

Simone Perna

List of Publications by Year in descending order

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Version: 2024-02-01

157
papers

3,857
citations

136950

32
h-index

182427

51
g-index

165
all docs

165
docs citations

165
times ranked

6119
citing authors

#	ARTICLE	IF	CITATIONS
1	Association between des-acyl ghrelin at fasting and predictive index of muscle derangement, metabolic markers and eating disorders: a cross-sectional study in overweight and obese adults. <i>Nutritional Neuroscience</i> , 2022, 25, 336-342.	3.1	10
2	The enigma of vitamin D supplementation in aging with obesity. <i>Minerva Gastroenterology</i> , 2022, 68, .	0.5	5
3	Effect of very low-calorie ketogenic diet in combination with omega-3 on inflammation, satiety hormones, body composition, and metabolic markers. A pilot study in class I obese subjects. <i>Endocrine</i> , 2022, 75, 129-136.	2.3	7
4	Adequate Intake and Supplementation of B Vitamins, in Particular Folic Acid, can Play a Protective Role in Bone Health. <i>Current Aging Science</i> , 2022, 15, 110-120.	1.2	6
5	Promising Effects of 3-Month Period of Quercetin Phytosome® Supplementation in the Prevention of Symptomatic COVID-19 Disease in Healthcare Workers: A Pilot Study. <i>Life</i> , 2022, 12, 66.	2.4	24
6	The Ketogenic Diet: Is It an Answer for Sarcopenic Obesity?. <i>Nutrients</i> , 2022, 14, 620.	4.1	12
7	Predicting visceral adipose tissue in older adults: A pilot clinical study. <i>Clinical Nutrition</i> , 2022, 41, 810-816.	5.0	2
8	Artichoke and Bergamot Phytosome Alliance: A Randomized Double Blind Clinical Trial in Mild Hypercholesterolemia. <i>Nutrients</i> , 2022, 14, 108.	4.1	6
9	Effects of Classic Ketogenic Diet in Children with Refractory Epilepsy: A Retrospective Cohort Study in Kingdom of Bahrain. <i>Nutrients</i> , 2022, 14, 1744.	4.1	8
10	In Vitro and In Vivo Anticancer Activity of Basil (<i>Ocimum spp.</i>): Current Insights and Future Prospects. <i>Cancers</i> , 2022, 14, 2375.	3.7	16
11	The role of kidney dysfunction in COVID-19 and the influence of age. <i>Scientific Reports</i> , 2022, 12, .	3.3	8
12	Two, Six, and Twelve-Month Dropout Rate and Predictor Factors After a Multidisciplinary Residential Program for Obesity Treatment. A Prospective Cohort Study. <i>Frontiers in Nutrition</i> , 2022, 9, .	3.7	3
13	Multidisciplinary residential program for the treatment of obesity: how body composition assessed by DXA and blood chemistry parameters change during hospitalization and which variations in body composition occur from discharge up to 1-year follow-up. <i>Eating and Weight Disorders</i> , 2022, 27, 2701-2711.	2.5	1
14	Validation of the Italian Version of the SARC-F Questionnaire to Assess Sarcopenia in Older Adults. <i>Nutrients</i> , 2022, 14, 2533.	4.1	4
15	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>Endocrinologia, Diabetes Y Nutrici�n</i> , 2021, 68, 17-46.	0.3	8
16	Bergamot phytosome improved visceral fat and plasma lipid profiles in overweight and obese class I subject with mild hypercholesterolemia: A randomized placebo controlled trial. <i>Phytotherapy Research</i> , 2021, 35, 2045-2056.	5.8	15
17	Ideal food pyramid for patients with rheumatoid arthritis: A narrative review. <i>Clinical Nutrition</i> , 2021, 40, 661-689.	5.0	24
18	Rice germ macro- and micronutrients: a new opportunity for the nutraceuticals. <i>Natural Product Research</i> , 2021, 35, 1532-1536.	1.8	12

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19	Effectiveness of Rice Germ Supplementation on Body Composition, Metabolic Parameters, Satiating Capacity, and Amino Acid Profiles in Obese Postmenopausal Women: A Randomized, Controlled Clinical Pilot Trial. <i>Nutrients</i> , 2021, 13, 439.	4.1	2
20	A review on COVID-19 vaccines: stages of clinical trials, mode of actions and efficacy. <i>Arab Journal of Basic and Applied Sciences</i> , 2021, 28, 225-233.	2.1	13
21	Multidimensional evaluation of the effects of Ramadan intermittent fasting on the health of female students at the University of Bahrain. <i>Arab Journal of Basic and Applied Sciences</i> , 2021, 28, 360-369.	2.1	1
22	Is Probiotic Supplementation Useful for the Management of Body Weight and Other Anthropometric Measures in Adults Affected by Overweight and Obesity with Metabolic Related Diseases? A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021, 13, 666.	4.1	28
23	Effect of Acute and Chronic Dietary Supplementation with Green Tea Catechins on Resting Metabolic Rate, Energy Expenditure and Respiratory Quotient: A Systematic Review. <i>Nutrients</i> , 2021, 13, 644.	4.1	11
24	Evidence of a Positive Link between Consumption and Supplementation of Ascorbic Acid and Bone Mineral Density. <i>Nutrients</i> , 2021, 13, 1012.	4.1	9
25	Silicon: A neglected micronutrient essential for bone health. <i>Experimental Biology and Medicine</i> , 2021, 246, 1500-1511.	2.4	18
26	Effect of a Food for Special Medical Purposes for Muscle Recovery, Consisting of Arginine, Glutamine and Beta-Hydroxy-Beta-Methylbutyrate on Body Composition and Skin Health in Overweight and Obese Class I Sedentary Postmenopausal Women. <i>Nutrients</i> , 2021, 13, 975.	4.1	3
27	The Potential Roles of Very Low Calorie, Very Low Calorie Ketogenic Diets and Very Low Carbohydrate Diets on the Gut Microbiota Composition. <i>Frontiers in Endocrinology</i> , 2021, 12, 662591.	3.5	28
28	An update on magnesium and bone health. <i>BioMetals</i> , 2021, 34, 715-736.	4.1	41
29	Essentiality of Manganese for Bone Health: An Overview and Update. <i>Natural Product Communications</i> , 2021, 16, 1934578X21110166.	0.5	10
30	Continent-Wide Analysis of COVID 19: Total Cases, Deaths, Tests, Socio-Economic, and Morbidity Factors Associated to the Mortality Rate, and Forecasting Analysis in 2020â€“2021. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5350.	2.6	16
31	Body composition assessment using bioelectrical impedance analysis (BIA) in a wide cohort of patients affected with mild to severe obesity. <i>Clinical Nutrition</i> , 2021, 40, 3973-3981.	5.0	29
32	A favorable effect on nutritional status of 12-week tailored texture-modified sous-vide cooking meals in institutionalized elderly women with oropharyngeal dysphagia: an intervention study. <i>Minerva Endocrinology</i> , 2021, 46, 202-213.	1.1	3
33	Copper as Dietary Supplement for Bone Metabolism: A Review. <i>Nutrients</i> , 2021, 13, 2246.	4.1	19
34	Effects of n-3 EPA and DHA supplementation on fat free mass and physical performance in elderly. A systematic review and meta-analysis of randomized clinical trial. <i>Mechanisms of Ageing and Development</i> , 2021, 196, 111476.	4.6	8
35	Effects of 60-Day <i>Saccharomyces boulardii</i> and Superoxide Dismutase Supplementation on Body Composition, Hunger Sensation, Pro/Antioxidant Ratio, Inflammation and Hormonal Lipo-Metabolic Biomarkers in Obese Adults: A Double-Blind, Placebo-Controlled Trial. <i>Nutrients</i> , 2021, 13, 2512.	4.1	11
36	Association between RT-PCR Ct values and COVID-19 new daily cases: a multicenter cross-sectional study. <i>Infezioni in Medicina</i> , 2021, 29, 416-426.	1.1	11

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37	Novel insights on anti-obesity potential of the miracle tree, <i>Moringa oleifera</i> : A systematic review. <i>Journal of Functional Foods</i> , 2021, 84, 104600.	3.4	12
38	A food pyramid, based on a review of the emerging literature, for subjects with inflammatory bowel disease. <i>EndocrinologĀa Diabetes Y NutriciĀ³ⁿ</i> (English Ed), 2021, 68, 17-46.	0.2	1
39	Berberine Phospholipid Is an Effective Insulin Sensitizer and Improves Metabolic and Hormonal Disorders in Women with Polycystic Ovary Syndrome: A One-Group PretestĀPost-Test Explanatory Study. <i>Nutrients</i> , 2021, 13, 3665.	4.1	14
40	The Use of Berberine in Diabetes and Metabolic Syndrome: Two Sides of the Same Coin. A Bibliometric Analysis. <i>Current Nutrition and Food Science</i> , 2021, 17, .	0.6	0
41	An overview on the correlation between blood zinc, zinc intake, zinc supplementation and bone mineral density in humans. <i>Acta Ortopedica Mexicana</i> , 2021, 35, 142-152.	0.1	1
42	Sustainability indicators in Agriculture: A Review and Bibliometric analysis using Scopus database.. , 2021, 115, 5-21.		0
43	Effect of a mixture of botanicals extracts plus mannitol on hydration and bloating sensation. An open label study in women with high extra cellular water. <i>Natural Product Research</i> , 2020, 34, 2500-2504.	1.8	2
44	<i>Acmella oleracea</i> for pain management. <i>FĀ-toterapĀ-Āç</i> , 2020, 140, 104419.	2.2	28
45	Current opinion on dietary advice in order to preserve fat-free mass during a low-calorie diet. <i>Nutrition</i> , 2020, 72, 110667.	2.4	17
46	Effect of Polyglucosamine on Weight Loss and Metabolic Parameters in Overweight and Obesity: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2020, 12, 2365.	4.1	3
47	The Long History of Vitamin C: From Prevention of the Common Cold to Potential Aid in the Treatment of COVID-19. <i>Frontiers in Immunology</i> , 2020, 11, 574029.	4.8	94
48	DXA-Derived Visceral Adipose Tissue (VAT) in Elderly: Percentiles of Reference for Gender and Association with Metabolic Outcomes. <i>Life</i> , 2020, 10, 163.	2.4	5
49	Improving rehabilitation in sarcopenia: a randomizedĀcontrolled trial utilizing a muscleĀtargeted food for special medical purposes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020, 11, 1535-1547.	7.3	55
50	Short- and Long-Term Effectiveness of Supplementation with Non-Animal Chondroitin Sulphate on Inflammation, Oxidative Stress and Functional Status in Obese Subjects with Moderate Knee Osteoarthritis before and after Physical Stress: A Randomized, Double-Blind, Placebo-Controlled Trial. <i>Antioxidants</i> , 2020, 9, 1241.	5.1	7
51	The Metabolic Effects of <i>Cynara</i> Supplementation in Overweight and Obese Class I Subjects with Newly Detected Impaired Fasting Glycemia: A Double-Blind, Placebo-Controlled, Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 3298.	4.1	17
52	<p>The Use of a New Food-Grade Lecithin Formulation of Highly Standardized Ginger (&em> <i>Zingiber officinale</i> &em>) and &em> <i>Acmella oleracea</i> &em> Extracts for the Treatment of Pain and Inflammation in a Group of Subjects with Moderate Knee Osteoarthritis<p>. <i>Journal of Pain Research</i> , 2020, Volume 13, 761-770.	2.0	15
53	Investigation of the toxic effects of different polystyrene micro-and nanoplastics on microalgae <i>Chlorella vulgaris</i> by analysis of cell viability, pigment content, oxidative stress and ultrastructural changes. <i>Marine Pollution Bulletin</i> , 2020, 156, 111278.	5.0	112
54	Pivotal role of boron supplementation on bone health: A narrative review. <i>Journal of Trace Elements in Medicine and Biology</i> , 2020, 62, 126577.	3.0	34

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55	Evidence-Based Role of Nutrients and Antioxidants for Chronic Pain Management in Musculoskeletal Frailty and Sarcopenia in Aging. <i>Geriatrics (Switzerland)</i> , 2020, 5, 16.	1.7	25
56	A structural equation model to assess the pathways of body adiposity and inflammation status on dysmetabolic biomarkers via red cell distribution width and mean corpuscular volume: a cross-sectional study in overweight and obese subjects. <i>Lipids in Health and Disease</i> , 2020, 19, 154.	3.0	10
57	<p>Food Pyramid for Subjects with Chronic Obstructive Pulmonary Diseases</p>. <i>International Journal of COPD</i> , 2020, Volume 15, 1435-1448.	2.3	7
58	Comparison between Appendicular Skeletal Muscle Index DXA Defined by EWGSOP1 and 2 versus BIA Tengvall Criteria among Older People Admitted to the Post-Acute Geriatric Care Unit in Italy. <i>Nutrients</i> , 2020, 12, 1818.	4.1	4
59	Polycystic ovary syndrome management: a review of the possible amazing role of berberine. <i>Archives of Gynecology and Obstetrics</i> , 2020, 301, 53-60.	1.7	29
60	Phenotypes of Sarcopenic Obesity: Exploring the Effects on Peri-Muscular Fat, the Obesity Paradox, Hormone-Related Responses and the Clinical Implications. <i>Geriatrics (Switzerland)</i> , 2020, 5, 8.	1.7	19
61	Cardiovascular magnetic resonance feature tracking in pigs: a reproducibility and sample size calculation study. <i>International Journal of Cardiovascular Imaging</i> , 2020, 36, 703-712.	1.5	6
62	Novel Insights on Intake of Fish and Prevention of Sarcopenia: All Reasons for an Adequate Consumption. <i>Nutrients</i> , 2020, 12, 307.	4.1	29
63	Effects of Daily Low-Dose Date Consumption on Glycemic Control, Lipid Profile, and Quality of Life in Adults with Pre- and Type 2 Diabetes: A Randomized Controlled Trial. <i>Nutrients</i> , 2020, 12, 217.	4.1	23
64	The effect of Berberine on weight loss in order to prevent obesity: A systematic review. <i>Biomedicine and Pharmacotherapy</i> , 2020, 127, 110137.	5.6	61
65	Risk factors for 5-year mortality in a cohort of elderly patients with sarcopenia. <i>Experimental Gerontology</i> , 2020, 136, 110944.	2.8	7
66	Where to Find Leucine in Food and How to Feed Elderly With Sarcopenia in Order to Counteract Loss of Muscle Mass: Practical Advice. <i>Frontiers in Nutrition</i> , 2020, 7, 622391.	3.7	26
67	Clinical trials on pain lowering effect of ginger: A narrative review. <i>Phytotherapy Research</i> , 2020, 34, 2843-2856.	5.8	46
68	Effect of Bariatric Surgery on Weight Loss, Nutritional Deficiencies, Postoperative Complications and Adherence to Dietary and Lifestyle Recommendations: A retrospective cohort study from Bahrain. <i>Sultan Qaboos University Medical Journal</i> , 2020, 20, 344.	1.0	10
69	Effects of Hoodia Parviflora on satiety, abdominal obesity and weight in a group of overweight subjects: a randomized, blinded, placebo-controlled trial. <i>Minerva Gastroenterologica E Dietologica</i> , 2020, 66, 211-218.	2.2	3
70	Randomised clinical trial of rice germ supplementation on nutritional status and performance in trained swimmers: A pilot study. <i>Malaysian Journal of Nutrition</i> , 2020, 26, 215-228.	0.4	1
71	Sodium citrate supplementation: An updated revision and practical recommendations on exercise performance, hydration status, and potential risks. <i>Translational Sports Medicine</i> , 2020, 3, 518-525.	1.1	8
72	Are the genes CA6, TAS2R38, TCF7L2, FTO, TAS1R2, TAS1R3, GNAT3 receptor polymorphisms involved on exceptional longevity and risk of sarcopenia? A cross sectional study in Italian aging population. <i>Genetika</i> , 2020, 52, 177-186.	0.4	0

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73	Symptomatic uncomplicated diverticular disease management: an innovative food-grade formulation of Curcuma longa and Boswellia serrata extracts. <i>Drugs in Context</i> , 2020, 9, 1-12.	2.2	3
74	Bioactives Profile of Purple and Black Tomato: Potential Applications in the Pharmaceutical Field Purple and Black Tomato. , 2020, 82, .		0
75	Comparing the dietary habits and social-health behaviors among University students living at or away from home. <i>Minerva Gastroenterologica E Dietologica</i> , 2020, 66, 82-84.	2.2	1
76	Effects of essential amino acid supplementation on pain in the elderly with hip fractures: a pilot, double-blind, placebo-controlled, randomised clinical trial. <i>Journal of Biological Regulators and Homeostatic Agents</i> , 2020, 34, 721-731.	0.7	3
77	Micronutrients Dietary Supplementation Advices for Celiac Patients on Long-Term Gluten-Free Diet with Good Compliance: A Review. <i>Medicina (Lithuania)</i> , 2019, 55, 337.	2.0	32
78	Is Vitamin D Supplementation Useful for Weight Loss Programs? A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Medicina (Lithuania)</i> , 2019, 55, 368.	2.0	37
79	The Role of Glutamine in the Complex Interaction between Gut Microbiota and Health: A Narrative Review. <i>International Journal of Molecular Sciences</i> , 2019, 20, 5232.	4.1	49
80	Fatty Acid Profile and Antioxidant Status Fingerprint in Sarcopenic Elderly Patients: Role of Diet and Exercise. <i>Nutrients</i> , 2019, 11, 2569.	4.1	9
81	Effectiveness of Non-Animal Chondroitin Sulfate Supplementation in the Treatment of Moderate Knee Osteoarthritis in a Group of Overweight Subjects: A Randomized, Double-Blind, Placebo-Controlled Pilot Study. <i>Nutrients</i> , 2019, 11, 2027.	4.1	14
82	Emotional eating behavior among University of Bahrain students: a cross-sectional study. <i>Arab Journal of Basic and Applied Sciences</i> , 2019, 26, 424-432.	2.1	13
83	Is vitamin D-fortified yogurt a value-added strategy for improving human health? A systematic review and meta-analysis of randomized trials. <i>Journal of Dairy Science</i> , 2019, 102, 8587-8603.	3.4	18
84	Hepatitis B Virus Genotypes in the Kingdom of Bahrain: Prevalence, Gender Distribution and Impact on Hepatic Biomarkers. <i>Medicina (Lithuania)</i> , 2019, 55, 622.	2.0	9
85	Volatile Organic Compounds as Biomarkers of Gastrointestinal Diseases and Nutritional Status. <i>Journal of Analytical Methods in Chemistry</i> , 2019, 2019, 1-14.	1.6	50
86	Effect of a multistrain probiotic (Lactoflorene® Plus) on inflammatory parameters and microbiota composition in subjects with stress-related symptoms. <i>Neurobiology of Stress</i> , 2019, 10, 100138.	4.0	19
87	Is There Enough Evidence for Osteosarcopenic Obesity as a Distinct Entity? A Critical Literature Review. <i>Calcified Tissue International</i> , 2019, 105, 109-124.	3.1	51
88	A Retrospective Epidemiological Study of the Incidence and Risk Factors of Salmonellosis in Bahrain in Children During 2012–2016. <i>Pathogens</i> , 2019, 8, 51.	2.8	2
89	Is a Combination of Melatonin and Amino Acids Useful to Sarcopenic Elderly Patients? A Randomized Trial. <i>Geriatrics (Switzerland)</i> , 2019, 4, 4.	1.7	9
90	Sarcopenic obesity: time to target the phenotypes. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 710-711.	7.3	15

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91	Natural Killer Response and Lipo-Metabolic Profile in Adults with Low HDL-Cholesterol and Mild Hypercholesterolemia: Beneficial Effects of Artichoke Leaf Extract Supplementation. Evidence-based Complementary and Alternative Medicine, 2019, 2019, 1-9.	1.2	2
92	Effects of 12 Weeks of Essential Amino Acids (EAA)-Based Multi-Ingredient Nutritional Supplementation on Muscle Mass, Muscle Strength, Muscle Power and Fatigue in Healthy Elderly Subjects: A Randomized Controlled Double-Blind Study. Journal of Nutrition, Health and Aging, 2019, 23, 414-424.	3.3	23
93	Efficacy of bergamot: From anti-inflammatory and anti-oxidative mechanisms to clinical applications as preventive agent for cardiovascular morbidity, skin diseases, and mood alterations. Food Science and Nutrition, 2019, 7, 369-384.	3.4	32
94	Are the therapeutic strategies in anorexia of ageing effective on nutritional status? A systematic review with meta-analysis. Journal of Human Nutrition and Dietetics, 2019, 32, 128-138.	2.5	10
95	Comparison between Bioimpedance Analysis and Dual-Energy X-ray Absorptiometry in assessment of body composition in a cohort of elderly patients aged 65-90 years. Advances in Gerontology = Uspekhi Gerontologii / Rossiiskaia Akademiia Nauk, Gerontologicheskoe Obshchestvo, 2019, 32, 1023-1033.	0.3	1
96	Food pyramid for subjects with chronic pain: foods and dietary constituents as anti-inflammatory and antioxidant agents. Nutrition Research Reviews, 2018, 31, 131-151.	4.1	75
97	A path model analysis on predictors of dropout (at 6 and 12 months) during the weight loss interventions in endocrinology outpatient division. Endocrine, 2018, 61, 447-461.	2.3	6
98	Beyond Body Mass Index. Is the Body Cell Mass Index (BCMI) a useful prognostic factor to describe nutritional, inflammation and muscle mass status in hospitalized elderly?. Clinical Nutrition, 2018, 37, 934-939.	5.0	25
99	Does endogenous GLP-1 affect resting energy expenditure and fuel selection in overweight and obese adults?. Journal of Endocrinological Investigation, 2018, 41, 439-445.	3.3	2
100	Association of the bitter taste receptor gene TAS2R38 (polymorphism RS713598) with sensory responsiveness, food preferences, biochemical parameters and body-composition markers. A cross-sectional study in Italy. International Journal of Food Sciences and Nutrition, 2018, 69, 245-252.	2.8	33
101	Second edition of SIMPAR’s “Feed Your Destiny” workshop: the role of lifestyle in improving pain management. Journal of Pain Research, 2018, Volume 11, 1627-1636.	2.0	13
102	12-month effects of incretins versus SGLT2-Inhibitors on cognitive performance and metabolic profile. A randomized clinical trial in the elderly with Type-2 diabetes mellitus. Clinical Pharmacology: Advances and Applications, 2018, Volume 10, 141-151.	1.2	17
103	Self-Care for Common Colds: The Pivotal Role of Vitamin D, Vitamin C, Zinc, and Echinacea in Three Main Immune Interactive Clusters (Physical Barriers, Innate and Adaptive Immunity) Involved during an Episode of Common Colds" Practical Advice on Dosages and on the Time to Take These Nutrients/Botanicals in order to Prevent or Treat Common Colds. Evidence-based Complementary and Alternative Medicine, 2019, 2019, 1-26.	1.2	139
104	Osteosarcopenic Visceral Obesity and Osteosarcopenic Subcutaneous Obesity, Two New Phenotypes of Sarcopenia: Prevalence, Metabolic Profile, and Risk Factors. Journal of Aging Research, 2018, 2018, 1-8.	0.9	41
105	Performance of Edmonton Frail Scale on frailty assessment: its association with multi-dimensional geriatric conditions assessed with specific screening tools. BMC Geriatrics, 2017, 17, 2.	2.7	127
106	Sarcopenia and sarcopenic obesity in comparison: prevalence, metabolic profile, and key differences. A cross-sectional study in Italian hospitalized elderly. Aging Clinical and Experimental Research, 2017, 29, 1249-1258.	2.9	51
107	Nutritional advantages of sous-vide cooking compared to boiling on cereals and legumes: Determination of ashes and metals content in ready-to-eat products. Food Science and Nutrition, 2017, 5, 827-833.	3.4	16
108	Using probiotics in clinical practice: Where are we now? A review of existing meta-analyses. Gut Microbes, 2017, 8, 521-543.	9.8	131

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109	Traditional plant-based foods and beverages in Bahrain. <i>Journal of Ethnic Foods</i> , 2017, 4, 274-283.	1.9	17
110	The effect and safety of highly standardized Ginger (<i>Zingiber officinale</i>) and Echinacea (<i>Echinacea angustifolia</i>) extract supplementation on inflammation and chronic pain in NSAIDs poor responders. A pilot study in subjects with knee arthrosis. <i>Natural Product Research</i> , 2017, 31, 1309-1313.	1.8	32
111	Plasma kinetics of essential amino acids following their ingestion as free formula or as dietary protein components. <i>Aging Clinical and Experimental Research</i> , 2017, 29, 801-805.	2.9	6
112	Neuroinflammation, immune system and Alzheimer disease: searching for the missing link. <i>Aging Clinical and Experimental Research</i> , 2017, 29, 821-831.	2.9	74
113	Association between Dietary Patterns of Meat and Fish Consumption with Bone Mineral Density or Fracture Risk: A Systematic Literature. <i>Nutrients</i> , 2017, 9, 1029.	4.1	12
114	High Intensity Crossfit Training Compared to High Intensity Swimming: A Pre-Post Trial to Assess the Impact on Body Composition, Muscle Strength and Resting Energy Expenditure. <i>Asian Journal of Sports Medicine</i> , 2017, 9, .	0.3	5
115	Mediterranean Way of Drinking and Longevity. <i>Critical Reviews in Food Science and Nutrition</i> , 2016, 56, 635-640.	10.3	76
116	Twenty-four-week effects of liraglutide on body composition, adherence to appetite, and lipid profile in overweight and obese patients with type 2 diabetes mellitus. <i>Patient Preference and Adherence</i> , 2016, 10, 407.	1.8	27
117	Multidimensional Effects of Soy Isoflavone by Food or Supplements in Menopause Women: A Systematic Review and Bibliometric Analysis. <i>Natural Product Communications</i> , 2016, 11, 1934578X1601101.	0.5	11
118	Effectiveness of a Short-Term Treatment of Oxygen-Ozone Therapy into Healing in a Posttraumatic Wound. <i>Case Reports in Medicine</i> , 2016, 2016, 1-5.	0.7	19
119	MediterrAsian Diet Products That Could Raise HDL-Cholesterol: A Systematic Review. <i>BioMed Research International</i> , 2016, 2016, 1-15.	1.9	27
120	Nutritional management in an elderly man with esophageal and gastric necrosis after caustic soda ingestion: a case report. <i>Therapeutics and Clinical Risk Management</i> , 2016, 12, 129.	2.0	2
121	A Systematic Review on the Effects of Botanicals on Skeletal Muscle Health in Order to Prevent Sarcopenia. <i>Evidence-based Complementary and Alternative Medicine</i> , 2016, 2016, 1-23.	1.2	30
122	Effects of Hazelnut Consumption on Blood Lipids and Body Weight: A Systematic Review and Bayesian Meta-Analysis. <i>Nutrients</i> , 2016, 8, 747.	4.1	42
123	A bibliometric study of scientific literature in Scopus on botanicals for treatment of androgenetic alopecia. <i>Journal of Cosmetic Dermatology</i> , 2016, 15, 120-130.	1.6	23
124	Multidimensional evaluation of endogenous and health factors affecting food preferences, taste and smell perception. <i>Journal of Nutrition, Health and Aging</i> , 2016, 20, 971-981.	3.3	27
125	Whey protein, amino acids, and vitamin D supplementation with physical activity increases fat-free mass and strength, functionality, and quality of life and decreases inflammation in sarcopenic elderly. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 830-840.	4.7	282
126	Liraglutide and obesity in elderly: efficacy in fat loss and safety in order to prevent sarcopenia. A perspective case series study. <i>Aging Clinical and Experimental Research</i> , 2016, 28, 1251-1257.	2.9	54

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127	The beginnings of Alzheimer's disease: A review on inflammatory, mitochondrial, genetic and epigenetic pathways. <i>Genetika</i> , 2016, 48, 515-524.	0.4	0
128	Effects of two-months balanced diet in metabolically healthy obesity: lipid correlations with gender and BMI-related differences. <i>Lipids in Health and Disease</i> , 2015, 14, 139.	3.0	30
129	Munch's Scream Sign: An Unusual Case of Dysphagia in Advanced Dementia. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 2650-2651.	2.6	0
130	An innovative intervention for the treatment of cognitive impairment–Emisymmetric bilateral stimulation improves cognitive functions in Alzheimer's disease and mild cognitive impairment: an open-label study. <i>Neuropsychiatric Disease and Treatment</i> , 2015, 11, 2391.	2.2	9
131	Is oxycodone/naloxone effective and safe in managing chronic pain of a fragile elderly patient with multiple skin ulcers of the lower limbs? A case report . <i>Clinical Interventions in Aging</i> , 2015, 10, 1283.	2.9	2
132	Effectiveness of an Innovative Pulsed Electromagnetic Fields Stimulation in Healing of Untreatable Skin Ulcers in the Frail Elderly: Two Case Reports. <i>Case Reports in Dermatological Medicine</i> , 2015, 2015, 1-6.	0.3	11
133	Focus on Pivotal Role of Dietary Intake (Diet and Supplement) and Blood Levels of Tocopherols and Tocotrienols in Obtaining Successful Aging. <i>International Journal of Molecular Sciences</i> , 2015, 16, 23227-23249.	4.1	22
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151	Update on nutrients involved in maintaining healthy bone. <i>Endocrinología Y Nutrición: Organo De La Sociedad Espanola De Endocrinología Y Nutrición</i> , 2013, 60, 197-210.	0.8	27
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