4	47
108	Exercise Immunology: Nutritional Countermeasures. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001, 26, S45-S55.	1.7	46

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109	Nonalcoholic Beer Reduces Inflammation and Incidence of Respiratory Tract Illness. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 18-26.	0.4	46
110	Validity of COSMED's Quark CPET Mixing Chamber System in Evaluating Energy Metabolism During Aerobic Exercise in Healthy Male Adults. <i>Research in Sports Medicine</i> , 2013, 21, 136-145.	1.3	46
111	Physical Activity and Serum Lipids and Lipoproteins in Elderly Women. <i>Journal of the American Geriatrics Society</i> , 1993, 41, 1339-1344.	2.6	45
112	Psychological response to exercise training and/or energy restriction in obese women. <i>Journal of Psychosomatic Research</i> , 2000, 48, 23-29.	2.6	45
113	Influence of Exercise Mode and Carbohydrate on the Immune Response to Prolonged Exercise. <i>International Journal of Sport Nutrition</i> , 1999, 9, 213-228.	1.7	44
114	Consumption of blueberry polyphenols reduces exercise-induced oxidative stress compared to vitamin C. <i>Nutrition Research</i> , 2004, 24, 209-221.	2.9	44
115	n-3 Polyunsaturated Fatty Acids Do Not Alter Immune and Inflammation Measures in Endurance Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 536-546.	2.1	44
116	Influence of vitamin C supplementation on oxidative and salivary IgA changes following an ultramarathon. <i>European Journal of Applied Physiology</i> , 2003, 89, 100-107.	2.5	43
117	Effects of a Flavonoid-Rich Juice on Inflammation, Oxidative Stress, and Immunity in Elite Swimmers: A Metabolomics-Based Approach. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 150-160.	2.1	43
118	Metabolic recovery from heavy exertion following banana compared to sugar beverage or water only ingestion: A randomized, crossover trial. <i>PLoS ONE</i> , 2018, 13, e0194843.	2.5	43
119	Exercise and resistance to infection. <i>Canadian Journal of Physiology and Pharmacology</i> , 1998, 76, 573-580.	1.4	42
120	NUTRITION, EXERCISE, AND IMMUNE SYSTEM FUNCTION. <i>Clinics in Sports Medicine</i> , 1999, 18, 537-548.	1.8	41
121	Effect of resistance exercise and carbohydrate ingestion on oxidative stress. <i>Free Radical Research</i> , 2005, 39, 1219-1224.	3.3	40
122	Dose-response to 3 months of quercetin-containing supplements on metabolite and quercetin conjugate profile in adults. <i>British Journal of Nutrition</i> , 2013, 109, 1923-1933.	2.3	40
123	Vitamin D2 Supplementation Amplifies Eccentric Exercise-Induced Muscle Damage in NASCAR Pit Crew Athletes. <i>Nutrients</i> , 2014, 6, 63-75.	4.1	40
124	Comparison of Watermelon and Carbohydrate Beverage on Exercise-Induced Alterations in Systemic Inflammation, Immune Dysfunction, and Plasma Antioxidant Capacity. <i>Nutrients</i> , 2016, 8, 518.	4.1	40
125	Quercetin and Green Tea Extract Supplementation Downregulates Genes Related to Tissue Inflammatory Responses to a 12-Week High Fat-Diet in Mice. <i>Nutrients</i> , 2017, 9, 773.	4.1	39
126	Role of endurance exercise in immune senescence. <i>Medicine and Science in Sports and Exercise</i> , 1994, 26, 172-181.	0.4	38



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127	Influence of Quercetin Supplementation on Disease Risk Factors in Community-Dwelling Adults. <i>Journal of the American Dietetic Association</i> , 2011, 111, 542-549.	1.1	38
128	Influence of Carbohydrate Ingestion on Oxidative Stress and Plasma Antioxidant Potential Following a 3 h Run. <i>Free Radical Research</i> , 2003, 37, 835-840.	3.3	37
129	Influence of Diet and/or Exercise on Body Composition and Cardiorespiratory Fitness in Obese Women. <i>International Journal of Sport Nutrition</i> , 1998, 8, 213-222.	1.7	36
130	Validation of a New Handheld Device for Measuring Resting Metabolic Rate and Oxygen Consumption in Children. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 186-194.	2.1	36
131	A 45-Minute Vigorous Exercise Bout Increases Metabolic Rate for 14 Hours. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1643-1648.	0.4	36
132	Evaluation of Rhodiola rosea supplementation on skeletal muscle damage and inflammation in runners following a competitive marathon. <i>Brain, Behavior, and Immunity</i> , 2014, 39, 204-210.	4.1	35
133	Aerobic Exercise Attenuates Acute Lung Injury Through NET Inhibition. <i>Frontiers in Immunology</i> , 2020, 11, 409.	4.8	35
134	Immune Response to Two Hours of Rowing in Elite Female Rowers. <i>International Journal of Sports Medicine</i> , 1999, 20, 476-481.	1.7	34
135	Clinical implications of exercise immunology. <i>Journal of Sport and Health Science</i> , 2012, 1, 12-17.	6.5	34
136	Exercise-Induced Illness and Inflammation: Can Immunonutrition and Iron Help?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 181-188.	2.1	34
137	Exercise Is Medicine for Immune Function: Implication for COVID-19. <i>Current Sports Medicine Reports</i> , 2021, 20, 395-401.	1.2	34
138	A commercialized dietary supplement alleviates joint pain in community adults: a double-blind, placebo-controlled community trial. <i>Nutrition Journal</i> , 2013, 12, 154.	3.4	33
139	Increased Plasma Levels of Gut-Derived Phenolics Linked to Walking and Running Following Two Weeks of Flavonoid Supplementation. <i>Nutrients</i> , 2018, 10, 1718.	4.1	33
140	PRESENT 2020: Text Expanding on the Checklist for Proper Reporting of Evidence in Sport and Exercise Nutrition Trials. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 2-13.	2.1	32
141	Immune Function Responses to Ultramarathon Race Competition. <i>Medicina Sportiva</i> , 2009, 13, 189-196.	0.3	32
142	A Mixed Flavonoid-Fish Oil Supplement Induces Immune-Enhancing and Anti-Inflammatory Transcriptomic Changes in Adult Obese and Overweight Women—A Randomized Controlled Trial. <i>Nutrients</i> , 2016, 8, 277.	4.1	31
143	Carbohydrate intake attenuates post-exercise plasma levels of cytochrome P450-generated oxylipins. <i>PLoS ONE</i> , 2019, 14, e0213676.	2.5	31
144	Exercise training and nutrient intake in elderly women. <i>Journal of the American Dietetic Association</i> , 1993, 93, 653-657.	1.1	30

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145	The Acute Response of the Immune System to Tennis Drills in Adolescent Athletes. <i>Research Quarterly for Exercise and Sport</i> , 2000, 71, 403-408.	1.4	30
146	Quercetin Does Not Affect Rating of Perceived Exertion in Athletes During the Western States Endurance Run. <i>Research in Sports Medicine</i> , 2009, 17, 71-83.	1.3	29
147	The effects of quercetin supplementation on cognitive functioning in a community sample: a randomized, placebo-controlled trial. <i>Therapeutic Advances in Psychopharmacology</i> , 2012, 2, 131-138.	2.7	29
148	Quercetin's effect on cycling efficiency and substrate utilization. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 993-1000.	1.9	28
149	IL-6 Linkage to Exercise-Induced Shifts in Lipid-Related Metabolites: A Metabolomics-Based Analysis. <i>Journal of Proteome Research</i> , 2017, 16, 970-977.	3.7	28
150	Detection of Functional Overreaching in Endurance Athletes Using Proteomics. <i>Proteomes</i> , 2018, 6, 33.	3.5	28
151	Carbohydrate Supplementation and Perceived Exertion during Prolonged Running. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1036-1041.	0.4	27
152	Effect of Mixed Flavonoids, n-3 Fatty Acids, and Vitamin C on Oxidative Stress and Antioxidant Capacity Before and After Intense Cycling. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011, 21, 328-337.	2.1	27
153	The Protective Effects of a Polyphenol-Enriched Protein Powder on Exercise-Induced Susceptibility to Virus Infection. <i>Phytotherapy Research</i> , 2014, 28, 1829-1836.	5.8	27
154	Influence of Carbohydrate on Immune Function Following 2 h Cycling. <i>Research in Sports Medicine</i> , 2006, 14, 225-237.	1.3	26
155	Effects of exercise training on gallbladder function in an obese female population. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 41.	0.4	25
156	Effect of carbohydrate ingestion on ratings of perceived exertion during a marathon. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1779-1784.	0.4	25
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