

Heitor O Santos

List of Publications by Year in descending order

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Version: 2024-02-01

76
papers

1,572
citations

331259

21
h-index

414034

32
g-index

78
all docs

78
docs citations

78
times ranked

1471
citing authors

#	ARTICLE	IF	CITATIONS
1	Impact of intermittent fasting on the lipid profile: Assessment associated with diet and weight loss. <i>Clinical Nutrition ESPEN</i> , 2018, 24, 14-21.	0.5	83
2	Effects of intermittent fasting and energy-restricted diets on lipid profile: A systematic review and meta-analysis. <i>Nutrition</i> , 2020, 77, 110801.	1.1	76
3	Beyond Fish Oil Supplementation: The Effects of Alternative Plant Sources of Omega-3 Polyunsaturated Fatty Acids upon Lipid Indexes and Cardiometabolic Biomarkers—An Overview. <i>Nutrients</i> , 2020, 12, 3159.	1.7	66
4	Whey protein in cancer therapy: A narrative review. <i>Pharmacological Research</i> , 2019, 144, 245-256.	3.1	65
5	The effect of artichoke on lipid profile: A review of possible mechanisms of action. <i>Pharmacological Research</i> , 2018, 137, 170-178.	3.1	48
6	Effects of intermittent fasting diets on plasma concentrations of inflammatory biomarkers: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition</i> , 2020, 79-80, 110974.	1.1	48
7	Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies. <i>Progress in Cardiovascular Diseases</i> , 2020, 63, 503-509.	1.6	48
8	The effects of the Dietary Approaches to Stop Hypertension (DASH) diet on metabolic risk factors in patients with chronic disease: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 2766-2778.	1.1	48
9	Dietary vs. pharmacological doses of zinc: A clinical review. <i>Clinical Nutrition</i> , 2020, 39, 1345-1353.	2.3	46
10	The influence of fasting and energy-restricted diets on leptin and adiponectin levels in humans: A systematic review and meta-analysis. <i>Clinical Nutrition</i> , 2021, 40, 1811-1821.	2.3	45
11	The effects of pomegranate supplementation on biomarkers of inflammation and endothelial dysfunction: A meta-analysis and systematic review. <i>Complementary Therapies in Medicine</i> , 2020, 49, 102358.	1.3	42
12	Vinegar (acetic acid) intake on glucose metabolism: A narrative review. <i>Clinical Nutrition ESPEN</i> , 2019, 32, 1-7.	0.5	41
13	To what extent does cinnamon administration improve the glycemic and lipid profiles?. <i>Clinical Nutrition ESPEN</i> , 2018, 27, 1-9.	0.5	40
14	Beyond tribulus (<i>Tribulus terrestris</i> L.): The effects of phytotherapies on testosterone, sperm and prostate parameters. <i>Journal of Ethnopharmacology</i> , 2019, 235, 392-405.	2.0	37
15	The Impact of Low Advanced Glycation End Products Diet on Metabolic Risk Factors: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2021, 12, 766-776.	2.9	37
16	Lipoprotein(a): Current Evidence for a Physiologic Role and the Effects of Nutraceutical Strategies. <i>Clinical Therapeutics</i> , 2019, 41, 1780-1797.	1.1	35
17	Phase Angle Is Associated With Handgrip Strength but Not With Sarcopenia in Kidney Transplantation Patients. , 2019, 29, 196-204.		32
18	Weight loss and its influence on high-density lipoprotein cholesterol (HDL-C) concentrations: A noble clinical hesitation. <i>Clinical Nutrition ESPEN</i> , 2021, 42, 90-92.	0.5	32

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19	Coconut oil intake and its effects on the cardiometabolic profile – A structured literature review. <i>Progress in Cardiovascular Diseases</i> , 2019, 62, 436-443.	1.6	31
20	Melatonin supplementation in the management of obesity and obesity-associated disorders: A review of physiological mechanisms and clinical applications. <i>Pharmacological Research</i> , 2021, 163, 105254.	3.1	31
21	The usefulness of melatonin in the field of obstetrics and gynecology. <i>Pharmacological Research</i> , 2019, 147, 104337.	3.1	29
22	Psychotropic effects of L-theanine and its clinical properties: From the management of anxiety and stress to a potential use in schizophrenia. <i>Pharmacological Research</i> , 2019, 147, 104395.	3.1	28
23	Association of dietary fiber and depression symptom: A systematic review and meta-analysis of observational studies. <i>Complementary Therapies in Medicine</i> , 2021, 56, 102621.	1.3	28
24	Use of medicinal doses of zinc as a safe and efficient coadjutant in the treatment of male hypogonadism. <i>Aging Male</i> , 2020, 23, 669-678.	0.9	23
25	Impact of Cinnamon Supplementation on cardiometabolic Biomarkers of Inflammation and Oxidative Stress: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Complementary Therapies in Medicine</i> , 2020, 53, 102517.	1.3	23
26	A scoping review of intermittent fasting, chronobiology, and metabolism. <i>American Journal of Clinical Nutrition</i> , 2022, 115, 991-1004.	2.2	22
27	Cocoa-induced (<i>Theobroma cacao</i>) effects on cardiovascular system: HDL modulation pathways. <i>Clinical Nutrition ESPEN</i> , 2018, 27, 10-15.	0.5	21
28	Association of breakfast skipping with cardiovascular outcomes and cardiometabolic risk factors: an updated review of clinical evidence. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 466-474.	5.4	21
29	Effects of walnut intake on anthropometric characteristics: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 50, 102395.	1.3	21
30	Low-carbohydrate diets: Effects on metabolism and exercise – A comprehensive literature review. <i>Clinical Nutrition ESPEN</i> , 2020, 40, 17-26.	0.5	20
31	Serum Uric Acid Is Positively Associated with Muscle Mass and Strength, but Not with Functional Capacity, in Kidney Transplant Patients. <i>Nutrients</i> , 2020, 12, 2390.	1.7	20
32	Effects of a low free sugar diet on the management of nonalcoholic fatty liver disease: a randomized clinical trial. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 987-994.	1.3	19
33	Effects of walnut intake on blood pressure: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2020, 34, 2921-2931.	2.8	18
34	Effects of the Dietary Approaches to Stop Hypertension (DASH) on Pregnancy/Neonatal Outcomes and Maternal Glycemic Control: A Systematic Review and Meta-analysis of Randomized Clinical Trials. <i>Complementary Therapies in Medicine</i> , 2020, 54, 102551.	1.3	17
35	Impact of dehydroepianrosterone (DHEA) supplementation on serum levels of insulin-like growth factor 1 (IGF-1): A dose-response meta-analysis of randomized controlled trials. <i>Experimental Gerontology</i> , 2020, 136, 110949.	1.2	17
36	Pharmacutrition in the Clinical Management of COVID-19: A Lack of Evidence-Based Research But Clues to Personalized Prescription. <i>Journal of Personalized Medicine</i> , 2020, 10, 145.	1.1	16

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37	The effect of nigella sativa on biomarkers of inflammation and oxidative stress: A systematic review and meta-analysis of randomized controlled trials. <i>Journal of Food Biochemistry</i> , 2021, 45, e13625.	1.2	16
38	Ketogenic diet and testosterone increase: Is the increased cholesterol intake responsible? To what extent and under what circumstances can there be benefits?. <i>Hormones</i> , 2017, 16, 266-270.	0.9	15
39	Therapeutic supplementation with zinc in the management of COVID-19-related diarrhea and ageusia/dysgeusia: mechanisms and clues for a personalized dosage regimen. <i>Nutrition Reviews</i> , 2022, 80, 1086-1093.	2.6	15
40	Reviewing the Evidence on Vitamin D Supplementation in the Management of Testosterone Status and Its Effects on Male Reproductive System (Testis and Prostate): Mechanistically Dazzling but Clinically Disappointing. <i>Clinical Therapeutics</i> , 2020, 42, e101-e114.	1.1	15
41	The effects of tocotrienol supplementation on lipid profile: A meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 52, 102450.	1.3	13
42	Cherry intake as a dietary strategy in sport and diseases: a review of clinical applicability and mechanisms of action. <i>Critical Reviews in Food Science and Nutrition</i> , 2021, 61, 417-430.	5.4	13
43	Effect of sleep duration on dietary intake, desire to eat, measures of food intake and metabolic hormones: A systematic review of clinical trials. <i>Clinical Nutrition ESPEN</i> , 2021, 45, 55-65.	0.5	13
44	(Dis) Agreement between the first and the recent European consensus on definition and diagnosis for sarcopenia in kidney transplant patients. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 1104-1108.	1.3	12
45	Walnut intake may increase circulating adiponectin and leptin levels but does not improve glycemic biomarkers: A systematic review and meta-analysis of randomized clinical trials. <i>Complementary Therapies in Medicine</i> , 2020, 52, 102505.	1.3	11
46	The effects of dehydroepiandrosterone (DHEA) supplementation on body composition and blood pressure: A meta-analysis of randomized clinical trials. <i>Steroids</i> , 2020, 163, 108710.	0.8	11
47	Effects of dehydroepiandrosterone (DHEA) supplementation on the lipid profile: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1465-1475.	1.1	11
48	Translating the advanced glycation end products (AGEs) knowledge into real-world nutrition strategies. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 922-928.	1.3	11
49	Higher Adherence to the Mediterranean Dietary Pattern Is Inversely Associated With Severity of COVID-19 and Related Symptoms: A Cross-Sectional Study. <i>Frontiers in Medicine</i> , 0, 9, .	1.2	11
50	Intake of polyunsaturated fatty acids and ω -3 are protective factors for sarcopenia in kidney transplant patients. <i>Nutrition</i> , 2021, 81, 110929.	1.1	10
51	Higher Intake of Dietary Magnesium Is Inversely Associated With COVID-19 Severity and Symptoms in Hospitalized Patients: A Cross-Sectional Study. <i>Frontiers in Nutrition</i> , 2022, 9, .	1.6	9
52	Influence of age, sex, and type of exercise on the efficacy of creatine supplementation on lean body mass: A systematic review and meta-analysis of randomized clinical trials. <i>Nutrition</i> , 2022, 103-104, 111791.	1.1	9
53	Nonpharmacological Interventions for the Management of Testosterone and Sperm Parameters: A Scoping Review. <i>Clinical Therapeutics</i> , 2022, 44, 1129-1149.	1.1	9
54	Intermittent Fasting and Fat Mass: What Is the Clinical Magnitude?. <i>Obesities</i> , 2022, 2, 1-7.	0.3	8

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55	Effects of green coffee bean extract on C-reactive protein levels: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 52, 102498.	1.3	7
56	The Effect of Raloxifene Treatment on Lipid Profile in Elderly Individuals: A Systematic Review and Meta-analysis of Randomized Clinical Trials. <i>Clinical Therapeutics</i> , 2021, 43, 297-317.	1.1	7
57	Effects of guar gum supplementation on the lipid profile: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 3271-3281.	1.1	7
58	The Effect of Whole Egg Intake on Muscle Mass: Are the Yolk and Its Nutrients Important?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, , 1-8.	1.0	6
59	Effects of purslane supplementation on C-reactive protein levels and biomarkers of oxidative stress as marks for metabolic syndrome: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2021, 35, 5477-5486.	2.8	6
60	Higher intakes of dietary caffeine are associated with 25-hydroxyvitamin D deficiency. <i>International Journal for Vitamin and Nutrition Research</i> , 2021, , .	0.6	6
61	Exploring the Role of Testosterone Replacement Therapy in Benign Prostatic Hyperplasia and Prostate Cancer: A Review of Safety. <i>Uro</i> , 2022, 2, 30-39.	0.3	6
62	Carbohydrate Loading Practice in Bodybuilders: Effects on Muscle Thickness, Photo Silhouette Scores, Mood States and Gastrointestinal Symptoms. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 772-779.	0.7	5
63	Effects of probiotic supplementation on abdominal pain severity in pediatric patients with irritable bowel syndrome: a systematic review and meta-analysis of randomized clinical trials. <i>World Journal of Pediatrics</i> , 2022, , 1.	0.8	5
64	Adductor pollicis muscle thickness has a low association with lean mass in women. <i>Clinical Nutrition</i> , 2018, 37, 1759-1761.	2.3	4
65	Association Between Dietary Intake and Serum Uric Acid Levels in Kidney Transplant Patients. , 2021, 31, 637-647.		4
66	Does letrozole treatment have favorable effects on the lipid profile? A systematic review and meta-analysis of randomized clinical trials. <i>Steroids</i> , 2021, 172, 108875.	0.8	4
67	Adductor pollicis muscle thickness has a low association with muscle mass and lean mass in kidney transplantation patients. <i>Clinical Nutrition ESPEN</i> , 2018, 28, 110-113.	0.5	3
68	Dynamic conceptual framework to investigate adoption of healthy diet through agent-based modelling. <i>British Food Journal</i> , 2021, 123, 2743-2755.	1.6	3
69	Low Serum Zinc Levels and Associated Risk Factors in Hospitalized Patients Receiving Oral or Enteral Nutrition: A Case-control Study. <i>Clinical Therapeutics</i> , 2021, 43, e39-e55.	1.1	3
70	Effects of dehydroepiandrosterone (DHEA) supplementation on cortisol, leptin, adiponectin, and liver enzyme levels: A systematic review and meta-analysis of randomised clinical trials. <i>International Journal of Clinical Practice</i> , 2021, 75, e14698.	0.8	3
71	Effects of raloxifene administration on serum levels of insulin-like growth factor-1 and insulin-like growth factor-binding protein 3 levels: A systematic review and meta-analysis of randomized controlled trials. <i>Growth Hormone and IGF Research</i> , 2021, 60-61, 101421.	0.5	3
72	Does tibolone treatment have favorable effects on obesity, blood pressure, and inflammation? A meta-analysis of randomized controlled trials. <i>Steroids</i> , 2022, 178, 108966.	0.8	3

#	ARTICLE	IF	CITATIONS
73	Neutrophilâ€“lymphocyte Ratio and C-Reactive Protein Levels are not Associated with Strength, Muscle Mass, and Functional Capacity in Kidney Transplant Patients. <i>Inflammation</i> , 2022, 45, 2465-2476.	1.7	1
74	Healthy Eating Index-2015 and Dietary Total Antioxidant Capacity as Predictors of Prediabetes: A Case-Control Study. <i>International Journal of Endocrinology</i> , 2021, 2021, 1-7.	0.6	0
75	Trends in insulin-like growth factor-1 levels after bariatric surgery: a systematic review and meta-analysis. <i>International Journal of Obesity</i> , 2022, , .	1.6	0
76	Authors' reply to the comment by Deng and Qin. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2022, 32, 1065-1067.	1.1	0