

# Harris R Lieberman

## List of Publications by Year in descending order

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201  
papers

10,065  
citations

28274

55  
h-index

42399

92  
g-index

204  
all docs

204  
docs citations

204  
times ranked

8903  
citing authors

#	ARTICLE	IF	CITATIONS
1	A review of caffeine's effects on cognitive, physical and occupational performance. <i>Neuroscience and Biobehavioral Reviews</i> , 2016, 71, 294-312.	6.1	465
2	Effects of caffeine, sleep loss, and stress on cognitive performance and mood during U.S. Navy SEAL training. <i>Psychopharmacology</i> , 2002, 164, 250-261.	3.1	448
3	Prevalence of Dietary Supplement Use by Athletes: Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2016, 46, 103-123.	6.5	286
4	Bioavailability of Oral Melatonin in Humans. <i>Neuroendocrinology</i> , 1984, 39, 307-313.	2.5	273
5	Severe decrements in cognition function and mood induced by sleep loss, heat, dehydration, and undernutrition during simulated combat. <i>Biological Psychiatry</i> , 2005, 57, 422-429.	1.3	256
6	Systematic review of the potential adverse effects of caffeine consumption in healthy adults, pregnant women, adolescents, and children. <i>Food and Chemical Toxicology</i> , 2017, 109, 585-648.	3.6	254
7	Effects of melatonin on human mood and performance. <i>Brain Research</i> , 1984, 323, 201-207.	2.2	225
8	Mild dehydration impairs cognitive performance and mood of men. <i>British Journal of Nutrition</i> , 2011, 106, 1535-1543.	2.3	221
9	Trends in intake and sources of caffeine in the diets of US adults: 2001-2010. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 1081-1087.	4.7	200
10	Hydration and Cognition: A Critical Review and Recommendations for Future Research. <i>Journal of the American College of Nutrition</i> , 2007, 26, 555S-561S.	1.8	175
11	Treatment with tyrosine, a neurotransmitter precursor, reduces environmental stress in humans. <i>Brain Research Bulletin</i> , 1989, 22, 759-762.	3.0	174
12	Mild Dehydration Affects Mood in Healthy Young Women., <i>Journal of Nutrition</i> , 2012, 142, 382-388.	2.9	165
13	Fatigue and its management in the workplace. <i>Neuroscience and Biobehavioral Reviews</i> , 2019, 96, 272-289.	6.1	165
14	Energy requirements of military personnel. <i>Appetite</i> , 2005, 44, 47-65.	3.7	162
15	Randomized, double-blind, placebo-controlled trial of iron supplementation in female soldiers during military training: effects on iron status, physical performance, and mood. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 124-131.	4.7	146
16	Sources and Amounts of Animal, Dairy, and Plant Protein Intake of US Adults in 2007-2010. <i>Nutrients</i> , 2015, 7, 7058-7069.	4.1	144
17	The Effects of Ginseng, Ephedrine, and Caffeine on Cognitive Performance, Mood and Energy. <i>Nutrition Reviews</i> , 2001, 59, 91-102.	5.8	126
18	Use of dietary supplements among active-duty US Army soldiers. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 985-995.	4.7	125

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19	Effect of pharmacological daytime doses of melatonin on human mood and performance. <i>Psychopharmacology</i> , 1993, 112, 490-496.	3.1	118
20	Nutrition, brain function and cognitive performance. <i>Appetite</i> , 2003, 40, 245-254.	3.7	117
21	Effects of Protein Supplements on Muscle Damage, Soreness and Recovery of Muscle Function and Physical Performance: A Systematic Review. <i>Sports Medicine</i> , 2014, 44, 655-670.	6.5	114
22	Mood, performance, and pain sensitivity: Changes induced by food constituents. <i>Journal of Psychiatric Research</i> , 1982, 17, 135-145.	3.1	110
23	The Effects of Protein Supplements on Muscle Mass, Strength, and Aerobic and Anaerobic Power in Healthy Adults: A Systematic Review. <i>Sports Medicine</i> , 2015, 45, 111-131.	6.5	110
24	Do energy drinks contain active components other than caffeine?. <i>Nutrition Reviews</i> , 2012, 70, 730-744.	5.8	109
25	Tyrosine supplementation mitigates working memory decrements during cold exposure. <i>Physiology and Behavior</i> , 2007, 92, 575-582.	2.1	107
26	Circadian rhythms of activity in healthy young and elderly humans. <i>Neurobiology of Aging</i> , 1989, 10, 259-265.	3.1	106
27	Effects of caffeine or diphenhydramine on visual vigilance. <i>Psychopharmacology</i> , 1994, 114, 233-238.	3.1	103
28	Intake of caffeine from all sources and reasons for use by college students. <i>Clinical Nutrition</i> , 2019, 38, 668-675.	5.0	96
29	The Effects of Caffeine and Aspirin on Mood and Performance. <i>Journal of Clinical Psychopharmacology</i> , 1987, 7, 315-320.	1.4	95
30	Caffeine modulates attention network function. <i>Brain and Cognition</i> , 2010, 72, 181-188.	1.8	95
31	Effects of Tyrosine, Phentermine, Caffeined-amphetamine, and Placebo on Cognitive and Motor Performance Deficits During Sleep Deprivation. <i>Nutritional Neuroscience</i> , 2003, 6, 237-246.	3.1	94
32	Fluid, Electrolyte, and Renal Indices of Hydration during 11 Days of Controlled Caffeine Consumption. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 252-265.	2.1	94
33	Patterns of dietary supplement use among college students. <i>Clinical Nutrition</i> , 2015, 34, 976-985.	5.0	94
34	Protein intake trends and conformity with the Dietary Reference Intakes in the United States: analysis of the National Health and Nutrition Examination Survey, 2001-2014. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 405-413.	4.7	93
35	Elevation-Dependent Symptom, Mood, and Performance Changes Produced by Exposure to Hypobaric Hypoxia. <i>The International Journal of Aviation Psychology</i> , 1998, 8, 319-334.	0.7	92
36	Carbohydrate administration during a day of sustained aerobic activity improves vigilance, as assessed by a novel ambulatory monitoring device, and mood. <i>American Journal of Clinical Nutrition</i> , 2002, 76, 120-127.	4.7	87

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37	Estimating LD <sub>50</sub> Using the Probit Technique: A Basic Computer Program. Drug and Chemical Toxicology, 1983, 6, 111-116.	2.3	83
38	Serum Zinc Concentrations in the US Population Are Related to Sex, Age, and Time of Blood Draw but Not Dietary or Supplemental Zinc. Journal of Nutrition, 2018, 148, 1341-1351.	2.9	83
39	Hypobaric hypoxia impairs spatial memory in an elevation-dependent fashion. Behavioral and Neural Biology, 1994, 62, 244-252.	2.2	79
40	Anticoagulant activity of select dietary supplements. Nutrition Reviews, 2012, 70, 107-117.	5.8	77
41	Cognitive function, stress hormones, heart rate and nutritional status during simulated captivity in military survival training. Physiology and Behavior, 2016, 165, 86-97.	2.1	76
42	Hydration effects on cognitive performance during military tasks in temperate and cold environments. Physiology and Behavior, 2008, 93, 748-756.	2.1	73
43	Effects of illumination on human nocturnal serum melatonin levels and performance. Physiology and Behavior, 1993, 53, 153-160.	2.1	72
44	Nimodipine improves spatial working memory and elevates hippocampal acetylcholine in young rats. Pharmacology Biochemistry and Behavior, 1991, 39, 781-786.	2.9	68
45	Cognitive methods for assessing mental energy. Nutritional Neuroscience, 2007, 10, 229-242.	3.1	68
46	Prevalence, Adverse Events, and Factors Associated with Dietary Supplement and Nutritional Supplement Use by US Navy and Marine Corps Personnel. Journal of the Academy of Nutrition and Dietetics, 2016, 116, 1423-1442.	0.8	68
47	Randomized, double-blind, placebo-controlled trial of an iron-fortified food product in female soldiers during military training: relations between iron status, serum hepcidin, and inflammation. American Journal of Clinical Nutrition, 2010, 92, 93-100.	4.7	67
48	Caffeine improves reaction time, vigilance and logical reasoning during extended periods with restricted opportunities for sleep. Psychopharmacology, 2015, 232, 2031-2042.	3.1	66
49	Higher-Protein Diets Are Associated with Higher HDL Cholesterol and Lower BMI and Waist Circumference in US Adults. Journal of Nutrition, 2015, 145, 605-614.	2.9	65
50	Longitudinal decrements in iron status during military training in female soldiers. British Journal of Nutrition, 2009, 102, 605.	2.3	63
51	A systematic review and meta-analysis on the prevalence of dietary supplement use by military personnel. BMC Complementary and Alternative Medicine, 2014, 14, 143.	3.7	63
52	Caffeine Use among Active Duty US Army Soldiers. Journal of the Academy of Nutrition and Dietetics, 2012, 112, 902-912.e4.	0.8	62
53	Hypohydration and acute thermal stress affect mood state but not cognition or dynamic postural balance. European Journal of Applied Physiology, 2013, 113, 1027-1034.	2.5	61
54	Long-term effects of provided low and high glycemic load low energy diets on mood and cognition. Physiology and Behavior, 2009, 98, 374-379.	2.1	59

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55	Phase advance with separate and combined melatonin and light treatment. <i>Psychopharmacology</i> , 2011, 214, 515-523.	3.1	59
56	Tryptophan Intake in the US Adult Population Is Not Related to Liver or Kidney Function but Is Associated with Depression and Sleep Outcomes. <i>Journal of Nutrition</i> , 2016, 146, 2609S-2615S.	2.9	58
57	Branched-chain amino acid supplementation and human performance when hypohydrated in the heat. <i>Journal of Applied Physiology</i> , 2004, 97, 1275-1282.	2.5	57
58	Acute caffeine consumption enhances the executive control of visual attention in habitual consumers. <i>Brain and Cognition</i> , 2010, 74, 186-192.	1.8	57
59	Cognitive Function and Mood During Acute Cold Stress After Extended Military Training and Recovery. <i>Aviation, Space, and Environmental Medicine</i> , 2009, 80, 629-636.	0.5	54
60	Bodybuilding, Energy, and Weight-Loss Supplements Are Associated With Deployment and Physical Activity in U.S. Military Personnel. <i>Annals of Epidemiology</i> , 2012, 22, 318-330.	1.9	54
61	A double-blind, placebo-controlled test of 2 d of calorie deprivation: effects on cognition, activity, sleep, and interstitial glucose concentrations. <i>American Journal of Clinical Nutrition</i> , 2008, 88, 667-676.	4.7	53
62	Tyrosine pretreatment reverses hypothermia-induced behavioral depression. <i>Brain Research Bulletin</i> , 1990, 24, 147-150.	3.0	52
63	Creatine supplementation does not improve cognitive function in young adults. <i>Physiology and Behavior</i> , 2008, 95, 130-134.	2.1	52
64	Caffeine: Friend or Foe?. <i>Annual Review of Food Science and Technology</i> , 2016, 7, 117-137.	9.9	52
65	Effects of Protein in Combination with Carbohydrate Supplements on Acute or Repeat Endurance Exercise Performance: A Systematic Review. <i>Sports Medicine</i> , 2014, 44, 535-550.	6.5	50
66	Caffeine effects on marksmanship during high-stress military training with 72 hour sleep deprivation. <i>Aviation, Space, and Environmental Medicine</i> , 2003, 74, 309-14.	0.5	50
67	Tyrosine prevents effects of hyperthermia on behavior and increases norepinephrine. <i>Physiology and Behavior</i> , 2005, 84, 33-38.	2.1	47
68	Concomitant Dietary Supplement and Prescription Medication Use Is Prevalent among US Adults with Doctor-Informed Medical Conditions. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014, 114, 1784-1790.e2.	0.8	47
69	Trends and factors associated with insomnia and sleep apnea in all United States military service members from 2005 to 2014. <i>Journal of Sleep Research</i> , 2017, 26, 665-670.	3.2	47
70	Melatonin Secretion as a Mediator of Circadian Variations in Sleep and Sleepiness. <i>Journal of Pineal Research</i> , 1985, 2, 301-303.	7.4	44
71	Vitamin D and Physical Performance. <i>Sports Medicine</i> , 2013, 43, 601-611.	6.5	43
72	Severe negative energy balance during 21 d at high altitude decreases fat-free mass regardless of dietary protein intake: a randomized controlled trial. <i>FASEB Journal</i> , 2018, 32, 894-905.	0.5	43

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73	The fog of war: decrements in cognitive performance and mood associated with combat-like stress. <i>Aviation, Space, and Environmental Medicine</i> , 2005, 76, C7-14.	0.5	42
74	Timing Light Treatment for Eastward and Westward Travel Preparation. <i>Chronobiology International</i> , 2009, 26, 867-890.	2.0	41
75	Physical performance, demographic, psychological, and physiological predictors of success in the U.S. Army Special Forces Assessment and Selection course. <i>Physiology and Behavior</i> , 2019, 210, 112647.	2.1	41
76	Efficacy and Safety of Protein Supplements for U.S. Armed Forces Personnel: Consensus Statement. <i>Journal of Nutrition</i> , 2013, 143, 1811S-1814S.	2.9	39
77	Effects of testosterone supplementation on body composition and lower-body muscle function during severe exercise- and diet-induced energy deficit: A proof-of-concept, single centre, randomised, double-blind, controlled trial. <i>EBioMedicine</i> , 2019, 46, 411-422.	6.1	39
78	The association of insomnia and sleep apnea with deployment and combat exposure in the entire population of US army soldiers from 1997 to 2011: a retrospective cohort investigation. <i>Sleep</i> , 2019, 42, .	1.1	39
79	Protein intake is more stable than carbohydrate or fat intake across various US demographic groups and international populations. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 180-186.	4.7	38
80	Key Findings and Implications of a Recent Systematic Review of the Potential Adverse Effects of Caffeine Consumption in Healthy Adults, Pregnant Women, Adolescents, and Children. <i>Nutrients</i> , 2018, 10, 1536.	4.1	37
81	L-Tyrosine ameliorates some effects of lower body negative pressure stress. <i>Physiology and Behavior</i> , 1995, 57, 223-230.	2.1	36
82	The Effects of Choline Supplementation on Physical Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2000, 10, 170-181.	2.1	36
83	Spatial memory under acute cold and restraint stress. <i>Physiology and Behavior</i> , 1998, 64, 605-609.	2.1	34
84	Vitamin D status in female military personnel during combat training. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 38.	3.9	34
85	Tyrosine improves behavioral and neurochemical deficits caused by cold exposure. <i>Physiology and Behavior</i> , 2001, 72, 311-316.	2.1	33
86	Effects of Theobromine and Caffeine on Mood and Vigilance. <i>Journal of Clinical Psychopharmacology</i> , 2013, 33, 499-506.	1.4	32
87	Daily Patterns of Caffeine Intake and the Association of Intake with Multiple Sociodemographic and Lifestyle Factors in US Adults Based on the NHANES 2007-2012 Surveys. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2019, 119, 106-114.	0.8	32
88	Analysis of 1,3 dimethylamylamine concentrations in <i>Geraniaceae</i> , geranium oil and dietary supplements. <i>Drug Testing and Analysis</i> , 2014, 6, 797-804.	2.6	31
89	Diets higher in animal and plant protein are associated with lower adiposity and do not impair kidney function in US adults. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 743-749.	4.7	31
90	Lipid and other plasma markers are associated with anxiety, depression, and fatigue. <i>Health Psychology</i> , 2012, 31, 210-216.	1.6	30

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91	Establishing Pediatric and Adult RBC Reference Intervals With NHANES Data Using Piecewise Regression. <i>American Journal of Clinical Pathology</i> , 2019, 151, 128-142.	0.7	30
92	Effects of M2 antagonists on in vivo hippocampal acetylcholine levels. <i>Brain Research Bulletin</i> , 1996, 41, 221-226.	3.0	29
93	Positive Effects of Basic Training on Cognitive Performance and Mood of Adult Females. <i>Human Factors</i> , 2014, 56, 1113-1123.	3.5	28
94	Predictors of Dietary Supplement Use by U.S. Coast Guard Personnel. <i>PLoS ONE</i> , 2015, 10, e0133006.	2.5	28
95	Effects of 2 Adenosine Antagonists, Quercetin and Caffeine, on Vigilance and Mood. <i>Journal of Clinical Psychopharmacology</i> , 2010, 30, 573-578.	1.4	27
96	Altered Appetite-Mediating Hormone Concentrations Precede Compensatory Overeating After Severe, Short-Term Energy Deprivation in Healthy Adults. <i>Journal of Nutrition</i> , 2016, 146, 209-217.	2.9	27
97	Melatonin treatment for eastward and westward travel preparation. <i>Psychopharmacology</i> , 2010, 208, 377-386.	3.1	26
98	Assessing alcohol intake & its dose-dependent effects on liver enzymes by 24-h recall and questionnaire using NHANES 2001-2010 data. <i>Nutrition Journal</i> , 2015, 15, 62.	3.4	26
99	Caffeine and energy drink use by combat arms soldiers in Afghanistan as a countermeasure for sleep loss and high operational demands. <i>Nutritional Neuroscience</i> , 2019, 22, 768-777.	3.1	26
100	Cognition during sustained operations: comparison of a laboratory simulation to field studies. <i>Aviation, Space, and Environmental Medicine</i> , 2006, 77, 929-35.	0.5	26
101	Nimodipine prevents the in vivo decrease in hippocampal extracellular acetylcholine produced by hypobaric hypoxia. <i>Brain Research</i> , 1993, 621, 291-295.	2.2	25
102	Elevation of hippocampal extracellular acetylcholine levels by methoctramine. <i>Brain Research Bulletin</i> , 1993, 32, 385-389.	3.0	25
103	Confidence in the efficacy and safety of dietary supplements among United States active duty army personnel. <i>BMC Complementary and Alternative Medicine</i> , 2012, 12, 182.	3.7	25
104	A Review of US Army Research Contributing to Cognitive Enhancement in Military Contexts. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2020, 4, 453-468.	1.6	25
105	A vigilance task sensitive to the effects of stimulants, hypnotics, and environmental stress: The Scanning Visual Vigilance Test. <i>Behavior Research Methods</i> , 1998, 30, 416-422.	1.3	24
106	Self-reported side effects associated with use of dietary supplements in an armed forces population. <i>Drug Testing and Analysis</i> , 2016, 8, 287-295.	2.6	24
107	The effects of captivity survival training on mood, dissociation, PTSD symptoms, cognitive performance and stress hormones. <i>International Journal of Psychophysiology</i> , 2017, 117, 37-47.	1.0	24
108	Effects of 30 Days of Undernutrition on Reaction Time, Moods, and Symptoms11The views, opinions, and/or findings contained in this report are those of the authors and should not be construed as an official Department of the Army position, policy, or decision, unless so designated by other official documentation.. <i>Physiology and Behavior</i> , 1997, 62, 783-789.	2.1	23

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109	Altered metabolic homeostasis is associated with appetite regulation during and following 48-h of severe energy deprivation in adults. <i>Metabolism: Clinical and Experimental</i> , 2016, 65, 416-427.	3.4	23
110	Protecting military personnel from high risk dietary supplements. <i>Drug Testing and Analysis</i> , 2016, 8, 431-433.	2.6	23
111	Dietary Supplement Use in a Large, Representative Sample of the US Armed Forces. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2018, 118, 1370-1388.	0.8	23
112	Effects of acute caloric restriction compared to caloric balance on the temporal response of the IGF-I system. <i>Metabolism: Clinical and Experimental</i> , 2013, 62, 179-187.	3.4	22
113	A Comparison of Tyrosine against Placebo, Phentermine, Caffeine, and Amphetamine During Sleep Deprivation. <i>Nutritional Neuroscience</i> , 2003, 6, 221-235.	3.1	21
114	Adequacy of Garrison Feeding for Special Forces Soldiers during Training. <i>Military Medicine</i> , 2004, 169, 483-490.	0.8	21
115	Demographic, Lifestyle Factors, and Reasons for Use of Dietary Supplements by Air Force Personnel. <i>Aerospace Medicine and Human Performance</i> , 2016, 87, 628-637.	0.4	21
116	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). <i>Contemporary Clinical Trials</i> , 2017, 58, 47-57.	1.8	21
117	Symptoms of depression, anxiety, and post-traumatic stress disorder and their relationship to health-related behaviors in over 12,000 US military personnel: Bi-directional associations. <i>Journal of Affective Disorders</i> , 2021, 283, 84-93.	4.1	21
118	Possible Behavioral Consequences of Light-Induced Changes in Melatonin Availability. <i>Annals of the New York Academy of Sciences</i> , 1985, 453, 242-252.	3.8	19
119	Female Marine Recruit Training. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S671-S676.	0.4	19
120	Poor Iron Status Is Not Associated with Overweight or Overfat in Non-Obese Pre-Menopausal Women. <i>Journal of the American College of Nutrition</i> , 2009, 28, 37-42.	1.8	19
121	Bioavailable IGF-I Is Associated with Fat-Free Mass Gains after Physical Training in Women. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 793-799.	0.4	19
122	Caffeine Use among Active Duty Navy and Marine Corps Personnel. <i>Nutrients</i> , 2016, 8, 620.	4.1	19
123	Longitudinal trends in use of dietary supplements by U.S. Army personnel differ from those of civilians. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 1217-1224.	1.9	19
124	Testosterone supplementation upregulates androgen receptor expression and translational capacity during severe energy deficit. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2020, 319, E678-E688.	3.5	18
125	The catecholamine neurotransmitter precursor tyrosine increases anger during exposure to severe psychological stress. <i>Psychopharmacology</i> , 2015, 232, 943-951.	3.1	17
126	Improved Mood State and Absence of Sex Differences in Response to the Stress of Army Basic Combat Training. <i>Applied Psychology: Health and Well-Being</i> , 2016, 8, 351-363.	3.0	17



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127	Caffeine consumption among active duty United States Air Force personnel. <i>Food and Chemical Toxicology</i> , 2017, 105, 377-386.	3.6	17
128	Testosterone Administration During Energy Deficit Suppresses Hepcidin and Increases Iron Availability for Erythropoiesis. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2020, 105, e1316-e1321.	3.6	17
129	Prevalence of and Factors Associated with Dietary Supplement Use in a Stratified, Random Sample of US Military Personnel: The US Military Dietary Supplement Use Study. <i>Journal of Nutrition</i> , 2021, 151, 3495-3506.	2.9	17
130	Transient decrements in mood during energy deficit are independent of dietary protein-to-carbohydrate ratio. <i>Physiology and Behavior</i> , 2015, 139, 524-531.	2.1	16
131	Soldier use of dietary supplements, including protein and body building supplements, in a combat zone is different than use in garrison. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 88-95.	1.9	16
132	Two Days of Calorie Deprivation Induced by Underfeeding and Aerobic Exercise Degrades Mood and Lowers Interstitial Glucose but Does Not Impair Cognitive Function in Young Adults. <i>Journal of Nutrition</i> , 2017, 147, 110-116.	2.9	16
133	Stress and the gut-brain axis: Cognitive performance, mood state, and biomarkers of blood-brain barrier and intestinal permeability following severe physical and psychological stress. <i>Brain, Behavior, and Immunity</i> , 2022, 101, 383-393.	4.1	16
134	Caffeine-induced physiological arousal accentuates global processing biases. <i>Pharmacology Biochemistry and Behavior</i> , 2011, 99, 59-65.	2.9	15
135	Surveillance of the armed forces as a sentinel system for detecting adverse effects of dietary supplements in the general population. <i>Public Health Nutrition</i> , 2018, 21, 882-887.	2.2	15
136	Greater protein intake at breakfast or as snacks and less at dinner is associated with cardiometabolic health in adults. <i>Clinical Nutrition</i> , 2021, 40, 4301-4308.	5.0	15
137	Effects of 30 days of undernutrition on plasma neurotransmitter precursors, other amino acids, and behavior. <i>Journal of Nutritional Biochemistry</i> , 1997, 8, 119-126.	4.2	14
138	Multivitamin and Protein Supplement Use Is Associated With Positive Mood States and Health Behaviors in US Military and Coast Guard Personnel. <i>Journal of Clinical Psychopharmacology</i> , 2014, 34, 595-601.	1.4	14
139	Effects of Combat Deployment on Anthropometrics and Physiological Status of U.S. Army Special Operations Forces Soldiers. <i>Military Medicine</i> , 2017, 182, e1659-e1668.	0.8	14
140	The effect of creatine monohydrate supplementation on obstacle course and multiple bench press performance. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 500-8.	2.1	14
141	Effect of Carbohydrate Administration on Recovery from Stress-Induced Deficits in Cognitive Function: A Double-Blind, Placebo-Controlled Study of Soldiers Exposed to Survival School Stress. <i>Military Medicine</i> , 2009, 174, 132-138.	0.8	13
142	Hydration and Human Cognition. <i>Nutrition Today</i> , 2010, 45, S33-S36.	1.0	13
143	The effects of movement and physical exertion on soldier vigilance. <i>Aviation, Space, and Environmental Medicine</i> , 2007, 78, B51-7.	0.5	13
144	Effects of Caffeine and Diphenhydramine on Auditory Evoked Cortical Potentials. <i>Perceptual and Motor Skills</i> , 1993, 76, 707-715.	1.3	12

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145	A Survey Instrument to Assess Intake of Dietary Supplements, Related Products, and Caffeine in High-Use Populations. <i>Journal of Nutrition</i> , 2018, 148, 1445S-1451S.	2.9	12
146	Demographics, sleep, and daily patterns of caffeine intake of shift workers in a nationally representative sample of the US adult population. <i>Sleep</i> , 2020, 43, .	1.1	12
147	Prevalence of caffeine consumers, daily caffeine consumption, and factors associated with caffeine use among active duty United States military personnel. <i>Nutrition Journal</i> , 2022, 21, 22.	3.4	12
148	Effects of Testosterone Supplementation on Ghrelin and Appetite During and After Severe Energy Deficit in Healthy Men. <i>Journal of the Endocrine Society</i> , 2020, 4, bvaa024.	0.2	11
149	Randomization to randomization probability: Estimating treatment effects under actual conditions of use.. <i>Psychological Methods</i> , 2018, 23, 337-350.	3.5	11
150	Velocity blindness during shearing motion. <i>Vision Research</i> , 1982, 22, 97-100.	1.4	10
151	Predictors of the Relationships Between Nutritional Supplement Use and Weight-Modification Goals of U.S. Army Soldiers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 322-335.	2.1	10
152	Moderate doses of commercial preparations of Ginkgo biloba do not alter markers of liver function but moderate alcohol intake does: A new approach to identify and quantify biomarkers of "adverse effects" of dietary supplements. <i>Regulatory Toxicology and Pharmacology</i> , 2017, 84, 45-53.	2.7	10
153	Two days of calorie deprivation impairs high level cognitive processes, mood, and self-reported exertion during aerobic exercise: A randomized double-blind, placebo-controlled study. <i>Brain and Cognition</i> , 2019, 132, 33-40.	1.8	10
154	Effect of glycemic load on eating behavior self-efficacy during weight loss. <i>Appetite</i> , 2014, 80, 204-211.	3.7	9
155	Development and Validation of an Instrument to Evaluate Perceived Wellbeing Associated with the Ingestion of Water: The Water Ingestion-Related Wellbeing Instrument (WIRWI). <i>PLoS ONE</i> , 2016, 11, e0158567.	2.5	9
156	A low-protein diet alters rat behavior and neurotransmission in normothermic and hyperthermic environments. <i>Brain Research Bulletin</i> , 2005, 66, 149-154.	3.0	8
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