Lee M Margolis

List of Publications by Year
in descending order

60 papers	1,838 citations	236925 25 h-index	276875 41 g-index
60 all docs	60 docs citations	60 times ranked	2205 citing authors

#	Article	IF	Citations
1	Changes in intestinal microbiota composition and metabolism coincide with increased intestinal permeability in young adults under prolonged physiological stress. American Journal of Physiology - Renal Physiology, 2017, 312, G559-G571.	3.4	239
2	Effects of highâ€protein diets on fatâ€free mass and muscle protein synthesis following weight loss: a randomized controlled trial. FASEB Journal, 2013, 27, 3837-3847.	0.5	208
3	Leucine-enriched essential amino acid supplementation during moderate steady state exercise enhances postexercise muscle protein synthesis. American Journal of Clinical Nutrition, 2011, 94, 809-818.	4.7	93
4	Effects of winter military training on energy balance, whole-body protein balance, muscle damage, soreness, and physical performance. Applied Physiology, Nutrition and Metabolism, 2014, 39, 1395-1401.	1.9	83
5	Energy balance and body composition during US Army special forces training. Applied Physiology, Nutrition and Metabolism, 2013, 38, 396-400.	1.9	52
6	Circulating MicroRNA Are Predictive of Aging and Acute Adaptive Response to Resistance Exercise in Men. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2017, 72, glw243.	3.6	52
7	Effects of exercise mode, energy, and macronutrient interventions on inflammation during military training. Physiological Reports, 2016, 4, e12820.	1.7	50
8	Optimizing Intramuscular Adaptations to Aerobic Exercise: Effects of Carbohydrate Restriction and Protein Supplementation on Mitochondrial Biogenesis. Advances in Nutrition, 2013, 4, 657-664.	6.4	49
9	Effects of a 7-day military training exercise on inflammatory biomarkers, serum hepcidin, and iron status. Nutrition Journal, 2013, 12, 141.	3.4	49
10	Military training elicits marked increases in plasma metabolomic signatures of energy metabolism, lipolysis, fatty acid oxidation, and ketogenesis. Physiological Reports, 2017, 5, e13407.	1.7	48
11	Effects of Supplemental Energy on Protein Balance during 4-d Arctic Military Training. Medicine and Science in Sports and Exercise, 2016, 48, 1604-1612.	0.4	47
12	Severe negative energy balance during 21 d at high altitude decreases fatâ€free mass regardless of dietary protein intake: a randomized controlled trial. FASEB Journal, 2018, 32, 894-905.	0.5	43
13	Optimized dietary strategies to protect skeletal muscle mass during periods of unavoidable energy deficit. FASEB Journal, 2015, 29, 1136-1142.	0.5	42
14	Threshold of Energy Deficit and Lower-Body Performance Declines in Military Personnel: A Meta-Regression. Sports Medicine, 2018, 48, 2169-2178.	6.5	42
15	Effects of Modified Foodservice Practices in Military Dining Facilities on Ad Libitum Nutritional Intake of US Army Soldiers. Journal of the Academy of Nutrition and Dietetics, 2013, 113, 920-927.	0.8	40
16	Effects of energy deficit, dietary protein, and feeding on intracellular regulators of skeletal muscle proteolysis. FASEB Journal, 2013, 27, 5104-5111.	0.5	39
17	Energy Requirements of US Army Special Operation Forces During Military Training. Nutrients, 2014, 6, 1945-1955.	4.1	39
18	Differential Effects of Military Training on Fat-Free Mass and Plasma Amino Acid Adaptations in Men and Women. Nutrients, 2012, 4, 2035-2046.	4.1	34

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19	Prolonged Calorie Restriction Downregulates Skeletal Muscle mTORC1 Signaling Independent of Dietary Protein Intake and Associated microRNA Expression. Frontiers in Physiology, 2016, 7, 445.	2.8	32
20	Skeletal Muscle myomiR Are Differentially Expressed by Endurance Exercise Mode and Combined Essential Amino Acid and Carbohydrate Supplementation. Frontiers in Physiology, 2017, 8, 182.	2.8	29
21	Exercising with low muscle glycogen content increases fat oxidation and decreases endogenous, but not exogenous carbohydrate oxidation. Metabolism: Clinical and Experimental, 2019, 97, 1-8.	3.4	29
22	Thermal-Work Strain During Marine Rifle Squad Operations in Afghanistan. Military Medicine, 2013, 178, 1141-1148.	0.8	27
23	Cardiometabolic Risk in US Army Recruits and the Effects of Basic Combat Training. PLoS ONE, 2012, 7, e31222.	2.5	26
24	Calcium homeostasis and bone metabolic responses to high-protein diets during energy deficit in healthy young adults: a randomized controlled trial. American Journal of Clinical Nutrition, 2014, 99, 400-407.	4.7	26
25	Altitude Acclimatization Alleviates the Hypoxia-Induced Suppression of Exogenous Glucose Oxidation During Steady-State Aerobic Exercise. Frontiers in Physiology, 2018, 9, 830.	2.8	26
26	Potential Role of MicroRNA in the Anabolic Capacity of Skeletal Muscle With Aging. Exercise and Sport Sciences Reviews, 2018, 46, 86-91.	3.0	23
27	Effects of high versus standard essential amino acid intakes on whole-body protein turnover and mixed muscle protein synthesis during energy deficit: A randomized, crossover study. Clinical Nutrition, 2021, 40, 767-777.	5.0	22
28	High-Fat Ketogenic Diets and Physical Performance: A Systematic Review. Advances in Nutrition, 2021, 12, 223-233.	6.4	22
29	Calorie Restricted High Protein Diets Downregulate Lipogenesis and Lower Intrahepatic Triglyceride Concentrations in Male Rats. Nutrients, 2016, 8, 571.	4.1	21
30	Physiological and psychological effects of testosterone during severe energy deficit and recovery: A study protocol for a randomized, placebo-controlled trial for Optimizing Performance for Soldiers (OPS). Contemporary Clinical Trials, 2017, 58, 47-57.	1.8	21
31	Persistence of<i>Lactobacillus reuteri</i>DSM17938 in the Human Intestinal Tract: Response to Consecutive and Alternate-Day Supplementation. Journal of the American College of Nutrition, 2011, 30, 259-264.	1.8	19
32	Severe energy deficit at high altitude inhibits skeletal muscle mTORC1â€mediated anabolic signaling without increased ubiquitin proteasome activity. FASEB Journal, 2018, 32, 5955-5966.	0.5	18
33	Testosterone supplementation upregulates androgen receptor expression and translational capacity during severe energy deficit. American Journal of Physiology - Endocrinology and Metabolism, 2020, 319, E678-E688.	3.5	18
34	High protein diets do not attenuate decrements in testosterone and IGF-I during energy deficit. Metabolism: Clinical and Experimental, 2014, 63, 628-632.	3.4	16
35	Transient decrements in mood during energy deficit are independent of dietary protein-to-carbohydrate ratio. Physiology and Behavior, 2015, 139, 524-531.	2.1	16
36	Upregulation of circulating myomiR following short-term energy restriction is inversely associated with whole body protein synthesis. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2017, 313, R298-R304.	1.8	16

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37	Human Muscle Protein Synthetic Responses during Weight-Bearing and Non-Weight-Bearing Exercise: A Comparative Study of Exercise Modes and Recovery Nutrition. PLoS ONE, 2015, 10, e0140863.	2.5	15
38	Military nutrition research: Contemporary issues, state of the science and future directions. European Journal of Sport Science, 2022, 22, 87-98.	2.7	15
39	Effects of Combat Deployment on Anthropometrics and Physiological Status of U.S. Army Special Operations Forces Soldiers. Military Medicine, 2017, 182, e1659-e1668.	0.8	14
40	Intramuscular Mechanisms Mediating Adaptation to Low-Carbohydrate, High-Fat Diets during Exercise Training. Nutrients, 2020, 12, 2496.	4.1	14
41	Serum Branched-Chain Amino Acid Metabolites Increase in Males When Aerobic Exercise Is Initiated with Low Muscle Glycogen. Metabolites, 2021, 11, 828.	2.9	14
42	Implications of Exercise Training and Distribution of Protein Intake on Molecular Processes Regulating Skeletal Muscle Plasticity. Calcified Tissue International, 2015, 96, 211-221.	3.1	11
43	Acute hypoxia reduces exogenous glucose oxidation, glucose turnover, and metabolic clearance rate during steady-state aerobic exercise. Metabolism: Clinical and Experimental, 2020, 103, 154030.	3.4	11
44	Negative energy balance and loss of body mass and fat-free mass in military personnel subsisting on combat rations during training and combat operations: a comment on Tassone and Baker. British Journal of Nutrition, 2017, 117, 894-896.	2.3	10
45	Commentary on the effects of hypoxia on energy substrate use during exercise. Journal of the International Society of Sports Nutrition, 2019, 16, 28.	3.9	10
46	Body composition changes in physically active individuals consuming ketogenic diets: a systematic review. Journal of the International Society of Sports Nutrition, 2021, 18, 41.	3.9	9
47	Metabolomic profiles are reflective of hypoxia-induced insulin resistance during exercise in healthy young adult males. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2021, 321, R1-R11.	1.8	9
48	Coingestion of Carbohydrate and Protein on Muscle Glycogen Synthesis after Exercise: A Meta-analysis. Medicine and Science in Sports and Exercise, 2021, 53, 384-393.	0.4	9
49	Cardiovascular and thermal strain during 3â€"4Âdays of a metabolically demanding cold-weather military operation. Extreme Physiology and Medicine, 2017, 6, 2.	2.5	8
50	Effectiveness and Acceptance of Web-Based Learning Compared to Traditional Face-to-Face Learning for Performance Nutrition Education. Military Medicine, 2009, 174, 1095-1099.	0.8	6
51	Ingesting a Combined Carbohydrate and Essential Amino Acid Supplement Compared to a Non-Nutritive Placebo Blunts Mitochondrial Biogenesis-Related Gene Expression after Aerobic Exercise. Current Developments in Nutrition, 2017, 1, e000893.	0.3	6
52	Initiating aerobic exercise with low glycogen content reduces markers of myogenesis but not mTORC1 signaling. Journal of the International Society of Sports Nutrition, 2021, 18, 56.	3.9	6
53	Should Military Dining Facilities Offer and Promote Consumption of Probiotic-Containing Foods?. Military Medicine, 2010, 175, 770-783.	0.8	5
54	Challenging traditional carbohydrate intake recommendations for optimizing performance at high altitude. Current Opinion in Clinical Nutrition and Metabolic Care, 2021, 24, 483-489.	2.5	5

#	Article	IF	Citations
55	Effect of High-Protein Diets on Integrated Myofibrillar Protein Synthesis before Anterior Cruciate Ligament Reconstruction: A Randomized Controlled Pilot Study. Nutrients, 2022, 14, 563.	4.1	3
56	OUP accepted manuscript. Advances in Nutrition, 2021, , .	6.4	1
57	Initial military training modulates serum fatty acid and amino acid metabolites. Physiological Reports, 2022, 10, .	1.7	1
58	Re: â€œHigh Carbohydrate Ingestion in High Altitudeâ€•by Pesta et al.. High Altitude Medicine and Biology, 2020, 21, 213-214.	0.9	0
59	Changes in Protein Turnover, Hormonal Status, and Body Composition during Physiologically Demanding Military Training. FASEB Journal, 2016, 30, 1287.2.	0.5	0
60	Isotope tracer assessment of exogenous glucose oxidation during aerobic exercise in hypoxia. Physiological Reports, 2020, 8, e14594.	1.7	0