

Whole grain and refined grain consumption and the risk of type 2 diabetes: a
review and doseâ€“response meta-analysis of cohort studies

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Mediterranean Diet Pyramid: A Proposal for Italian People. <i>Nutrients</i> , 2014, 6, 4302-4316.	1.7	61
2	The Generation R Study: Biobank update 2015. <i>European Journal of Epidemiology</i> , 2014, 29, 911-927.	2.5	189
3	Nudging children towards whole wheat bread: a field experiment on the influence of fun bread roll shape on breakfast consumption. <i>BMC Public Health</i> , 2014, 14, 906.	1.2	35
4	The Benefits of Breakfast Cereal Consumption: A Systematic Review of the Evidence Base. <i>Advances in Nutrition</i> , 2014, 5, 636S-673S.	2.9	129
5	Type of vegetarian diet, obesity and diabetes in adult Indian population. <i>Nutrition Journal</i> , 2014, 13, 89.	1.5	95
6	TCF7L2 type 2 diabetes risk variant, lifestyle factors, and incidence of prostate cancer. <i>Prostate</i> , 2014, 74, 1161-1170.	1.2	6
7	Prevention and management of type 2 diabetes: dietary components and nutritional strategies. <i>Lancet</i> , The, 2014, 383, 1999-2007.	6.3	919
8	Whole-grain foods and chronic disease: evidence from epidemiological and intervention studies. <i>Proceedings of the Nutrition Society</i> , 2015, 74, 313-319.	0.4	103
10	Reducing the global burden of type 2 diabetes by improving the quality of staple foods: The Global Nutrition and Epidemiologic Transition Initiative. <i>Globalization and Health</i> , 2015, 11, 23.	2.4	90
11	Discovery of urinary biomarkers of whole grain rye intake in free-living subjects using nontargeted LC-MS metabolite profiling. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 2315-2325.	1.5	35
12	Î³-Oryzanol Enhances Adipocyte Differentiation and Glucose Uptake. <i>Nutrients</i> , 2015, 7, 4851-4861.	1.7	33
13	Evaluation of Antioxidant Properties in Cereals: Study of Some Traditional Italian Wheats. <i>Foods</i> , 2015, 4, 391-399.	1.9	13
14	Mediterranean Diet and Cardiovascular Disease: A Critical Evaluation of A Priori Dietary Indexes. <i>Nutrients</i> , 2015, 7, 7863-7888.	1.7	54
15	Vegetarian Diets in the Prevention and Treatment of Type 2 Diabetes. <i>Journal of the American College of Nutrition</i> , 2015, 34, 448-458.	1.1	50
16	No Evidence of Increased Risk of Stroke with Consumption of Refined Grains: A Meta-analysis of Prospective Cohort Studies. <i>Journal of Stroke and Cerebrovascular Diseases</i> , 2015, 24, 2738-2746.	0.7	18
17	Oxyphytosterols as Active Ingredients in Wheat Bran Suppress Human Colon Cancer Cell Growth: Identification, Chemical Synthesis, and Biological Evaluation. <i>Journal of Agricultural and Food Chemistry</i> , 2015, 63, 2264-2276.	2.4	24
18	Determination of alkylresorcinols and their metabolites in biological samples by gas chromatography-mass spectrometry. <i>Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences</i> , 2015, 1000, 120-129.	1.2	29
19	Characterization of Norwegian women eating wholegrain bread. <i>Public Health Nutrition</i> , 2015, 18, 2836-2845.	1.1	3

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20	The effect of macrobiotic Ma-Pi 2 diet on systemic inflammation in patients with type 2 diabetes: a post hoc analysis of the MADIAB trial. <i>BMJ Open Diabetes Research and Care</i> , 2015, 3, e000079.	1.2	6
21	Food Consumption and its Impact on Cardiovascular Disease: Importance of Solutions Focused on the Globalized Food System. <i>Journal of the American College of Cardiology</i> , 2015, 66, 1590-1614.	1.2	343
22	Global, regional and national consumption of major food groups in 1990 and 2010: a systematic analysis including 266 country-specific nutrition surveys worldwide. <i>BMJ Open</i> , 2015, 5, e008705.	0.8	317
23	Dietary fibre and incidence of type 2 diabetes in eight European countries: the EPIC-InterAct Study and a meta-analysis of prospective studies. <i>Diabetologia</i> , 2015, 58, 1394-1408.	2.9	237
24	Global, regional, and national comparative risk assessment of 79 behavioural, environmental and occupational, and metabolic risks or clusters of risks in 188 countries, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. <i>Lancet</i> , The, 2015, 386, 2287-2323.	6.3	2,184
25	The Rotterdam Study: 2016 objectives and design update. <i>European Journal of Epidemiology</i> , 2015, 30, 661-708.	2.5	358
26	The effects of a diet rich in inulin or wheat fibre on markers of cardiovascular disease in overweight male subjects. <i>Journal of Human Nutrition and Dietetics</i> , 2015, 28, 476-485.	1.3	19
27	Substitution of red meat with legumes in the therapeutic lifestyle change diet based on dietary advice improves cardiometabolic risk factors in overweight type 2 diabetes patients: a cross-over randomized clinical trial. <i>European Journal of Clinical Nutrition</i> , 2015, 69, 592-597.	1.3	63
28	Whole-grain food consumption in Singaporean children aged 6–12 years. <i>Journal of Nutritional Science</i> , 2016, 5, e33.	0.7	22
29	Mechanisms Whereby Whole Grain Cereals Modulate the Prevention of Type 2 Diabetes. , 2016, , 87-103.		4
30	Phytochemical Pharmacokinetics and Bioactivity of Oat and Barley Flour: A Randomized Crossover Trial. <i>Nutrients</i> , 2016, 8, 813.	1.7	14
31	Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies. <i>PLoS Medicine</i> , 2016, 13, e1002039.	3.9	581
32	Whole-grain intake and risk of type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 1722-1723.	2.2	2
33	Controversies about sugars: results from systematic reviews and meta-analyses on obesity, cardiometabolic disease and diabetes. <i>European Journal of Nutrition</i> , 2016, 55, 25-43.	4.6	155
34	Inclusion of walnut in the diets of adults at risk for type 2 diabetes and their dietary pattern changes: a randomized, controlled, cross-over trial. <i>BMJ Open Diabetes Research and Care</i> , 2016, 4, e000293.	1.2	10
35	Anthropometric markers and their association with incident type 2 diabetes mellitus: which marker is best for prediction? Pooled analysis of four German population-based cohort studies and comparison with a nationwide cohort study. <i>BMJ Open</i> , 2016, 6, e009266.	0.8	43
36	Reply to J-B Qin et al.. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 1723-1724.	2.2	0
37	Whole-grain intake and total, cardiovascular, and cancer mortality: a systematic review and meta-analysis of prospective studies. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 164-172.	2.2	120

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38	Meta-Analysis of the Association Between Whole and Refined Grain Consumption and Stroke Risk Based on Prospective Cohort Studies. <i>Asia-Pacific Journal of Public Health</i> , 2016, 28, 563-575.	0.4	23
39	The Effects of Breakfast Consumption and Composition on Metabolic Wellness with a Focus on Carbohydrate Metabolism. <i>Advances in Nutrition</i> , 2016, 7, 613S-621S.	2.9	36
40	Maternal whole grain intake and outcomes of in vitro fertilization. <i>Fertility and Sterility</i> , 2016, 105, 1503-1510.e4.	0.5	54
41	Fiber content of diet affects exhaled breath volatiles in fasting and postprandial state in a pilot crossover study. <i>Nutrition Research</i> , 2016, 36, 612-619.	1.3	36
42	An evidence-based conceptual framework of healthy cooking. <i>Preventive Medicine Reports</i> , 2016, 4, 23-28.	0.8	60
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48	Seeds' Health Benefits, Barriers to Incorporation, and Strategies for Practitioners in Supporting Consumption Among Consumers. <i>Nutrition Today</i> , 2016, 51, 50-59.	0.6	9
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50	Effects of Chinese and North American Wild Rice on Blood Lipids, Oxidative Stress, and Inflammation Factors in Hyperlipidemic Rats. <i>Cereal Chemistry</i> , 2016, 93, 357-363.	1.1	5
51	Estimating change in cardiovascular disease and diabetes burdens due to dietary and metabolic factors in Korea 1998-2011: a comparative risk assessment analysis. <i>BMJ Open</i> , 2016, 6, e013283.	0.8	8
52	Plasma alkylresorcinols, biomarkers of whole-grain wheat and rye intake, and risk of type 2 diabetes in Scandinavian men and women. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 88-96.	2.2	51
53	Whole grain consumption and risk of cardiovascular disease, cancer, and all cause and cause specific mortality: systematic review and dose-response meta-analysis of prospective studies. <i>BMJ</i> , 2016, 353, i2716.	3.0	628
54	Dietary Intake Among US Adults, 1999-2012. <i>JAMA - Journal of the American Medical Association</i> , 2016, 315, 2542.	3.8	516
55	Validation of Reported Whole-Grain Intake from a Web-Based Dietary Record against Plasma Alkylresorcinol Concentrations in 8- to 11-Year-Olds Participating in a Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016, 146, 377-383.	1.3	20

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57	Whole Grain Intake and Mortality From All Causes, Cardiovascular Disease, and Cancer. <i>Circulation</i> , 2016, 133, 2370-2380.	1.6	173
58	Whole food approach for type 2 diabetes prevention. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 1819-1836.	1.5	45
59	Whole-grain consumption and the risk of all-cause, CVD and cancer mortality: a meta-analysis of prospective cohort studies. <i>British Journal of Nutrition</i> , 2016, 116, 514-525.	1.2	46
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61	Diabetes mellitus and the risk of gallbladder disease: A systematic review and meta-analysis of prospective studies. <i>Journal of Diabetes and Its Complications</i> , 2016, 30, 368-373.	1.2	66
63	The nutritional property of endosperm starch and its contribution to the health benefits of whole grain foods. <i>Critical Reviews in Food Science and Nutrition</i> , 2017, 57, 3807-3817.	5.4	23
64	Mass spectrometry-based analysis of whole-grain phytochemicals. <i>Critical Reviews in Food Science and Nutrition</i> , 2017, 57, 1688-1709.	5.4	49
65	Ground flaxseed increased nitric oxide levels in adults with type 2 diabetes: A randomized comparative effectiveness study of supplemental flaxseed and psyllium fiber. <i>Obesity Medicine</i> , 2017, 5, 16-24.	0.5	28
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70	Avenacosides: Metabolism, and potential use as exposure biomarkers of oat intake. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700196.	1.5	11
71	Novel urinary alkylresorcinol metabolites as biomarkers of whole grain intake in free-living Swedish adults. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700015.	1.5	17
72	Health Benefits of Dietary Whole Grains: An Umbrella Review of Meta-analyses. <i>Journal of Chiropractic Medicine</i> , 2017, 16, 10-18.	0.3	96
73	Bioaccessibility and bioavailability of phenolic compounds in bread: a review. <i>Food and Function</i> , 2017, 8, 2368-2393.	2.1	108
74	Maternal dietary intakes of refined grains during pregnancy and growth through the first 7 y of life among children born to women with gestational diabetes. <i>American Journal of Clinical Nutrition</i> , 2017, 106, 96-104.	2.2	23

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78	Rice consumption, incidence of chronic diseases and risk of mortality: meta-analysis of cohort studies. <i>Public Health Nutrition</i> , 2017, 20, 233-244.	1.1	24
79	Vegetarian Diets in the Prevention and Management of Diabetes and Its Complications. <i>Diabetes Spectrum</i> , 2017, 30, 82-88.	0.4	64
80	Time Trends of Dietary and Lifestyle Factors and Their Potential Impact on Diabetes Burden in China. <i>Diabetes Care</i> , 2017, 40, 1685-1694.	4.3	100
81	Obesity and the Risk for Type 2 Diabetes. , 2017, , 677-689.		0
82	Breakfast quality and cardiometabolic risk profiles in an upper middle-aged German population. <i>European Journal of Clinical Nutrition</i> , 2017, 71, 1312-1320.	1.3	31
83	Which foods are displaced in the diets of adults with type 2 diabetes with the inclusion of eggs in their diets? A randomized, controlled, crossover trial. <i>BMJ Open Diabetes Research and Care</i> , 2017, 5, e000411.	1.2	3
84	Mucoadhesive functionality of cell wall structures from fruits and grains: Electrostatic and polymer network interactions mediated by soluble dietary polysaccharides. <i>Scientific Reports</i> , 2017, 7, 15794.	1.6	26
85	Healthy Dietary Patterns for Preventing Cardiometabolic Disease: The Role of Plant-Based Foods and Animal Products. <i>Current Developments in Nutrition</i> , 2017, 1, cdn.117.001289.	0.1	47
86	Whole Grain Consumption and Risk of Ischemic Stroke. <i>Stroke</i> , 2017, 48, 3203-3209.	1.0	34
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93	Adherence to a Vegetarian Diet and Diabetes Risk: A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , 2017, 9, 603.	1.7	98
94	Use of a Mobile Application for Self-Monitoring Dietary Intake: Feasibility Test and an Intervention Study. <i>Nutrients</i> , 2017, 9, 748.	1.7	49
95	Whole Grain Intake and Glycaemic Control in Healthy Subjects: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2017, 9, 769.	1.7	81
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101	Whole Plant Foods in Aging and Disease. , 2018, , 59-116.		0
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103	Plant-based diets for children as a means of improving adult cardiometabolic health. <i>Nutrition Reviews</i> , 2018, 76, 260-273.	2.6	12
104	Dietary habits associated with reduced insulin resistance: The Nagahama study. <i>Diabetes Research and Clinical Practice</i> , 2018, 141, 26-34.	1.1	18
105	Aroma effects on food choice task behavior and brain responses to bakery food product cues. <i>Food Quality and Preference</i> , 2018, 68, 304-314.	2.3	20
106	Diabetes mellitus, blood glucose and the risk of atrial fibrillation: A systematic review and meta-analysis of cohort studies. <i>Journal of Diabetes and Its Complications</i> , 2018, 32, 501-511.	1.2	124
108	Impact of Dietary Fiber Consumption on Insulin Resistance and the Prevention of Type 2 Diabetes. <i>Journal of Nutrition</i> , 2018, 148, 7-12.	1.3	307
109	The protective effect of muesli consumption on diabetes risk: Results from 12 years of follow-up in the Australian Longitudinal Study on Women's Health. <i>Nutrition Research</i> , 2018, 51, 12-20.	1.3	2
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111	Plasma Alkylresorcinol Metabolite, a Biomarker of Whole-Grain Wheat and Rye Intake, and Risk of Type 2 Diabetes and Impaired Glucose Regulation in a Chinese Population. <i>Diabetes Care</i> , 2018, 41, 440-445.	4.3	26

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113	Epidemiology and Risk Factors of Type 2 Diabetes. <i>Endocrinology</i> , 2018, , 1-26.	0.1	2
114	Evaluation of alkylresorcinols in adipose tissue biopsies as a long-term biomarker of whole-grain wheat and rye intake in free-living Swedish men and women. <i>Public Health Nutrition</i> , 2018, 21, 1933-1942.	1.1	6
115	Red meat, diseases, and healthy alternatives: A critical review. <i>Critical Reviews in Food Science and Nutrition</i> , 2018, 58, 247-261.	5.4	117
116	Association of whole grain intake with all-cause, cardiovascular, and cancer mortality: a systematic review and dose-response meta-analysis from prospective cohort studies. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 57-65.	1.3	99
117	A Hypothesis: Moderate Consumption of Alcohol Contributes to Lower Prevalence of Type 2 Diabetes Due to the Scavenging of Alpha-Dicarbonyls by Dietary Polyphenols. <i>Rejuvenation Research</i> , 2018, 21, 389-404.	0.9	2
118	Pancreatic cancer: A critical review of dietary risk. <i>Nutrition Research</i> , 2018, 52, 1-13.	1.3	42
119	Global aetiology and epidemiology of type 2 diabetes mellitus and its complications. <i>Nature Reviews Endocrinology</i> , 2018, 14, 88-98.	4.3	3,156
120	Cereal Grain Fractions as Potential Sources of Prebiotics. , 2018, , 173-191.		8
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122	Youth Chef Academy: Pilot Results From a Plant-Based Culinary and Nutrition Literacy Program for Sixth and Seventh Graders. <i>Journal of School Health</i> , 2018, 88, 893-902.	0.8	9
123	Differential associations between diet and prediabetes or diabetes in the KORA FF4 study. <i>Journal of Nutritional Science</i> , 2018, 7, e34.	0.7	10
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125	Poor Adherence to Dietary Guidelines Among French-Speaking Adults in the Province of Quebec, Canada: The PREDISE Study. <i>Canadian Journal of Cardiology</i> , 2018, 34, 1665-1673.	0.8	29
126	Association between whole grain intake and breast cancer risk: a systematic review and meta-analysis of observational studies. <i>Nutrition Journal</i> , 2018, 17, 87.	1.5	34
127	Diabetes mellitus, blood glucose and the risk of heart failure: A systematic review and meta-analysis of prospective studies. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018, 28, 1081-1091.	1.1	62
128	Grain Intake and Clinical Outcome in Stage III Colon Cancer: Results From CALGB 89803 (Alliance). <i>JNCI Cancer Spectrum</i> , 2018, 2, pky017.	1.4	10
129	The Diet, Health, and Environment Trilemma. <i>Annual Review of Environment and Resources</i> , 2018, 43, 109-134.	5.6	73

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130	Wholegrain Intake and Risk of Type 2 Diabetes: Evidence from Epidemiological and Intervention Studies. <i>Nutrients</i> , 2018, 10, 1288.	1.7	63
131	Prevention of type 2 diabetes—success story that is waiting for next steps. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1260-1266.	1.3	9
132	Assessing dietary intakes from household budget surveys: A national analysis in Bangladesh. <i>PLoS ONE</i> , 2018, 13, e0202831.	1.1	17
133	Extrusion cooking of cassava-soy flour with 200 g/kg wheat bran promotes slower oral processing during consumption of the instant porridge and higher derived satiety. <i>LWT - Food Science and Technology</i> , 2018, 97, 778-786.	2.5	12
134	Plant versus animal based diets and insulin resistance, prediabetes and type 2 diabetes: the Rotterdam Study. <i>European Journal of Epidemiology</i> , 2018, 33, 883-893.	2.5	157
135	Ferulic acid may target MyD88-mediated pro-inflammatory signaling – Implications for the health protection afforded by whole grains, anthocyanins, and coffee. <i>Medical Hypotheses</i> , 2018, 118, 114-120.	0.8	32
136	Consumption of gluten free products increases heavy metal intake. <i>NFS Journal</i> , 2018, 12, 11-15.	1.9	13
137	Polyphenol exposure and risk of type 2 diabetes: dose-response meta-analyses and systematic review of prospective cohort studies. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 49-61.	2.2	103
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139	Dietary and genetic risk scores and incidence of type 2 diabetes. <i>Genes and Nutrition</i> , 2018, 13, 13.	1.2	32
140	Impact of Rye Kernel-Based Evening Meal on Microbiota Composition of Young Healthy Lean Volunteers With an Emphasis on Their Hormonal and Appetite Regulations, and Blood Levels of Brain-Derived Neurotrophic Factor. <i>Frontiers in Nutrition</i> , 2018, 5, 45.	1.6	18
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143	The Western Diet—Microbiome-Host Interaction and Its Role in Metabolic Disease. <i>Nutrients</i> , 2018, 10, 365.	1.7	452
144	An Overview of Whole Grain Regulations, Recommendations and Research across Southeast Asia. <i>Nutrients</i> , 2018, 10, 752.	1.7	15
145	Effects of Quinoa (<i>Chenopodium quinoa</i> Willd.) Consumption on Markers of CVD Risk. <i>Nutrients</i> , 2018, 10, 777.	1.7	54
146	Higher Whole-Grain Intake Is Associated with Lower Risk of Type 2 Diabetes among Middle-Aged Men and Women: The Danish Diet, Cancer, and Health Cohort. <i>Journal of Nutrition</i> , 2018, 148, 1434-1444.	1.3	56
147	Evaluating Whole Grain Intervention Study Designs and Reporting Practices Using Evidence Mapping Methodology. <i>Nutrients</i> , 2018, 10, 1052.	1.7	12

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149	Dietary carbohydrates: role of quality and quantity in chronic disease. <i>BMJ: British Medical Journal</i> , 2018, 361, k2340.	2.4	184
150	Risk factors for type 2 diabetes mellitus: An exposure-wide umbrella review of meta-analyses. <i>PLoS ONE</i> , 2018, 13, e0194127.	1.1	399
151	Characterization of the Degree of Food Processing in Relation With Its Health Potential and Effects. <i>Advances in Food and Nutrition Research</i> , 2018, 85, 79-129.	1.5	58
152	Gaussian graphical models identified food intake networks and risk of type 2 diabetes, CVD, and cancer in the EPIC-Potsdam study. <i>European Journal of Nutrition</i> , 2019, 58, 1673-1686.	1.8	16
153	Food patterns in relation to weight change and incidence of type 2 diabetes, coronary events and stroke in the MalmÅ† Diet and Cancer cohort. <i>European Journal of Nutrition</i> , 2019, 58, 1801-1814.	1.8	26
154	Can regular long-term breakfast cereals consumption benefits lower cardiovascular diseases and diabetes risk? A longitudinal population-based study. <i>Annals of Epidemiology</i> , 2019, 37, 43-50.e3.	0.9	14
155	Association of Lifelong Intake of Barley Diet with Healthy Aging: Changes in Physical and Cognitive Functions and Intestinal Microbiome in Senescence-Accelerated Mouse-Prone 8 (SAMP8). <i>Nutrients</i> , 2019, 11, 1770.	1.7	21
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