

Mark Andrew Tarnopolsky

List of Publications by Citations

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356
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19,073
ext. citations

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avg. IF

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#	Paper	IF	Citations
356	Short-term sprint interval versus traditional endurance training: similar initial adaptations in human skeletal muscle and exercise performance. <i>Journal of Physiology</i> , 2006 , 575, 901-11	3.9	639
355	Differential effects of resistance and endurance exercise in the fed state on signalling molecule phosphorylation and protein synthesis in human muscle. <i>Journal of Physiology</i> , 2008 , 586, 3701-17	3.9	414
354	A practical model of low-volume high-intensity interval training induces mitochondrial biogenesis in human skeletal muscle: potential mechanisms. <i>Journal of Physiology</i> , 2010 , 588, 1011-22	3.9	388
353	Consumption of fluid skim milk promotes greater muscle protein accretion after resistance exercise than does consumption of an isonitrogenous and isoenergetic soy-protein beverage. <i>American Journal of Clinical Nutrition</i> , 2007 , 85, 1031-40	7	366
352	Consumption of fat-free fluid milk after resistance exercise promotes greater lean mass accretion than does consumption of soy or carbohydrate in young, novice, male weightlifters. <i>American Journal of Clinical Nutrition</i> , 2007 , 86, 373-81	7	336
351	AMP-activated protein kinase (AMPK) beta1beta2 muscle null mice reveal an essential role for AMPK in maintaining mitochondrial content and glucose uptake during exercise. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2011 , 108, 16092-7	11.5	313
350	Diagnosis and management of mitochondrial disease: a consensus statement from the Mitochondrial Medicine Society. <i>Genetics in Medicine</i> , 2015 , 17, 689-701	8.1	284
349	Influence of endurance exercise training and sex on intramyocellular lipid and mitochondrial ultrastructure, substrate use, and mitochondrial enzyme activity. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2007 , 292, R1271-8	3.2	281
348	Postactivation potentiation, fiber type, and twitch contraction time in human knee extensor muscles. <i>Journal of Applied Physiology</i> , 2000 , 88, 2131-7	3.7	277
347	Endurance exercise rescues progeroid aging and induces systemic mitochondrial rejuvenation in mtDNA mutator mice. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2011 , 108, 4135-40	11.5	264
346	Exercise increases mitochondrial PGC-1alpha content and promotes nuclear-mitochondrial cross-talk to coordinate mitochondrial biogenesis. <i>Journal of Biological Chemistry</i> , 2011 , 286, 10605-17	5.4	238
345	Resistance exercise reverses aging in human skeletal muscle. <i>PLoS ONE</i> , 2007 , 2, e465	3.7	215
344	Beneficial effects of creatine, CoQ10, and lipoic acid in mitochondrial disorders. <i>Muscle and Nerve</i> , 2007 , 35, 235-42	3.4	208
343	An acute bout of high-intensity interval training increases the nuclear abundance of PGC-1 α and activates mitochondrial biogenesis in human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2011 , 300, R1303-10	3.2	206
342	Potential for creatine and other therapies targeting cellular energy dysfunction in neurological disorders. <i>Annals of Neurology</i> , 2001 , 49, 561-574	9.4	196
341	Genetic risk factors associated with lipid-lowering drug-induced myopathies. <i>Muscle and Nerve</i> , 2006 , 34, 153-62	3.4	194
340	The potential of endurance exercise-derived exosomes to treat metabolic diseases. <i>Nature Reviews Endocrinology</i> , 2016 , 12, 504-17	15.2	191

339	Twelve Weeks of Sprint Interval Training Improves Indices of Cardiometabolic Health Similar to Traditional Endurance Training despite a Five-Fold Lower Exercise Volume and Time Commitment. <i>PLoS ONE</i> , 2016 , 11, e0154075	3.7	177
338	Oxidative stress and the mitochondrial theory of aging in human skeletal muscle. <i>Experimental Gerontology</i> , 2004 , 39, 1391-400	4.5	176
337	Sex differences in exercise metabolism and the role of 17-beta estradiol. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 648-54	1.2	171
336	Massage therapy attenuates inflammatory signaling after exercise-induced muscle damage. <i>Science Translational Medicine</i> , 2012 , 4, 119ra13	17.5	169
335	miRNA in the regulation of skeletal muscle adaptation to acute endurance exercise in C57Bl/6J male mice. <i>PLoS ONE</i> , 2009 , 4, e5610	3.7	168
334	Real-time RT-PCR analysis of housekeeping genes in human skeletal muscle following acute exercise. <i>Physiological Genomics</i> , 2004 , 18, 226-31	3.6	168
333	Protein requirements for endurance athletes. <i>Nutrition</i> , 2004 , 20, 662-8	4.8	161
332	Creatine supplementation enhances isometric strength and body composition improvements following strength exercise training in older adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2003 , 58, 11-9	6.4	159
331	Creatine monohydrate increases strength in patients with neuromuscular disease. <i>Neurology</i> , 1999 , 52, 854-7	6.5	155
330	The effect of aging on human skeletal muscle mitochondrial and intramyocellular lipid ultrastructure. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2010 , 65, 119-28	6.4	152
329	Endurance exercise training attenuates leucine oxidation and BCOAD activation during exercise in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2000 , 278, E580-7	6	151
328	Aberrant mitochondrial homeostasis in the skeletal muscle of sedentary older adults. <i>PLoS ONE</i> , 2010 , 5, e10778	3.7	146
327	Resistance exercise training decreases oxidative damage to DNA and increases cytochrome oxidase activity in older adults. <i>Experimental Gerontology</i> , 2005 , 40, 173-80	4.5	139
326	Suction-modified Bergström muscle biopsy technique: experience with 13,500 procedures. <i>Muscle and Nerve</i> , 2011 , 43, 717-25	3.4	132
325	Antioxidant enzyme activity is up-regulated after unilateral resistance exercise training in older adults. <i>Free Radical Biology and Medicine</i> , 2005 , 39, 289-95	7.8	129
324	Caffeine potentiates low frequency skeletal muscle force in habitual and nonhabitual caffeine consumers. <i>Journal of Applied Physiology</i> , 2000 , 89, 1719-24	3.7	128
323	Acute creatine loading increases fat-free mass, but does not affect blood pressure, plasma creatinine, or CK activity in men and women. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 291-6	1.2	127
322	Myostatin inhibitor ACE-031 treatment of ambulatory boys with Duchenne muscular dystrophy: Results of a randomized, placebo-controlled clinical trial. <i>Muscle and Nerve</i> , 2017 , 55, 458-464	3.4	124

321	Limb immobilization induces a coordinate down-regulation of mitochondrial and other metabolic pathways in men and women. <i>PLoS ONE</i> , 2009 , 4, e6518	3.7	121
320	Patient care standards for primary mitochondrial disease: a consensus statement from the Mitochondrial Medicine Society. <i>Genetics in Medicine</i> , 2017 , 19,	8.1	113
319	Myostatin is associated with age-related human muscle stem cell dysfunction. <i>FASEB Journal</i> , 2012 , 26, 2509-21	0.9	111
318	Genome-wide DNA methylation changes with age in disease-free human skeletal muscle. <i>Aging Cell</i> , 2014 , 13, 360-6	9.9	110
317	Acute endurance exercise increases the nuclear abundance of PGC-1alpha in trained human skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2010 , 298, R912-7	3.2	110
316	Effects of high-intensity endurance exercise training in the G93A mouse model of amyotrophic lateral sclerosis. <i>Muscle and Nerve</i> , 2004 , 29, 656-62	3.4	110
315	Expanding the Boundaries of RNA Sequencing as a Diagnostic Tool for Rare Mendelian Disease. <i>American Journal of Human Genetics</i> , 2019 , 104, 466-483	11	110
314	encephalopathy: novel findings on phenotype, variant clustering, functional consequences and treatment aspects. <i>Journal of Medical Genetics</i> , 2017 , 54, 460-470	5.8	109
313	Adipocyte hypertrophy, fatty liver and metabolic risk factors in South Asians: the Molecular Study of Health and Risk in Ethnic Groups (mol-SHARE). <i>PLoS ONE</i> , 2011 , 6, e22112	3.7	109
312	Three minutes of all-out intermittent exercise per week increases skeletal muscle oxidative capacity and improves cardiometabolic health. <i>PLoS ONE</i> , 2014 , 9, e111489	3.7	107
311	Superior mitochondrial adaptations in human skeletal muscle after interval compared to continuous single-leg cycling matched for total work. <i>Journal of Physiology</i> , 2017 , 595, 2955-2968	3.9	105
310	Sex-based differences in skeletal muscle function and morphology with short-term limb immobilization. <i>Journal of Applied Physiology</i> , 2005 , 99, 1085-92	3.7	104
309	Contraction-induced muscle damage is unaffected by vitamin E supplementation. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 798-805	1.2	104
308	Gender differences in carbohydrate loading are related to energy intake. <i>Journal of Applied Physiology</i> , 2001 , 91, 225-30	3.7	104
307	Dysfunctional Nrf2-Keap1 redox signaling in skeletal muscle of the sedentary old. <i>Free Radical Biology and Medicine</i> , 2010 , 49, 1487-93	7.8	103
306	Effect of protein source on resistive-training-induced changes in body composition and muscle size in older men. <i>American Journal of Clinical Nutrition</i> , 2002 , 76, 511-7	7	103
305	Association of depression & health related quality of life with body composition in children and youth with obesity. <i>Journal of Affective Disorders</i> , 2015 , 172, 18-23	6.6	102
304	Creatine monohydrate and conjugated linoleic acid improve strength and body composition following resistance exercise in older adults. <i>PLoS ONE</i> , 2007 , 2, e991	3.7	100

303	A randomized trial of coenzyme Q10 in mitochondrial disorders. <i>Muscle and Nerve</i> , 2010 , 42, 739-48	3.4	97
302	Effect of caffeine on the neuromuscular system--potential as an ergogenic aid. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008 , 33, 1284-9	3	97
301	Mitochondrial myopathies: diagnosis, exercise intolerance, and treatment options. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 2086-93	1.2	97
300	Menstrual cycle phase and sex influence muscle glycogen utilization and glucose turnover during moderate-intensity endurance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2006 , 291, R1120-8	3.2	96
299	Estrogen supplementation reduces whole body leucine and carbohydrate oxidation and increases lipid oxidation in men during endurance exercise. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2005 , 90, 3592-9	5.6	95
298	The psychiatric manifestations of mitochondrial disorders: a case and review of the literature. <i>Journal of Clinical Psychiatry</i> , 2012 , 73, 506-12	4.6	94
297	Global and targeted gene expression and protein content in skeletal muscle of young men following short-term creatine monohydrate supplementation. <i>Physiological Genomics</i> , 2008 , 32, 219-28	3.6	93
296	Fluvastatin causes NLRP3 inflammasome-mediated adipose insulin resistance. <i>Diabetes</i> , 2014 , 63, 3742-9	7.9	86
295	Contraction-induced muscle damage in humans following calcium channel blocker administration. <i>Journal of Physiology</i> , 2002 , 544, 849-59	3.9	85
294	Patients with dystrophinopathy show evidence of increased oxidative stress. <i>Free Radical Biology and Medicine</i> , 2003 , 34, 1217-20	7.8	85
293	Caffeine and endurance performance. <i>Sports Medicine</i> , 1994 , 18, 109-25	10.6	84
292	Endurance training without weight loss lowers systemic, but not muscle, oxidative stress with no effect on inflammation in lean and obese women. <i>Free Radical Biology and Medicine</i> , 2008 , 45, 503-11	7.8	82
291	Hepatocyte growth factor (HGF) and the satellite cell response following muscle lengthening contractions in humans. <i>Muscle and Nerve</i> , 2008 , 38, 1434-1442	3.4	78
290	Potential side effects of oral creatine supplementation: a critical review. <i>Clinical Journal of Sport Medicine</i> , 1998 , 8, 298-304	3.2	78
289	Exosomes as Mediators of the Systemic Adaptations to Endurance Exercise. <i>Cold Spring Harbor Perspectives in Medicine</i> , 2018 , 8,	5.4	77
288	Low intensity training decreases markers of oxidative stress in skeletal muscle of mdx mice. <i>Free Radical Biology and Medicine</i> , 2007 , 43, 145-54	7.8	76
287	Exercise-stimulated interleukin-15 is controlled by AMPK and regulates skin metabolism and aging. <i>Aging Cell</i> , 2015 , 14, 625-34	9.9	75
286	Hypotension following mild bouts of resistance exercise and submaximal dynamic exercise. <i>European Journal of Applied Physiology</i> , 1999 , 79, 148-54	3.4	75

285	Intermittent and continuous high-intensity exercise training induce similar acute but different chronic muscle adaptations. <i>Experimental Physiology</i> , 2014 , 99, 782-91	2.4	74
284	Effect of oral creatine supplementation on muscle [PCr] and short-term maximum power output. <i>Medicine and Science in Sports and Exercise</i> , 1997 , 29, 216-9	1.2	71
283	Metabolic myopathies: update 2009. <i>Journal of Clinical Neuromuscular Disease</i> , 2009 , 10, 97-121	1.1	69
282	Influence of gender, menstrual phase, and oral contraceptive use on immunological changes in response to prolonged cycling. <i>Journal of Applied Physiology</i> , 2005 , 99, 979-85	3.7	66
281	Perspectives on Exertional Rhabdomyolysis. <i>Sports Medicine</i> , 2017 , 47, 33-49	10.6	65
280	Eccentric exercise increases satellite cell content in type II muscle fibers. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 230-7	1.2	65
279	Caffeine and creatine use in sport. <i>Annals of Nutrition and Metabolism</i> , 2010 , 57 Suppl 2, 1-8	4.5	65
278	Nutritional therapy improves function and complements corticosteroid intervention in mdx mice. <i>Muscle and Nerve</i> , 2006 , 33, 66-77	3.4	65
277	Effect of endurance exercise on hepatic lipid content, enzymes, and adiposity in men and women. <i>Obesity</i> , 2008 , 16, 2281-8	8	64
276	Oxidative stress and antioxidant enzyme upregulation in SOD1-G93A mouse skeletal muscle. <i>Muscle and Nerve</i> , 2006 , 33, 809-16	3.4	63
275	Myofibrillar disruption following acute concentric and eccentric resistance exercise in strength-trained men. <i>Canadian Journal of Physiology and Pharmacology</i> , 2000 , 78, 656-661	2.4	63
274	Elevated SOCS3 and altered IL-6 signaling is associated with age-related human muscle stem cell dysfunction. <i>American Journal of Physiology - Cell Physiology</i> , 2013 , 304, C717-28	5.4	61
273	Substrate utilization during exercise performed with and without glucose ingestion in female and male endurance trained athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003 , 13, 407-21	4.4	61
272	Creatine monohydrate supplementation enhances high-intensity exercise performance in males and females. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2000 , 10, 452-63	4.4	61
271	Perilipin family (PLIN) proteins in human skeletal muscle: the effect of sex, obesity, and endurance training. <i>Applied Physiology, Nutrition and Metabolism</i> , 2012 , 37, 724-35	3	59
270	Satellite cell number and cell cycle kinetics in response to acute myotrauma in humans: immunohistochemistry versus flow cytometry. <i>Journal of Physiology</i> , 2010 , 588, 3307-20	3.9	59
269	Diagnostic Utility of Genome-wide DNA Methylation Testing in Genetically Unsolved Individuals with Suspected Hereditary Conditions. <i>American Journal of Human Genetics</i> , 2019 , 104, 685-700	11	57
268	Caloric restriction transiently improves motor performance but hastens clinical onset of disease in the Cu/Zn-superoxide dismutase mutant G93A mouse. <i>Muscle and Nerve</i> , 2005 , 31, 214-20	3.4	57

267	Sex differences in global mRNA content of human skeletal muscle. <i>PLoS ONE</i> , 2009 , 4, e6335	3.7	57
266	Mitochondrial encephalopathy with lactic acidosis and stroke-like episodes (MELAS) may respond to adjunctive ketogenic diet. <i>Pediatric Neurology</i> , 2014 , 50, 498-502	2.9	56
265	Exercise, sex, menstrual cycle phase, and 17beta-estradiol influence metabolism-related genes in human skeletal muscle. <i>Physiological Genomics</i> , 2009 , 40, 34-47	3.6	56
264	Evidence for the contribution of muscle stem cells to nonhypertrophic skeletal muscle remodeling in humans. <i>FASEB Journal</i> , 2013 , 27, 4596-605	0.9	55
263	Endurance training modulates intramyocellular lipid compartmentalization and morphology in skeletal muscle of lean and obese women. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013 , 98, 4852-62	5.6	55
262	Caloric restriction shortens lifespan through an increase in lipid peroxidation, inflammation and apoptosis in the G93A mouse, an animal model of ALS. <i>PLoS ONE</i> , 2010 , 5, e9386	3.7	55
261	IMCL area density, but not IMCL utilization, is higher in women during moderate-intensity endurance exercise, compared with men. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2007 , 293, R2336-42	3.2	54
260	Exercise-induced mitochondrial p53 repairs mtDNA mutations in mutator mice. <i>Skeletal Muscle</i> , 2016 , 6, 7	5.1	53
259	17beta-estradiol supplementation decreases glucose rate of appearance and disappearance with no effect on glycogen utilization during moderate intensity exercise in men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2005 , 90, 6218-25	5.6	53
258	Body-weight-support treadmill training improves blood glucose regulation in persons with incomplete spinal cord injury. <i>Journal of Applied Physiology</i> , 2004 , 97, 716-24	3.7	52
257	Creatine monohydrate supplementation does not increase muscle strength, lean body mass, or muscle phosphocreatine in patients with myotonic dystrophy type 1. <i>Muscle and Nerve</i> , 2004 , 29, 51-8	3.4	50
256	Diagnostic utility of a modified forearm ischemic exercise test and technical issues relevant to exercise testing. <i>Muscle and Nerve</i> , 2003 , 27, 359-66	3.4	49
255	Creatine-dextrose and protein-dextrose induce similar strength gains during training. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 2044-52	1.2	49
254	BAFopathies' DNA methylation epi-signatures demonstrate diagnostic utility and functional continuum of Coffin-Siris and Nicolaiides-Baraitser syndromes. <i>Nature Communications</i> , 2018 , 9, 4885	17.4	48
253	Clinical use of creatine in neuromuscular and neurometabolic disorders. <i>Sub-Cellular Biochemistry</i> , 2007 , 46, 183-204	5.5	48
252	Long-term aerobic exercise is associated with greater muscle strength throughout the life span. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2013 , 68, 631-8	6.4	47
251	Nutritional and exercise-based therapies in the treatment of mitochondrial disease. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2002 , 5, 619-29	3.8	47
250	Altered mitochondrial bioenergetics and ultrastructure in the skeletal muscle of young adults with type 1 diabetes. <i>Diabetologia</i> , 2018 , 61, 1411-1423	10.3	46

249	Physiological responses to caffeine during endurance running in habitual caffeine users. <i>Medicine and Science in Sports and Exercise</i> , 1989 , 21, 418-424	1.2	46
248	Transgenerational effects of fetal and neonatal exposure to nicotine. <i>Endocrine</i> , 2007 , 31, 254-9		45
247	Men supplemented with 17beta-estradiol have increased beta-oxidation capacity in skeletal muscle. <i>Physiological Genomics</i> , 2010 , 42, 342-7	3.6	44
246	Molecular characterization of NRXN1 deletions from 19,263 clinical microarray cases identifies exons important for neurodevelopmental disease expression. <i>Genetics in Medicine</i> , 2017 , 19, 53-61	8.1	43
245	Digital PCR methods improve detection sensitivity and measurement precision of low abundance mtDNA deletions. <i>Scientific Reports</i> , 2016 , 6, 25186	4.9	43
244	The unfolded protein response is triggered following a single, unaccustomed resistance-exercise bout. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014 , 307, R664-9	2.3	43
243	Clinical variability in maternally inherited leber hereditary optic neuropathy with the G14459A mutation. <i>American Journal of Medical Genetics Part A</i> , 2004 , 124A, 372-6		43
242	Resistance training exercise and creatine in patients with Charcot-Marie-Tooth disease. <i>Muscle and Nerve</i> , 2004 , 30, 69-76	3.4	43
241	Sex differences in carbohydrate metabolism. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2001 , 4, 521-6	3.8	43
240	Naproxen does not alter indices of muscle damage in resistance-exercise trained men. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 4-9	1.2	43
239	The psychiatric presentation of mitochondrial disorders in adults. <i>Journal of Neuropsychiatry and Clinical Neurosciences</i> , 2012 , 24, 394-409	2.7	42
238	Myoadenylate deaminase deficiency does not affect muscle anaplerosis during exhaustive exercise in humans. <i>Journal of Physiology</i> , 2001 , 533, 881-9	3.9	42
237	Salsalate (Salicylate) Uncouples Mitochondria, Improves Glucose Homeostasis, and Reduces Liver Lipids Independent of AMPK- β . <i>Diabetes</i> , 2016 , 65, 3352-3361	0.9	41
236	Women have higher protein content of beta-oxidation enzymes in skeletal muscle than men. <i>PLoS ONE</i> , 2010 , 5, e12025	3.7	41
235	Attenuation of free radical production and paracrystalline inclusions by creatine supplementation in a patient with a novel cytochrome b mutation. <i>Muscle and Nerve</i> , 2004 , 29, 537-47	3.4	41
234	Solid organ transplantation in primary mitochondrial disease: Proceed with caution. <i>Molecular Genetics and Metabolism</i> , 2016 , 118, 178-184	3.7	40
233	Defects in mitochondrial DNA replication and oxidative damage in muscle of mtDNA mutator mice. <i>Free Radical Biology and Medicine</i> , 2014 , 75, 241-51	7.8	39
232	Creatine for treating muscle disorders. <i>The Cochrane Library</i> , 2013 , CD004760	5.2	39

231	Novel SCO2 mutation (G1521A) presenting as a spinal muscular atrophy type I phenotype. <i>American Journal of Medical Genetics Part A</i> , 2004 , 125A, 310-4		39
230	Satellite cell activity, without expansion, after nonhypertrophic stimuli. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2015 , 309, R1101-11	3.2	38
229	Lifelong aerobic exercise protects against inflammaging and cancer. <i>PLoS ONE</i> , 2019 , 14, e0210863	3.7	37
228	Potential benefits of creatine monohydrate supplementation in the elderly. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2000 , 3, 497-502	3.8	37
227	Loss of the sphingolipid desaturase DEGS1 causes hypomyelinating leukodystrophy. <i>Journal of Clinical Investigation</i> , 2019 , 129, 1240-1256	15.9	37
226	Pompe Disease: Diagnosis and Management. Evidence-Based Guidelines from a Canadian Expert Panel. <i>Canadian Journal of Neurological Sciences</i> , 2016 , 43, 472-85	1	37
225	Acute and moderate-term creatine monohydrate supplementation does not affect creatine transporter mRNA or protein content in either young or elderly humans. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 159-166	4.2	36
224	Eccentric exercise activates novel transcriptional regulation of hypertrophic signaling pathways not affected by hormone changes. <i>PLoS ONE</i> , 2010 , 5, e10695	3.7	35
223	Exercise testing as a diagnostic entity in mitochondrial myopathies. <i>Mitochondrion</i> , 2004 , 4, 529-42	4.9	35
222	The potential benefits of creatine and conjugated linoleic acid as adjuncts to resistance training in older adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008 , 33, 213-27	3	34
221	Markers of skeletal muscle mitochondrial function and lipid accumulation are moderately associated with the homeostasis model assessment index of insulin resistance in obese men. <i>PLoS ONE</i> , 2013 , 8, e66322	3.7	34
220	Nutrition for distance events. <i>Journal of Sports Sciences</i> , 2007 , 25 Suppl 1, S29-38	3.6	33
219	Leigh syndrome associated with mitochondrial complex I deficiency due to novel mutations in NDUFV1 and NDUFS2. <i>Gene</i> , 2013 , 516, 162-7	3.8	32
218	De novo mutations in CSNK2A1 are associated with neurodevelopmental abnormalities and dysmorphic features. <i>Human Genetics</i> , 2016 , 135, 699-705	6.3	32
217	Sodium bicarbonate ingestion augments the increase in PGC-1 α mRNA expression during recovery from intense interval exercise in human skeletal muscle. <i>Journal of Applied Physiology</i> , 2015 , 119, 1303-127	3.7	30
216	Creatine for treating muscle disorders. <i>Cochrane Database of Systematic Reviews</i> , 2011 , CD004760		30
215	Supplementation with lipoic acid, CoQ10, and vitamin E augments running performance and mitochondrial function in female mice. <i>PLoS ONE</i> , 2013 , 8, e60722	3.7	30
214	Creatine monohydrate increases bone mineral density in young Sprague-Dawley rats. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 816-20	1.2	29

213	Effect of alpha-lipoic acid combined with creatine monohydrate on human skeletal muscle creatine and phosphagen concentration. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003 , 13, 294-302	4.4	29
212	Targeting cellular energy production in neurological disorders. <i>Expert Opinion on Investigational Drugs</i> , 2003 , 12, 1655-79	5.9	29
211	Exercise training enhances the skeletal muscle response to radiation-induced oxidative stress. <i>Muscle and Nerve</i> , 2011 , 43, 58-64	3.4	28
210	Diagnosis of 'possible' mitochondrial disease: an existential crisis. <i>Journal of Medical Genetics</i> , 2019 , 56, 123-130	5.8	27
209	Effects of age and unaccustomed resistance exercise on mitochondrial transcript and protein abundance in skeletal muscle of men. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2015 , 308, R734-41	3.2	27
208	Spinocerebellar ataxia type 29 due to mutations in ITPR1: a case series and review of this emerging congenital ataxia. <i>Orphanet Journal of Rare Diseases</i> , 2017 , 12, 121	4.2	27
207	Nutrition for Special Populations: Young, Female, and Masters Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019 , 29, 220-227	4.4	26
206	Mitochondria and Aging-The Role of Exercise as a Countermeasure. <i>Biology</i> , 2019 , 8,	4.9	26
205	Decreased Satellite Cell Number and Function in Humans and Mice With Type 1 Diabetes Is the Result of Altered Notch Signaling. <i>Diabetes</i> , 2016 , 65, 3053-61	0.9	26
204	Exercise as a therapeutic strategy for primary mitochondrial cytopathies. <i>Journal of Child Neurology</i> , 2014 , 29, 1225-34	2.5	26
203	Bacterial overgrowth syndrome in myotonic muscular dystrophy is potentially treatable. <i>Muscle and Nerve</i> , 2010 , 42, 853-5	3.4	26
202	The effect of aging on anaerobic and aerobic enzyme activities in human skeletal muscle. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2006 , 61, 339-44	6.4	26
201	Variability in estimating eccentric contraction-induced muscle damage and inflammation in humans. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2002 , 27, 516-26		26
200	Impact of treadmill running and sex on hippocampal neurogenesis in the mouse model of amyotrophic lateral sclerosis. <i>PLoS ONE</i> , 2012 , 7, e36048	3.7	25
199	The influence of post-exercise macronutrient intake on energy balance and protein metabolism in active females participating in endurance training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2002 , 12, 172-88	4.4	25
198	Creatine for treating muscle disorders. <i>Cochrane Database of Systematic Reviews</i> , 2007 , CD004760		24
197	Nutritional inadequacy in adults with muscular dystrophy. <i>Muscle and Nerve</i> , 2005 , 31, 713-8	3.4	24
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