

MaÅ,gorzata Magdalena Michalczyk

List of Publications by Year in descending order

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623
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#	ARTICLE	IF	CITATIONS
1	The Effects of Long-Term Magnesium Creatine Chelate Supplementation on Repeated Sprint Ability (RAST) in Elite Soccer Players. <i>Nutrients</i> , 2020, 12, 2961.	1.7	9
2	Influence of Sunlight and Oral D3 Supplementation on Serum 25(OH)D Concentration and Exercise Performance in Elite Soccer Players. <i>Nutrients</i> , 2020, 12, 1311.	1.7	22
3	The Effects of a Low Calorie Ketogenic Diet on Glycaemic Control Variables in Hyperinsulinemic Overweight/Obese Females. <i>Nutrients</i> , 2020, 12, 1854.	1.7	20
4	The Effects of Low-Energy Moderate-Carbohydrate (MCD) and Mixed (MixD) Diets on Serum Lipid Profiles and Body Composition in Middle-Aged Men: A Randomized Controlled Parallel-Group Clinical Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1332.	1.2	7
5	Influence of Nutritional Education on the Diet and Nutritional Behaviors of Elderly Women at the University of the Third Age. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 696.	1.2	9
6	Three weeks of intermittent hypoxic training affect antioxidant enzyme activity and increases lipid peroxidation in cyclists. <i>Monatshefte für Chemie</i> , 2019, 150, 1703-1710.	0.9	2
7	Six Weeks of Calorie Restriction Improves Body Composition and Lipid Profile in Obese and Overweight Former Athletes. <i>Nutrients</i> , 2019, 11, 1461.	1.7	28
8	Anaerobic Performance after a Low-Carbohydrate Diet (LCD) Followed by 7 Days of Carbohydrate Loading in Male Basketball Players. <i>Nutrients</i> , 2019, 11, 778.	1.7	24
9	Mechanism of Action and the Effect of Beta-Hydroxy-Beta-Methylbutyrate (HMB) Supplementation on Different Types of Physical Performance - A Systematic Review. <i>Journal of Human Kinetics</i> , 2019, 68, 211-222.	0.7	34
10	Can Supplementation of Vitamin D Improve Aerobic Capacity in Well Trained Youth Soccer Players?. <i>Journal of Human Kinetics</i> , 2018, 61, 63-72.	0.7	30
11	No Modification in Blood Lipoprotein Concentration but Changes in Body Composition After 4 Weeks of Low Carbohydrate Diet (LCD) Followed by 7 Days of Carbohydrate Loading in Basketball Players. <i>Journal of Human Kinetics</i> , 2018, 65, 125-137.	0.7	21
12	Endocrine responses following exhaustive strength exercise with and without the use of protein and protein-carbohydrate supplements. <i>Biology of Sport</i> , 2018, 35, 399-405.	1.7	11
13	Seeking Optimal Nutrition for Healthy Body Mass Reduction Among Former Athletes. <i>Journal of Human Kinetics</i> , 2017, 60, 63-75.	0.7	13
14	Dietary Recommendations for Cyclists during Altitude Training. <i>Nutrients</i> , 2016, 8, 377.	1.7	38
15	The Effects of a Ketogenic Diet on Exercise Metabolism and Physical Performance in Off-Road Cyclists. <i>Nutrients</i> , 2014, 6, 2493-2508.	1.7	135
16	Evaluation of the Blood Antioxidant Capacity in Two Selected Phases of the Training Cycle in Professional Soccer Players. <i>Journal of Human Kinetics</i> , 2008, 19, 93-108.	0.7	10