Scott C Forbes

List of Publications by Year
in descending order

74	1,446	393982	395343
papers	citations	19 h-index	33 g-index

74	74	74	1408
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Exercise and nutritional interventions for improving aging muscle health. Endocrine, 2012, 42, 29-38.	1.1	108
2	Effect of Red Bull Energy Drink on Repeated Wingate Cycle Performance and Bench-Press Muscle Endurance. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, 433-444.	1.0	105
3	Effect of nutritional interventions and resistance exercise on aging muscle mass and strength. Biogerontology, 2012, 13, 345-358.	2.0	74
4	Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. Journal of Clinical Medicine, 2019, 8, 488.	1.0	74
5	Creatine supplementation and aging musculoskeletal health. Endocrine, 2014, 45, 354-361.	1.1	71
6	Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. Journal of the International Society of Sports Nutrition, 2021, 18, 13.	1.7	62
7	Strategic creatine supplementation and resistance training in healthy older adults. Applied Physiology, Nutrition and Metabolism, 2015, 40, 689-694.	0.9	57
8	Conjugated Linoleic Acid Combined with Creatine Monohydrate and Whey Protein Supplementation during Strength Training. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 79-96.	1.0	53
9	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. Frontiers in Nutrition, 2019, 6, 124.	1.6	39
10	Associations between Maternal Dietary Patterns and Perinatal Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies. Advances in Nutrition, 2021, 12, 1332-1352.	2.9	39
11	Supplements and Nutritional Interventions to Augment High-Intensity Interval Training Physiological and Performance Adaptationsâ€"A Narrative Review. Nutrients, 2020, 12, 390.	1.7	33
12	Creatine, Arginine Î±-Ketoglutarate, Amino Acids, and Medium-Chain Triglycerides and Endurance and Performance. International Journal of Sport Nutrition and Exercise Metabolism, 2008, 18, 493-508.	1.0	31
13	Meta-Analysis Examining the Importance of Creatine Ingestion Strategies on Lean Tissue Mass and Strength in Older Adults. Nutrients, 2021, 13, 1912.	1.7	31
14	Effects of Creatine Supplementation on Brain Function and Health. Nutrients, 2022, 14, 921.	1.7	30
15	Effects of Omega-3 Supplementation Alone and Combined with Resistance Exercise on Skeletal Muscle in Older Adults: A Systematic Review and Meta-Analysis. Nutrients, 2022, 14, 2221.	1.7	29
16	The acute effects of a low and high dose of oral <scp>l</scp>-arginine supplementation in young active males at rest. Applied Physiology, Nutrition and Metabolism, 2011, 36, 405-411.	0.9	28
17	The Acute Effects of L-arginine on Hormonal and Metabolic Responses During Submaximal Exercise in Trained Cyclists. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 369-377.	1.0	28
18	Resistance training rejuvenates the mitochondrial methylome in aged human skeletal muscle. FASEB Journal, 2021, 35, e21864.	0.2	28

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19	Chocolate milk for recovery from exercise: a systematic review and meta-analysis of controlled clinical trials. European Journal of Clinical Nutrition, 2019, 73, 835-849.	1.3	24
20	Strategic Ingestion of High-Protein Dairy Milk during a Resistance Training Program Increases Lean Mass, Strength, and Power in Trained Young Males. Nutrients, 2021, 13, 948.	1.7	23
21	The effects of Canola oil on cardiovascular risk factors: A systematic review and meta-analysis with dose-response analysis of controlled clinical trials. Nutrition, Metabolism and Cardiovascular Diseases, 2020, 30, 2133-2145.	1.1	22
22	Perspective: Creatine, a Conditionally Essential Nutrient: Building the Case. Advances in Nutrition, 2022, 13, 34-37.	2.9	22
23	Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2021, 35, 411-419.	1.0	21
24	Effects of Exogenous Ketone Supplementation on Blood Glucose: A Systematic Review and Meta-analysis. Advances in Nutrition, 2022, 13, 1697-1714.	2.9	20
25	Current Evidence and Possible Future Applications of Creatine Supplementation for Older Adults. Nutrients, 2021, 13, 745.	1.7	19
26	Creatine Monohydrate Supplementation Does Not Augment Fitness, Performance, or Body Composition Adaptations in Response to Four Weeks of High-Intensity Interval Training in Young Females. International Journal of Sport Nutrition and Exercise Metabolism, 2017, 27, 285-292.	1.0	17
27	Changes in Fat Mass Following Creatine Supplementation and Resistance Training in Adults â‰¥50 Years of Age: A Meta-Analysis. Journal of Functional Morphology and Kinesiology, 2019, 4, 62.	1.1	17
28	Effects of Creatine Supplementation during Resistance Training Sessions in Physically Active Young Adults. Nutrients, 2020, 12, 1880.	1.7	17
29	Oral L-Arginine Before Resistance Exercise Blunts Growth Hormone in Strength Trained Males. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 236-244.	1.0	16
30	Creatine Supplementation During Resistance Training Does Not Lead to Greater Bone Mineral Density in Older Humans: A Brief Meta-Analysis. Frontiers in Nutrition, 2018, 5, 27.	1.6	16
31	Canola oil compared with sesame and sesameâ€canola oil on glycaemic control and liver function in patients with type 2 diabetes: A threeâ€way randomized tripleâ€blind crossâ€over trial. Diabetes/Metabolism Research and Reviews, 2020, 37, e3399.	1.7	15
32	Time-Motion Analysis, Heart Rate, and Physiological Characteristics of International Canoe Polo Athletes. Journal of Strength and Conditioning Research, 2013, 27, 2816-2822.	1.0	14
33	The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. Journal of the International Society of Sports Nutrition, 2020, 17, 44.	1.7	14
34	Effects of Creatine and Caffeine Supplementation During Resistance Training on Body Composition, Strength, Endurance, Rating of Perceived Exertion and Fatigue in Trained Young Adults. Journal of Dietary Supplements, 2021, , 1-16.	1.4	14
35	Caffeine coingested with carbohydrate on performance recovery in national-level paddlers: a randomized, double-blind, crossover, placebo-controlled trial. Journal of Sports Medicine and Physical Fitness, 2022, 62, .	0.4	14
36	Short-term co-ingestion of creatine and sodium bicarbonate improves anaerobic performance in trained taekwondo athletes. Journal of the International Society of Sports Nutrition, 2021, 18, 10.	1.7	13

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37	Effect of pre-exercise and post-exercise creatine supplementation on bone mineral content and density in healthy aging adults. Experimental Gerontology, 2019, 119, 89-92.	1.2	13
38	Efficacy of Dietary and Supplementation Interventions for Individuals with Type 2 Diabetes. Nutrients, 2021, 13, 2378.	1.7	12
39	Effects of Creatine Supplementation on Properties of Muscle, Bone, and Brain Function in Older Adults: A Narrative Review. Journal of Dietary Supplements, 2022, 19, 318-335.	1.4	12
40	Comparison of a Kayaking Ergometer Protocol With an Arm Crank Protocol for Evaluating Peak Oxygen Consumption. Journal of Strength and Conditioning Research, 2007, 21, 1282.	1.0	12
41	Creatine supplementation for older adults: Focus on sarcopenia, osteoporosis, frailty and Cachexia. Bone, 2022, 162, 116467.	1.4	12
42	Whey Protein Isolate Supplementation While Endurance Training Does Not Alter Cycling Performance or Immune Responses at Rest or After Exercise. Frontiers in Nutrition, 2019, 6, 19.	1.6	10
43	Different Doses of Carbohydrate Mouth Rinse Have No Effect on Exercise Performance in Resistance Trained Women. International Journal of Environmental Research and Public Health, 2021, 18, 3463.	1.2	10
44	Effects of Icelandic yogurt consumption and resistance training in healthy untrained older males. British Journal of Nutrition, 2022, 127, 1334-1342.	1.2	9
45	Efficacy of Creatine Supplementation Combined with Resistance Training on Muscle Strength and Muscle Mass in Older Females: A Systematic Review and Meta-Analysis. Nutrients, 2021, 13, 3757.	1.7	9
46	Cardioprotective effects of exercise and curcumin supplementation against myocardial ischemiaâ€“reperfusion injury. Sport Sciences for Health, 2022, 18, 1011-1019.	0.4	9
47	Dose Response of Whey Protein Isolate in Addition to a Typical Mixed Meal on Blood Amino Acids and Hormonal Concentrations. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 188-195.	1.0	8
48	Effects of Dietary Protein on Body Composition in Exercising Individuals. Nutrients, 2020, 12, 1890.	1.7	8
49	Effects of branched-chain amino acid supplementation and resistance training in postmenopausal women. Experimental Gerontology, 2021, 144, 111185.	1.2	8
50	Combined but Not Isolated Ingestion of Caffeine and Taurine Improves Wingate Sprint Performance in Female Team-Sport Athletes Habituated to Caffeine. Sports, 2021, 9, 162.	0.7	8
51	Nutritional and Non-Nutritional Strategies in Bodybuilding: Impact on Kidney Function. International Journal of Environmental Research and Public Health, 2022, 19, 4288.	1.2	7
52	CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males. International Journal of Sport Nutrition and Exercise Metabolism, 2022, 32, 16-21.	1.0	6
53	Does exercise affect bone mineral density and content when added to a calorie-restricted diet? A systematic review and meta-analysis of controlled clinical trials. Osteoporosis International, 2022, 33, 339-354.	1.3	5
54	Timing of creatine supplementation does not influence gains in unilateral muscle hypertrophy or strength from resistance training in young adults: a within-subject design. Journal of Sports Medicine and Physical Fitness, 2021, 61, 1219-1225.	0.4	5

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55	The effects of exercise and low-calorie diets compared with low-calorie diets alone on health: a protocol for systematic reviews and meta-analyses of controlled clinical trials. Systematic Reviews, 2021, 10, 120.	2.5	4
56	Autoâ€regulatory progressive training compared to linear programming on muscular strength, endurance, and body composition in recreationally active males. European Journal of Sport Science, 2022, 22, 1543-1554.	1.4	4
57	Whey protein isolate or concentrate combined with concurrent training does not augment performance, cardiorespiratory fitness, or strength adaptations. Journal of Sports Medicine and Physical Fitness, 2020, 60, 832-840.	0.4	4
58	Creatine O'Clock: Does Timing of Ingestion Really Influence Muscle Mass and Performance?. Frontiers in Sports and Active Living, 0, 4, .	0.9	4
59	Low Serum Zinc Levels and Associated Risk Factors in Hospitalized Patients Receiving Oral or Enteral Nutrition: A Case-control Study. Clinical Therapeutics, 2021, 43, e39-e55.	1.1	3
60	Effects of two different doses of carbohydrate ingestion on taekwondo-related performance during a simulated tournament. Journal of the International Society of Sports Nutrition, 2021, 18, 40.	1.7	3
61	Response to: resistance exercise in lean older adults: mind the gap in energy intake. British Journal of Nutrition, 2022, 128, 363-364.	1.2	3
62	Do Pregnant Women Consume Enough Creatine? Evidence from NHANES 2011â€“2018. Annals of Nutrition and Metabolism, 2022, 78, 114-116.	1.0	3
63	Does exercise beneficially affect sex hormones when added to hypo-caloric diets in adults with overweight or obesity? A systematic review and meta-analysis of controlled clinical trials. European Journal of Endocrinology, 2022, 186, 285-295.	1.9	3
64	Individual Responses to Creatine Supplementation on Muscular Power is Modulated by Gene Polymorphisms in Military Recruits. Journal of Science in Sport and Exercise, 0, , 1.	0.4	3
65	Effect of exercise as adjuvant to energy-restricted diets on quality of life and depression outcomes: a meta-analysis of randomized controlled trials. Quality of Life Research, 2022, 31, 3123-3137.	1.5	3
66	Effects of Four Weeks of Beta-Alanine Supplementation Combined with One Week of Creatine Loading on Physical and Cognitive Performance in Military Personnel. International Journal of Environmental Research and Public Health, 2022, 19, 7992.	1.2	3
67	Association between dietary creatine and visuospatial short-term memory in older adults. Nutrition and Health, 0, , 026010602211022.	0.6	2
68	Gene Expression Changes of Murine Cortex Homeostasis in Response to Sleep Deprivation Hint Dysregulated Aging-like Transcriptional Responses. Brain Sciences, 2022, 12, 825.	1.1	2
69	The addition of exercise to a weight loss diet on inflammatory markers: a systematic review and Meta-analysis of controlled clinical trials. Critical Reviews in Food Science and Nutrition, 2023, 63, 4175-4187.	5.4	1
70	Exercise interventions for preventing dementia or delaying cognitive decline in people with mild cognitive impairment. The Cochrane Library, 0, , .	1.5	0
71	The acute caffeine ingestion improved performance during traditional and clusterâ€based resistance training models in resistanceâ€trained male athletes. FASEB Journal, 2021, 35, .	0.2	0
72	Role of dairy foods in sport nutrition. , 2022, , 339-364.		0

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73	Creatine Nitrate and Caffeine Alone and Coâ€ingested on Cognition, Readiness to Perform, and Sleep Quality. FASEB Journal, 2022, 36, .	0.2	0
74	Effects of Creatine Nitrate and Caffeine Alone and Coâ€ingested on Anaerobic and Muscular Endurance Performance. FASEB Journal, 2022, 36, .	0.2	0