Lex B Verdijk

List of Publications by Citations

131 papers	6,923 citations	43 h-index	80 g-index
135 ext. papers	8,415 ext. citations	4.4 avg, IF	5.99 L-index

#	Paper	IF	Citations
131	The decline in skeletal muscle mass with aging is mainly attributed to a reduction in type II muscle fiber size. *Experimental Gerontology*, **2013**, 48, 492-8	4.5	366
130	Protein supplementation increases muscle mass gain during prolonged resistance-type exercise training in frail elderly people: a randomized, double-blind, placebo-controlled trial. *Journal of the American Medical Directors Association*, **2012**, 13, 713-9	5.9	363
129	Satellite cell content is specifically reduced in type II skeletal muscle fibers in the elderly. *American Journal of Physiology - Endocrinology and Metabolism*, **2007**, 292, E151-7	6	337
128	Patients with type 2 diabetes show a greater decline in muscle mass, muscle strength, and functional capacity with aging. *Journal of the American Medical Directors Association*, **2013**, 14, 585-92	5.9	257
127	Protein content and amino acid composition of commercially available plant-based protein isolates. *Amino Acids*, **2018**, 50, 1685-1695	3.5	256
126	Skeletal muscle hypertrophy following resistance training is accompanied by a fiber type-specific increase in satellite cell content in elderly men. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, **2009**, 64, 332-9	6.4	232
125	Long-term leucine supplementation does not increase muscle mass or strength in healthy elderly men. *American Journal of Clinical Nutrition*, **2009**, 89, 1468-75	7	201
124	Satellite cells in human skeletal muscle; from birth to old age. *Age*, **2014**, 36, 545-7		194
123	Protein supplementation before and after exercise does not further augment skeletal muscle hypertrophy after resistance training in elderly men. *American Journal of Clinical Nutrition*, **2009**, 89, 608-16	7	188
122	Aging Is Accompanied by a Blunted Muscle Protein Synthetic Response to Protein Ingestion. *PLoS ONE*, **2015**, 10, e0140903	3.7	187
121	The impact of sarcopenia and exercise training on skeletal muscle satellite cells. *Ageing Research Reviews*, **2009**, 8, 328-38	12	161
120	Satellite cells in human skeletal muscle plasticity. *Frontiers in Physiology*, **2015**, 6, 283	4.6	159
119	Leucine co-ingestion improves post-prandial muscle protein accretion in elderly men. *Clinical Nutrition*, **2013**, 32, 412-9	5.9	154
118	There Are No Nonresponders to Resistance-Type Exercise Training in Older Men and Women. *Journal of the American Medical Directors Association*, **2015**, 16, 400-11	5.9	148
117	Elderly men and women benefit equally from prolonged resistance-type exercise training. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, **2013**, 68, 769-79	6.4	141
116	Co-ingestion of protein and leucine stimulates muscle protein synthesis rates to the same extent in young and elderly lean men. *American Journal of Clinical Nutrition*, **2006**, 84, 623-32	7	138
115	Neuromuscular electrical stimulation prevents muscle disuse atrophy during leg immobilization in humans. *Acta Physiologica*, **2014**, 210, 628-41	5.6	132

114	One-repetition maximum strength test represents a valid means to assess leg strength in vivo in humans. *Journal of Sports Sciences*, **2009**, 27, 59-68	3.6	129
113	Protein Ingestion before Sleep Increases Muscle Mass and Strength Gains during Prolonged Resistance-Type Exercise Training in Healthy Young Men. *Journal of Nutrition*, **2015**, 145, 1178-84	4.1	109
112	Prolonged leucine supplementation does not augment muscle mass or affect glycemic control in elderly type 2 diabetic men. *Journal of Nutrition*, **2011**, 141, 1070-6	4.1	107
111	Disuse impairs the muscle protein synthetic response to protein ingestion in healthy men. *Journal of Clinical Endocrinology and Metabolism*, **2013**, 98, 4872-81	5.6	98
110	Protein supplementation during resistance-type exercise training in the elderly. *Medicine and Science in Sports and Exercise*, **2013**, 45, 542-52	1.2	92
109	Skeletal muscle disuse atrophy is not attenuated by dietary protein supplementation in healthy older men. *Journal of Nutrition*, **2014**, 144, 1196-203	4.1	84
108	Co-ingestion of leucine with protein does not further augment post-exercise muscle protein synthesis rates in elderly men. *British Journal of Nutrition*, **2008**, 99, 571-80	3.6	81
107	Nitrate-Rich Vegetables Increase Plasma Nitrate and Nitrite Concentrations and Lower Blood Pressure in Healthy Adults. *Journal of Nutrition*, **2016**, 146, 986-93	4.1	80
106	Muscle fibre capillarization is a critical factor in muscle fibre hypertrophy during resistance exercise training in older men. *Journal of Cachexia, Sarcopenia and Muscle*, **2017**, 8, 267-276	10.3	75
105	Short-term muscle disuse lowers myofibrillar protein synthesis rates and induces anabolic resistance to protein ingestion. *American Journal of Physiology - Endocrinology and Metabolism*, **2016**, 310, E137-47	6	74
104	Characteristics of muscle fiber type are predictive of skeletal muscle mass and strength in elderly men. *Journal of the American Geriatrics Society*, **2010**, 58, 2069-75	5.6	73
103	The skeletal muscle satellite cell response to a single bout of resistance-type exercise is delayed with aging in men. *Age*, **2014**, 36, 9699		72
102	Beetroot juice supplementation reduces whole body oxygen consumption but does not improve indices of mitochondrial efficiency in human skeletal muscle. *Journal of Physiology*, **2016**, 594, 421-35	3.9	68
101	Eccentric exercise increases satellite cell content in type II muscle fibers. *Medicine and Science in Sports and Exercise*, **2013**, 45, 230-7	1.2	65
100	Reduced satellite cell numbers with spinal cord injury and aging in humans. *Medicine and Science in Sports and Exercise*, **2012**, 44, 2322-30	1.2	64
99	Handgrip strength does not represent an appropriate measure to evaluate changes in muscle strength during an exercise intervention program in frail older people. *International Journal of Sport Nutrition and Exercise Metabolism*, **2015**, 25, 27-36	4.4	63
98	Neuromuscular electrical stimulation increases muscle protein synthesis in elderly type 2 diabetic men. *American Journal of Physiology - Endocrinology and Metabolism*, **2012**, 303, E614-23	6	58
97	The Muscle Metabolome Differs between Healthy and Frail Older Adults. *Journal of Proteome Research*, **2016**, 15, 499-509	5.6	56

96	Protein Ingestion before Sleep Increases Overnight Muscle Protein Synthesis Rates in Healthy Older Men: A Randomized Controlled Trial. *Journal of Nutrition*, **2017**, 147, 2252-2261	4.1	56
95	Presleep dietary protein-derived amino acids are incorporated in myofibrillar protein during postexercise overnight recovery. *American Journal of Physiology - Endocrinology and Metabolism*, **2018**, 314, E457-E467	6	48
94	Resistance Training Increases Skeletal Muscle Capillarization in Healthy Older Men. *Medicine and Science in Sports and Exercise*, **2016**, 48, 2157-2164	1.2	47
93	Elevated Plasma Cardiac Troponin T Levels Caused by Skeletal Muscle Damage in Pompe Disease. *Circulation: Cardiovascular Genetics*, **2016**, 9, 6-13		46
92	Muscle disuse atrophy is not accompanied by changes in skeletal muscle satellite cell content. *Clinical Science*, **2014**, 126, 557-66	6.5	46
91	Age-Associated Impairments in Mitochondrial ADP Sensitivity Contribute to Redox Stress in Senescent Human Skeletal Muscle. *Cell Reports*, **2018**, 22, 2837-2848	10.6	45
90	Resistance Exercise Augments Postprandial Overnight Muscle Protein Synthesis Rates. *Medicine and Science in Sports and Exercise*, **2016**, 48, 2517-2525	1.2	45
89	Physical Activity Performed in the Evening Increases the Overnight Muscle Protein Synthetic Response to Presleep Protein Ingestion in Older Men. *Journal of Nutrition*, **2016**, 146, 1307-14	4.1	43
88	Changes in myonuclear domain size do not precede muscle hypertrophy during prolonged resistance-type exercise training. *Acta Physiologica*, **2016**, 216, 231-9	5.6	42
87	Temporal Response of Angiogenesis and Hypertrophy to Resistance Training in Young Men. *Medicine and Science in Sports and Exercise*, **2018**, 50, 36-45	1.2	41
86	A single bout of exercise activates skeletal muscle satellite cells during subsequent overnight recovery. *Experimental Physiology*, **2012**, 97, 762-73	2.4	41
85	Beetroot Juice Supplementation Improves High-Intensity Intermittent Type Exercise Performance in Trained Soccer Players. *Nutrients*, **2017**, 9,	6.7	38
84	The robustness of age-related gait adaptations: can running counterbalance the consequences of ageing?. *Gait and Posture*, **2007**, 25, 259-66	2.6	38
83	The Martin Vigorimeter Represents a Reliable and More Practical Tool Than the Jamar Dynamometer to Assess Handgrip Strength in the Geriatric Patient. *Journal of the American Medical Directors Association*, **2016**, 17, 466.e1-7	5.9	38
82	Extensive Type II Muscle Fiber Atrophy in Elderly Female Hip Fracture Patients. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, **2017**, 72, 1369-1375	6.4	36
81	Can elite athletes benefit from dietary nitrate supplementation?. *Journal of Applied Physiology*, **2015**, 119, 759-61	3.7	35
80	Branched-chain amino acid and branched-chain ketoacid ingestion increases muscle protein synthesis rates in vivo in older adults: a double-blind, randomized trial. *American Journal of Clinical Nutrition*, **2019**, 110, 862-872	7	35
79	Reduced AMPK-ACC and mTOR signaling in muscle from older men, and effect of resistance exercise. *Mechanisms of Ageing and Development*, **2012**, 133, 655-64	5.6	34

78	The Impact of Pre-sleep Protein Ingestion on the Skeletal Muscle Adaptive Response to Exercise in Humans: An Update. *Frontiers in Nutrition*, **2019**, 6, 17	6.2	32
77	Expression of protocadherin gamma in skeletal muscle tissue is associated with age and muscle weakness. *Journal of Cachexia, Sarcopenia and Muscle*, **2016**, 7, 604-614	10.3	32
76	Dose-Dependent Increases in Whole-Body Net Protein Balance and Dietary Protein-Derived Amino Acid Incorporation into Myofibrillar Protein During Recovery from Resistance Exercise in Older Men. *Journal of Nutrition*, **2019**, 149, 221-230	4.1	31
75	Carbohydrate co-ingestion with protein does not further augment post-prandial muscle protein accretion in older men. *Nutrition and Metabolism*, **2013**, 10, 15	4.6	30
74	Sodium nitrate ingestion increases skeletal muscle nitrate content in humans. *Journal of Applied Physiology*, **2017**, 123, 637-644	3.7	29
73	Protein Supplementation after Exercise and before Sleep Does Not Further Augment Muscle Mass and Strength Gains during Resistance Exercise Training in Active Older Men. *Journal of Nutrition*, **2018**, 148, 1723-1732	4.1	29
72	Protein Supplementation Augments Muscle Fiber Hypertrophy but Does Not Modulate Satellite Cell Content During Prolonged Resistance-Type Exercise Training in Frail Elderly. *Journal of the American Medical Directors Association*, **2017**, 18, 608-615	5.9	28
71	Dose-response effects of dietary protein on muscle protein synthesis during recovery from endurance exercise in young men: a double-blind randomized trial. *American Journal of Clinical Nutrition*, **2020**, 112, 303-317	7	28
70	Continuous endurance-type exercise training does not modulate satellite cell content in obese type 2 diabetes patients. *Muscle and Nerve*, **2011**, 43, 393-401	3.4	28
69	Protein Type, Protein Dose, and Age Modulate Dietary Protein Digestion and Phenylalanine Absorption Kinetics and Plasma Phenylalanine Availability in Humans. *Journal of Nutrition*, **2020**, 150, 2041-2050	4.1	27
68	Creatine Loading Does Not Preserve Muscle Mass or Strength During Leg Immobilization in Healthy, Young Males: A Randomized Controlled Trial. *Sports Medicine*, **2017**, 47, 1661-1671	10.6	26
67	One Week of Hospitalization Following Elective Hip Surgery Induces Substantial Muscle Atrophy in Older Patients. *Journal of the American Medical Directors Association*, **2019**, 20, 35-42	5.9	26
66	No Effect of Acute and 6-Day Nitrate Supplementation on VO and Time-Trial Performance in Highly Trained Cyclists. *International Journal of Sport Nutrition and Exercise Metabolism*, **2017**, 27, 11-17	4.4	26
65	Slowly digestible carbohydrate sources can be used to attenuate the postprandial glycemic response to the ingestion of diabetes-specific enteral formulas. *The Diabetes Educator*, **2009**, 35, 631-40	2.5	26
64	Repeated-sprint performance and plasma responses following beetroot juice supplementation do not differ between recreational, competitive and elite sprint athletes. *European Journal of Sport Science*, **2018**, 18, 524-533	3.9	25
63	Habitual Dietary Nitrate Intake in Highly Trained Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*, **2017**, 27, 148-157	4.4	25
62	Increased Myogenic and Protein Turnover Signaling in Skeletal Muscle of Chronic Obstructive Pulmonary Disease Patients With Sarcopenia. *Journal of the American Medical Directors Association*, **2017**, 18, 637.e1-637.e11	5.9	24
61	Both basal and post-prandial muscle protein synthesis rates, following the ingestion of a leucine-enriched whey protein supplement, are not impaired in sarcopenic older males. *Clinical Nutrition*, **2017**, 36, 1440-1449	5.9	24

60	Postexercise cooling impairs muscle protein synthesis rates in recreational athletes. *Journal of Physiology*, **2020**, 598, 755-772	3.9	24
59	Impact of the Macronutrient Composition of a Nutritional Supplement on Muscle Protein Synthesis Rates in Older Men: A Randomized, Double Blind, Controlled Trial. *Journal of Clinical Endocrinology and Metabolism*, **2015**, 100, 4124-32	5.6	22
58	The glycation level of milk protein strongly modulates post-prandial lysine availability in humans. *British Journal of Nutrition*, **2020**, 123, 545-552	3.6	22
57	Muscle mass and strength gains following 6 months of resistance type exercise training are only partly preserved within one year with autonomous exercise continuation in older adults. *Experimental Gerontology*, **2019**, 121, 71-78	4.5	21
56	Daily resistance-type exercise stimulates muscle protein synthesis in vivo in young men. *Journal of Applied Physiology*, **2018**, 124, 66-75	3.7	21
55	Skeletal muscle unloading results in increased mitophagy and decreased mitochondrial biogenesis regulation. *Muscle and Nerve*, **2019**, 60, 769-778	3.4	21
54	Leucine Supplementation Does Not Attenuate Skeletal Muscle Loss during Leg Immobilization in Healthy, Young Men. *Nutrients*, **2018**, 10,	6.7	20
53	Acute dietary protein intake restriction is associated with changes in myostatin expression after a single bout of resistance exercise in healthy young men. *Journal of Nutrition*, **2014**, 144, 137-45	4.1	20
52	Muscle fiber capillarization as determining factor on indices of insulin sensitivity in humans. *Physiological Reports*, **2017**, 5, e13278	2.6	17
51	No effect of beetroot juice supplementation on exercise economy and performance in recreationally active females despite increased torque production. *Physiological Reports*, **2019**, 7, e13982	2.6	17
50	Insects are a viable protein source for human consumption: from insect protein digestion to postprandial muscle protein synthesis in vivo in humans: a double-blind randomized trial. *American Journal of Clinical Nutrition*, **2021**, 114, 934-944	7	17
49	Myofibrillar and Mitochondrial Protein Synthesis Rates Do Not Differ in Young Men Following the Ingestion of Carbohydrate with Whey, Soy, or Leucine-Enriched Soy Protein after Concurrent Resistance- and Endurance-Type Exercise. *Journal of Nutrition*, **2019**, 149, 210-220	4.1	16
48	Sarcopenia Is Related to Mortality in the Acutely Hospitalized Geriatric Patient. *Journal of Nutrition, Health and Aging*, **2019**, 23, 128-137	5.2	15
47	Myofibrillar and Mitochondrial Protein Synthesis Rates Do Not Differ in Young Men Following the Ingestion of Carbohydrate with Milk Protein, Whey, or Micellar Casein after Concurrent Resistance- and Endurance-Type Exercise. *Journal of Nutrition*, **2019**, 149, 198-209	4.1	14
46	The concept of skeletal muscle memory: Evidence from animal and human studies. *Acta Physiologica*, **2020**, 229, e13465	5.6	14
45	Cholecalciferol or 25-Hydroxycholecalciferol Supplementation Does Not Affect Muscle Strength and Physical Performance in Prefrail and Frail Older Adults. *Journal of Nutrition*, **2018**, 148, 712-720	4.1	14
44	Distinct skeletal muscle molecular responses to pulmonary rehabilitation in chronic obstructive pulmonary disease: a cluster analysis. *Journal of Cachexia, Sarcopenia and Muscle*, **2019**, 10, 311-322	10.3	13
43	Global profiling of the muscle metabolome: method optimization, validation and application to determine exercise-induced metabolic effects. *Metabolomics*, **2015**, 11, 271-285	4.7	13

42	Basal and Postprandial Myofibrillar Protein Synthesis Rates Do Not Differ between Lean and Obese Middle-Aged Men. *Journal of Nutrition*, **2019**, 149, 1533-1542	4.1	12
41	Leucine coingestion augments the muscle protein synthetic response to the ingestion of 15 g of protein following resistance exercise in older men. *American Journal of Physiology - Endocrinology and Metabolism*, **2019**, 317, E473-E482	6	12
40	Could intramuscular storage of dietary nitrate contribute to its ergogenic effect? A mini-review. *Free Radical Biology and Medicine*, **2020**, 152, 295-300	7.8	12
39	The Effect of Beetroot Juice Supplementation on Dynamic Apnea and Intermittent Sprint Performance in Elite Female Water Polo Players. *International Journal of Sport Nutrition and Exercise Metabolism*, **2018**, 28, 468-473	4.4	12
38	Exceptional body composition changes attributed to collagen peptide supplementation and resistance training in older sarcopenic men. *British Journal of Nutrition*, **2016**, 116, 569-70	3.6	12
37	The muscle protein synthetic response to the combined ingestion of protein and carbohydrate is not impaired in healthy older men. *Age*, **2013**, 35, 2389-98		12
36	Sucrose but Not Nitrate Ingestion Reduces Strenuous Cycling-induced Intestinal Injury. *Medicine and Science in Sports and Exercise*, **2019**, 51, 436-444	1.2	12
35	Dietary feeding pattern does not modulate the loss of muscle mass or the decline in metabolic health during short-term bed rest. *American Journal of Physiology - Endocrinology and Metabolism*, **2019**, 316, E536-E545	6	12
34	Intramyocellular lipid content and lipogenic gene expression responses following a single bout of resistance type exercise differ between young and older men. *Experimental Gerontology*, **2017**, 93, 36-45	4.5	11
33	Blood Flow Restriction Only Increases Myofibrillar Protein Synthesis with Exercise. *Medicine and Science in Sports and Exercise*, **2019**, 51, 1137-1145	1.2	11
32	The impact of beetroot juice supplementation on muscular endurance, maximal strength and countermovement jump performance. *European Journal of Sport Science*, **2021**, 21, 871-878	3.9	10
31	The effect of acute and 7-days dietary nitrate on mechanical efficiency, exercise performance and cardiac biomarkers in patients with chronic obstructive pulmonary disease. *Clinical Nutrition*, **2018**, 37, 1852-1861	5.9	9
30	No differences in muscle protein synthesis rates following ingestion of wheat protein, milk protein, and their protein blend in healthy, young males. *British Journal of Nutrition*, **2021**, 126, 1832-1842	3.6	9
29	Increasing vegetable intake to obtain the health promoting and ergogenic effects of dietary nitrate. *European Journal of Clinical Nutrition*, **2018**, 72, 1485-1489	5.2	8
28	Coordinated regulation of skeletal muscle mass and metabolic plasticity during recovery from disuse. *FASEB Journal*, **2019**, 33, 1288-1298	0.9	8
27	Casein Protein Processing Strongly Modulates Post-Prandial Plasma Amino Acid Responses In Vivo in Humans. *Nutrients*, **2020**, 12,	6.7	8
26	Casein Ingestion Does Not Increase Muscle Connective Tissue Protein Synthesis Rates. *Medicine and Science in Sports and Exercise*, **2020**, 52, 1983-1991	1.2	8
25	Skeletal muscle fiber characteristics in patients with chronic heart failure: impact of disease severity and relation with muscle oxygenation during exercise. *Journal of Applied Physiology*, **2018**,	3.7	7

24	A Nitrate-Rich Vegetable Intervention Elevates Plasma Nitrate and Nitrite Concentrations and Reduces Blood Pressure in Healthy Young Adults. *Journal of the Academy of Nutrition and Dietetics*, **2020**, 120, 1305-1317	3.9	7
23	Protein Intake Falls below 0.6 g kg-1 -1 in Healthy, Older Patients Admitted for Elective Hip or Knee Arthroplasty. *Journal of Nutrition, Health and Aging*, **2019**, 23, 299-305	5.2	7
22	Perioperative nutritional supplementation and skeletal muscle mass in older hip-fracture patients. *Nutrition Reviews*, **2019**, 77, 254-266	6.4	7
21	No effect of 25-hydroxyvitamin D supplementation on the skeletal muscle transcriptome in vitamin D deficient frail older adults. *BMC Geriatrics*, **2019**, 19, 151	4.1	6
20	Mitochondrial DNA copy number associates with insulin sensitivity and aerobic capacity, and differs between sedentary, overweight middle-aged males with and without type 2 diabetes. *International Journal of Obesity*, **2020**, 44, 929-936	5.5	6
19	The effect of exercise training on the course of cardiac troponin T and I levels: three independent training studies. *Scientific Reports*, **2015**, 5, 18320	4.9	5
18	Satellite cell activation as a critical step in skeletal muscle plasticity. *Experimental Physiology*, **2014**, 99, 1449-50	2.4	5
17	Nandrolone decanoate administration does not attenuate muscle atrophy during a short period of disuse. *PLoS ONE*, **2019**, 14, e0210823	3.7	4
16	Last Word on Viewpoint: Can elite athletes benefit from dietary nitrate supplementation?. *Journal of Applied Physiology*, **2015**, 119, 770	3.7	4
15	During Hospitalization, Older Patients at Risk for Malnutrition Consume . *Nutrition in Clinical Practice*, **2020**, 35, 655-663	3.6	4
14	The effect of a six-month resistance-type exercise training program on the course of high sensitive cardiac troponin T levels in (pre)frail elderly. *International Journal of Cardiology*, **2014**, 175, 374-5	3.2	4
13	Development and validation of a rule-based strength scaling method for musculoskeletal modelling. *International Journal of Human Factors Modelling and Simulation*, **2015**, 5, 19	1.3	4
12	Multifrequency bioelectrical impedance analysis may represent a reproducible and practical tool to assess skeletal muscle mass in euvolemic acutely ill hospitalized geriatric patients. *European Geriatric Medicine*, **2020**, 11, 155-162	3	4
11	Ingestion of Free Amino Acids Compared with an Equivalent Amount of Intact Protein Results in More Rapid Amino Acid Absorption and Greater Postprandial Plasma Amino Acid Availability Without Affecting Muscle Protein Synthesis Rates in Young Adults in a Double-Blind Randomized	4.1	4
10	Hot-water immersion does not increase postprandial muscle protein synthesis rates during recovery from resistance-type exercise in healthy, young males. *Journal of Applied Physiology*, **2020**, 128, 1012-1022	3.7	3
9	A novel in vitro model for the assessment of postnatal myonuclear accretion. *Skeletal Muscle*, **2018**, 8, 4	5.1	3
8	Exercise Plus Presleep Protein Ingestion Increases Overnight Muscle Connective Tissue Protein Synthesis Rates in Healthy Older Men. *International Journal of Sport Nutrition and Exercise Metabolism*, **2021**, 31, 217-226	4.4	3
7	Myonuclear content and domain size in small versus larger muscle fibres in response to 12 weeks of resistance exercise training in older adults. *Acta Physiologica*, **2021**, 231, e13599	5.6	3

6	Adipose tissue lipolytic inhibition enhances the glucoregulatory properties of exercise in type 2 diabetes patients. *European Journal of Sport Science*, **2018**, 18, 1245-1254	3.9	3
5	Cheese Ingestion Increases Muscle Protein Synthesis Rates Both at Rest and During Recovery from Exercise in Healthy, Young Males: A Randomized Parallel-group Trial.. *Journal of Nutrition*, **2022**,	4.1	2
4	Exercise and Nutritional Interventions to Combat Age-Related Muscle Loss **2011**, 289-315		2
3	Acute Effects of Dietary Nitrate on Exercise Tolerance, Muscle Oxygenation, and Cardiovascular Function in Patients With Peripheral Arterial Disease. *International Journal of Sport Nutrition and Exercise Metabolism*, **2021**, 1-12	4.4	1
2	Increasing Nitrate-Rich Vegetable Intake Lowers Ambulatory Blood Pressure in (pre)Hypertensive Middle-Aged and Older Adults: A 12-Wk Randomized Controlled Trial. *Journal of Nutrition*, **2021**, 151, 2667-2679	4.1	0
1	The Effects of Acute and Chronic Beetroot Juice Supplementation on Exercise Economy and Time Trial Performance in Recreationally Active Females. *FASEB Journal*, **2018**, 32, 724.7	0.9	