

# Richard B Kreider

## List of Publications by Year in descending order

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Version: 2024-02-01

212  
papers

9,069  
citations

38720

50  
h-index

46771

89  
g-index

216  
all docs

216  
docs citations

216  
times ranked

6645  
citing authors

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 1  | ISSN exercise & sports nutrition review update: research & recommendations. Journal of the International Society of Sports Nutrition, 2018, 15, 38.   | 1.7 | 446       |
| 2  | International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2017, 14, 20.   | 1.7 | 430       |
| 3  | International society of sports nutrition position stand: caffeine and performance. Journal of the International Society of Sports Nutrition, 2010, 7, 5.   | 1.7 | 388       |
| 4  | International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. Journal of the International Society of Sports Nutrition, 2017, 14, 18. | 1.7 | 376       |
| 5  | Effects of creatine supplementation on body composition, strength, and sprint performance. Medicine and Science in Sports and Exercise, 1998, 30, 73-82.  | 0.2 | 325       |
| 6  | International Society of Sports Nutrition position stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2007, 4, 8.   | 1.7 | 322       |
| 7  | ISSN exercise & sport nutrition review: research & recommendations. Journal of the International Society of Sports Nutrition, 2010, 7, .  | 1.7 | 269       |
| 8  | International society of sports nutrition position stand: nutrient timing. Journal of the International Society of Sports Nutrition, 2017, 14, 33.  | 1.7 | 241       |
| 9  | International Society of Sports Nutrition position stand: Nutrient timing. Journal of the International Society of Sports Nutrition, 2008, 5, 17.   | 1.7 | 217       |
| 10 | International Society of Sports Nutrition position stand: creatine supplementation and exercise. Journal of the International Society of Sports Nutrition, 2007, 4, 6.  | 1.7 | 194       |
| 11 | Effects of creatine supplementation on performance and training adaptations. Molecular and Cellular Biochemistry, 2003, 244, 89-94.   | 1.4 | 177       |
| 12 | International Society of Sports Nutrition position stand: energy drinks. Journal of the International Society of Sports Nutrition, 2013, 10, 1.   | 1.7 | 165       |
| 13 | International society of sports nutrition position stand: Beta-Alanine. Journal of the International Society of Sports Nutrition, 2015, 12, 30.   | 1.7 | 165       |
| 14 | The athletic gut microbiota. Journal of the International Society of Sports Nutrition, 2020, 17, 24.  | 1.7 | 157       |
| 15 | Obesity: Prevalence, Theories, Medical Consequences, Management, and Research Directions. Journal of the International Society of Sports Nutrition, 2005, 2, 4-31.  | 1.7 | 147       |
| 16 | Title is missing!. Molecular and Cellular Biochemistry, 2003, 244, 95-104.  | 1.4 | 135       |
| 17 | International Society of Sports Nutrition Position Stand: Probiotics. Journal of the International Society of Sports Nutrition, 2019, 16, 62.   | 1.7 | 134       |
| 18 | The Effects of Protein and Amino Acid Supplementation on Performance and Training Adaptations During Ten Weeks of Resistance Training. Journal of Strength and Conditioning Research, 2006, 20, 643.                | 1.0 | 120       |

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 19 | International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 6.   | 1.7 | 120       |
| 20 | Dietary Supplements and the Promotion of Muscle Growth with Resistance Exercise. <i>Sports Medicine</i> , 1999, 27, 97-110.  | 3.1 | 115       |
| 21 | Pharmacokinetics, safety, and effects on exercise performance of l-arginine $\hat{\pm}$ ketoglutarate in trained adult men. <i>Nutrition</i> , 2006, 22, 872-881.  | 1.1 | 104       |
| 22 | Effects of Creatine Supplementation on Repetitive Sprint Performance and Body Composition in Competitive Swimmers. <i>International Journal of Sport Nutrition</i> , 1997, 7, 330-346.   | 1.6 | 103       |
| 23 | Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 8.                                | 1.7 | 103       |
| 24 | Analysis of the efficacy, safety, and regulatory status of novel forms of creatine. <i>Amino Acids</i> , 2011, 40, 1369-1383.  | 1.2 | 101       |
| 25 | Effects of Beta-Alanine on Muscle Carnosine and Exercise Performance: A Review of the Current Literature. <i>Nutrients</i> , 2010, 2, 75-98.   | 1.7 | 96        |
| 26 | Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 216-227.                      | 0.9 | 95        |
| 27 | Effects of conjugated linoleic acid supplementation during resistance training on body composition, bone density, strength, and selected hematological markers. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 325-34. | 1.0 | 83        |
| 28 | Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. <i>Nutrition and Metabolism</i> , 2009, 6, 23.   | 1.3 | 82        |
| 29 | International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 50.                | 1.7 | 81        |
| 30 | Effects of <i>Coleus Forskohlii</i> Supplementation on Body Composition and Hematological Profiles in Mildly Overweight Women. <i>Journal of the International Society of Sports Nutrition</i> , 2005, 2, 54-62.                         | 1.7 | 79        |
| 31 | Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. <i>Journal of the International Society of Sports Nutrition</i> , 2016, 13, 22.                  | 1.7 | 76        |
| 32 | Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. <i>Journal of Clinical Medicine</i> , 2019, 8, 488.  | 1.0 | 74        |
| 33 | Creatine in Health and Disease. <i>Nutrients</i> , 2021, 13, 447.  | 1.7 | 72        |
| 34 | Physiological Considerations of Ultraendurance Performance. <i>International Journal of Sport Nutrition</i> , 1991, 1, 3-27.   | 1.6 | 70        |
| 35 | Cardiovascular and thermal responses of triathlon performance. <i>Medicine and Science in Sports and Exercise</i> , 1988, 20, 385-390.   | 0.2 | 67        |
| 36 | Creatine Supplementation Patterns and Perceived Effects in Select Division I Collegiate Athletes. <i>Clinical Journal of Sport Medicine</i> , 2000, 10, 191-194.   | 0.9 | 66        |

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 37 | The effects of creatine ethyl ester supplementation combined with heavy resistance training on body composition, muscle performance, and serum and muscle creatine levels. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 6. | 1.7 | 63        |
| 38 | Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8 weeks on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 1.                        | 1.7 | 63        |
| 39 | Amino Acid Supplementation and Exercise Performance. <i>Sports Medicine</i> , 1993, 16, 190-209.   | 3.1 | 62        |
| 40 | Title is missing!. <i>Molecular and Cellular Biochemistry</i> , 2003, 244, 83-88.  | 1.4 | 62        |
| 41 | Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 41.                        | 1.7 | 62        |
| 42 | Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 13.  | 1.7 | 62        |
| 43 | Intramuscular adaptations to eccentric exercise and antioxidant supplementation. <i>Amino Acids</i> , 2010, 39, 219-232.   | 1.2 | 61        |
| 44 | Effects of Different Intensities of Resistance Exercise on Regulators of Myogenesis. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2179-2187.   | 1.0 | 60        |
| 45 | Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women. <i>Nutrition Journal</i> , 2010, 9, 59.  | 1.5 | 60        |
| 46 | Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2018, 15, 31.   | 1.7 | 59        |
| 47 | Effects of creatine supplementation on performance and training adaptations. <i>Molecular and Cellular Biochemistry</i> , 2003, 244, 89-94.  | 1.4 | 59        |
| 48 | Greater Gains in Strength and Power With Intra-set Rest Intervals in Hypertrophic Training. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 3116-3131.  | 1.0 | 55        |
| 49 | Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide Supplementation on Training Adaptations in Resistance-Trained Males. <i>Journal of the International Society of Sports Nutrition</i> , 2006, 3, 19-27.                               | 1.7 | 54        |
| 50 | International Society of Sports Nutrition position stand: meal frequency. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 4.  | 1.7 | 53        |
| 51 | MRI-Based Regional Muscle Use during Hamstring Strengthening Exercises in Elite Soccer Players. <i>PLoS ONE</i> , 2016, 11, e0161356.  | 1.1 | 53        |
| 52 | Sarcopenia: Etiology, Nutritional Approaches, and miRNAs. <i>International Journal of Molecular Sciences</i> , 2021, 22, 9724.   | 1.8 | 52        |
| 53 | Effects of Ingesting Supplements Designed to Promote Lean Tissue Accretion on Body Composition during Resistance Training. <i>International Journal of Sport Nutrition</i> , 1996, 6, 234-246.   | 1.6 | 51        |
| 54 | Effects of Conjugated Linoleic Acid Supplementation During Resistance Training on Body Composition, Bone Density, Strength, and Selected Hematological Markers. <i>Journal of Strength and Conditioning Research</i> , 2002, 16, 325.                    | 1.0 | 51        |

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|----|---|-----|-----------|
| 55 | Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. <i>Nutrients</i> , 2021, 13, 1238.   | 1.7 | 50        |
| 56 | Effects of Phosphate Loading on Metabolic and Myocardial Responses to Maximal and Endurance Exercise. <i>International Journal of Sport Nutrition</i> , 1992, 2, 20-47.   | 1.6 | 49        |
| 57 | <i>AËsaË</i> -( <i>i&gt;Euterpe oleracea&lt;/i&gt; Mart.) beverage consumption improves biomarkers for inflammation but not glucose- or lipid-metabolism in individuals with metabolic syndrome in a randomized, double-blinded, placebo-controlled clinical trial. <i>Food and Function</i>, 2018, 9, 3097-3103.</i>       | 2.1 | 49        |
| 58 | Effects of calcium pyruvate supplementation during training on body composition, exercise capacity, and metabolic responses to exercise. <i>Nutrition</i> , 2005, 21, 312-319.  | 1.1 | 46        |
| 59 | Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. <i>Nutrition</i> , 2007, 23, 647-656.  | 1.1 | 46        |
| 60 | Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. <i>Molecular and Cellular Biochemistry</i> , 2003, 244, 95-104.  | 1.4 | 44        |
| 61 | Effects of diet type and supplementation of glucosamine, chondroitin, and MSM on body composition, functional status, and markers of health in women with knee osteoarthritis initiating a resistance-based exercise and weight loss program. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 8. | 1.7 | 43        |
| 62 | Effects of 28Ëdays of beta-alanine and creatine supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 55.  | 1.7 | 39        |
| 63 | Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. <i>Frontiers in Nutrition</i> , 2019, 6, 124.   | 1.6 | 39        |
| 64 | Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations. <i>Nutrients</i> , 2021, 13, 1915.  | 1.7 | 39        |
| 65 | Low vs. High Glycemic Index Carbohydrate Gel Ingestion During Simulated 64-km Cycling Time Trial Performance. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 466.   | 1.0 | 39        |
| 66 | A Structured Diet and Exercise Program Promotes Favorable Changes in Weight Loss, Body Composition, and Weight Maintenance. <i>Journal of the American Dietetic Association</i> , 2011, 111, 828-843.   | 1.3 | 38        |
| 67 | International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 61.  | 1.7 | 38        |
| 68 | Effects of Oral D-Ribose Supplementation on Anaerobic Capacity and Selected Metabolic Markers in Healthy Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003, 13, 76-86.  | 1.0 | 37        |
| 69 | Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 21.   | 1.7 | 37        |
| 70 | Effects of acute ingestion of a pre-workout dietary supplement with and without <i>p&lt;/i&gt;synephrine on resting energy expenditure, cognitive function and exercise performance. <i>Journal of the International Society of Sports Nutrition</i>, 2017, 14, 3.</i>  | 1.7 | 37        |
| 71 | Cramping and Injury Incidence in Collegiate Football Players Are Reduced by Creatine Supplementation. <i>Journal of Athletic Training</i> , 2003, 38, 216-219.  | 0.9 | 37        |
| 72 | Effects of a ketogenic diet on body composition and strength in trained women. <i>Journal of the International Society of Sports Nutrition</i> , 2020, 17, 19.  | 1.7 | 36        |

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|----|--|-----|-----------|
| 73 | Honey. <i>Strength and Conditioning Journal</i> , 2002, 24, 50-51.   | 0.7 | 35        |
| 74 | ISSN Exercise & Sport Nutrition Review: Research & Recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2004, 1, 1.  | 1.7 | 35        |
| 75 | Effects of Zinc Magnesium Aspartate (ZMA) Supplementation on Training Adaptations and Markers of Anabolism and Catabolism. <i>Journal of the International Society of Sports Nutrition</i> , 2004, 1, 12-20.                                   | 1.7 | 33        |
| 76 | Effects of a Purported Aromatase and 5 $\alpha$ -Reductase Inhibitor on Hormone Profiles in College-Age Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010, 20, 457-465.                                      | 1.0 | 33        |
| 77 | Effect of inosine supplementation on 3-mile treadmill run performance and $\dot{V}O_{2\max}$ peak. <i>Medicine and Science in Sports and Exercise</i> , 1990, 22, 517-522.   | 0.2 | 32        |
| 78 | Early-Phase Adaptations to a Split-Body, Linear Periodization Resistance Training Program in College-Aged and Middle-Aged Men. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 962-971.                                       | 1.0 | 32        |
| 79 | Effects of Adherence to a Higher Protein Diet on Weight Loss, Markers of Health, and Functional Capacity in Older Women Participating in a Resistance-Based Exercise Program. <i>Nutrients</i> , 2018, 10, 1070.                               | 1.7 | 30        |
| 80 | The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults. <i>Dynamic Medicine: DM</i> , 2009, 8, 6.   | 2.7 | 29        |
| 81 | The Effects of Creatine Monohydrate Supplementation With and Without D-Pinitol on Resistance Training Adaptations. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2673-2682.   | 1.0 | 29        |
| 82 | A Carbohydrate-Restricted Diet during Resistance Training Promotes More Favorable Changes in Body Composition and Markers of Health in Obese Women with and without Insulin Resistance. <i>Physician and Sportsmedicine</i> , 2011, 39, 27-40. | 1.0 | 29        |
| 83 | A buffered form of creatine does not promote greater changes in muscle creatine content, body composition, or training adaptations than creatine monohydrate. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 43.   | 1.7 | 29        |
| 84 | The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 34.    | 1.7 | 27        |
| 85 | Creatine supplementation post-exercise does not enhance training-induced adaptations in middle to older aged males. <i>European Journal of Applied Physiology</i> , 2014, 114, 1321-1332.  | 1.2 | 27        |
| 86 | Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2016, 13, 12.   | 1.7 | 25        |
| 87 | Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. <i>Nutrients</i> , 2017, 9, 823.   | 1.7 | 24        |
| 88 | Effects of Ashwagandha ( <i>Withania somnifera</i> ) on Physical Performance: Systematic Review and Bayesian Meta-Analysis. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 20.   | 1.1 | 24        |
| 89 | Effects of Resistance Exercise Intensity on Extracellular Signal-Regulated Kinase 1/2 Mitogen-Activated Protein Kinase Activation in Men. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 599-607.                            | 1.0 | 23        |
| 90 | Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. <i>Food and Chemical Toxicology</i> , 2013, 61, 47-52.   | 1.8 | 23        |

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|-----|--|-----|-----------|
| 91  | Potential Clinical Applications of Multi-functional Milk Proteins and Peptides in Cancer Management. <i>Current Medicinal Chemistry</i> , 2014, 21, 2424-2437.   | 1.2 | 23        |
| 92  | Creatine supplementation in exercise, sport, and medicine. <i>Journal of Exercise Nutrition &amp; Biochemistry</i> , 2011, 6, 53-69.   | 1.3 | 23        |
| 93  | Effects of Carbohydrate Supplementation during Intense training on Dietary Patterns, Psychological Status, and Performance. <i>International Journal of Sport Nutrition</i> , 1995, 5, 125-135.  | 1.6 | 21        |
| 94  | Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 18. | 1.7 | 21        |
| 95  | The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 23.                           | 1.7 | 21        |
| 96  | Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 411-419.  | 1.0 | 21        |
| 97  | The 4R™s Framework of Nutritional Strategies for Post-Exercise Recovery: A Review with Emphasis on New Generation of Carbohydrates. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 103.                              | 1.2 | 21        |
| 98  | Creatine supplementation during college football training does not increase the incidence of cramping or injury. <i>Molecular and Cellular Biochemistry</i> , 2003, 244, 83-8.   | 1.4 | 21        |
| 99  | Conjugated Linoleic Acids. <i>Current Sports Medicine Reports</i> , 2008, 7, 237-241.  | 0.5 | 18        |
| 100 | Species-specific responses to creatine supplementation. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2003, 285, R725-R726.  | 0.9 | 17        |
| 101 | Effects of Ribose Supplementation Prior to and during Intense Exercise on Anaerobic Capacity and Metabolic Markers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 653-664.   | 1.0 | 17        |
| 102 | Journal of the International Society of Sports Nutrition: a new era begins. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 1.  | 1.7 | 17        |
| 103 | Protein for Exercise and Recovery. <i>Physician and Sportsmedicine</i> , 2009, 37, 13-21.  | 1.0 | 17        |
| 104 | The effects of IQPLUS Focus on cognitive function, mood and endocrine response before and following acute exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 16.   | 1.7 | 16        |
| 105 | Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. <i>Nutrients</i> , 2017, 9, 1359.  | 1.7 | 16        |
| 106 | Oral Contraceptive Use does not Negatively Affect Body Composition and Strength Adaptations in Trained Women. <i>International Journal of Sports Medicine</i> , 2019, 40, 842-849.   | 0.8 | 16        |
| 107 | Differential Impact of Calcium and Vitamin D on Body Composition Changes in Post-Menopausal Women Following a Restricted Energy Diet and Exercise Program. <i>Nutrients</i> , 2020, 12, 713.   | 1.7 | 16        |
| 108 | Optimizing Nutrition for Exercise and Sport. , 2001, , 207-235.  |     | 16        |

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|-----|--|-----|-----------|
| 109 | Effects of a single dose of <i>N</i> -Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 14.   | 1.7 | 15        |
| 110 | Bioactive properties and clinical safety of a novel milk protein peptide. <i>Nutrition Journal</i> , 2011, 10, 99.   | 1.5 | 15        |
| 111 | Effectiveness of accommodation and constant resistance training on maximal strength and power in trained athletes. <i>PeerJ</i> , 2014, 2, e441.   | 0.9 | 15        |
| 112 | Validation of Field Methods to Assess Body Fat Percentage in Elite Youth Soccer Players. <i>International Journal of Sports Medicine</i> , 2018, 39, 349-354.  | 0.8 | 14        |
| 113 | Bioavailability, Efficacy, Safety, and Regulatory Status of Creatine and Related Compounds: A Critical Review. <i>Nutrients</i> , 2022, 14, 1035.  | 1.7 | 13        |
| 114 | Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 25.   | 1.7 | 12        |
| 115 | Annual acknowledgement of manuscript reviewers. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, .  | 1.7 | 12        |
| 116 | The role of exercise training on lipoprotein profiles in adolescent males. <i>Lipids in Health and Disease</i> , 2014, 13, 95.   | 1.2 | 12        |
| 117 | Comparison of ingesting a food bar containing whey protein and isomaltoligosaccharides to carbohydrate on performance and recovery from an acute bout of resistance-exercise and sprint conditioning: an open label, randomized, counterbalanced, crossover pilot study. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 34. | 1.7 | 12        |
| 118 | Effects of whey protein supplementation prior to, and following, resistance exercise on body composition and training responses: A randomized double-blind placebo-controlled study. <i>Journal of Exercise Nutrition &amp; Biochemistry</i> , 2019, 23, 34-44.  | 1.3 | 11        |
| 119 | Creatine Enhances the Effects of Cluster-Set Resistance Training on Lower-Limb Body Composition and Strength in Resistance-Trained Men: A Pilot Study. <i>Nutrients</i> , 2021, 13, 2303.  | 1.7 | 11        |
| 120 | Role of Creatine Supplementation in Conditions Involving Mitochondrial Dysfunction: A Narrative Review. <i>Nutrients</i> , 2022, 14, 529.  | 1.7 | 11        |
| 121 | International society of sports nutrition position stand: tactical athlete nutrition. <i>Journal of the International Society of Sports Nutrition</i> , 2022, 19, 267-315.   | 1.7 | 11        |
| 122 | Protein and Amino Acid Supplementation Does Not Alter Proteolytic Gene Expression following Immobilization. <i>Journal of Nutrition and Metabolism</i> , 2011, 2011, 1-9.  | 0.7 | 10        |
| 123 | Periexercise coingestion of branched-chain amino acids and carbohydrate in men does not preferentially augment resistance exercise-induced increases in phosphatidylinositol 3 kinase/protein kinase B mammalian target of rapamycin pathway markers indicative of muscle protein synthesis. <i>Nutrition Research</i> , 2014, 34, 191-198.              | 1.3 | 10        |
| 124 | A Bioinformatics-Assisted Review on Iron Metabolism and Immune System to Identify Potential Biomarkers of Exercise Stress-Induced Immunosuppression. <i>Biomedicines</i> , 2022, 10, 724.  | 1.4 | 10        |
| 125 | Retrospective Analysis of Protein- and Carbohydrate-Focused Diets Combined with Exercise on Metabolic Syndrome Prevalence in Overweight and Obese Women. <i>Metabolic Syndrome and Related Disorders</i> , 2016, 14, 228-237.  | 0.5 | 9         |
| 126 | Dose Response to One Week of Supplementation of a Multi-Ingredient Preworkout Supplement Containing Caffeine Before Exercise. <i>Journal of Caffeine Research</i> , 2017, 7, 81-94.  | 1.0 | 9         |



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|-----|---|-----|-----------|
| 127 | Current perspectives of caffeinated energy drinks on exercise performance and safety assessment. <i>Nutrition and Dietary Supplements</i> , 0, Volume 10, 35-44.  | 0.7 | 9         |
| 128 | Strength/Power Augmentation Subsequent to Short-Term Training Abstinence. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 765.   | 1.0 | 9         |
| 129 | Acute Paraxanthine Ingestion Improves Cognition and Short-Term Memory and Helps Sustain Attention in a Double-Blind, Placebo-Controlled, Crossover Trial. <i>Nutrients</i> , 2021, 13, 3980.  | 1.7 | 9         |
| 130 | Dose-Response of Paraxanthine on Cognitive Function: A Double Blind, Placebo Controlled, Crossover Trial. <i>Nutrients</i> , 2021, 13, 4478.  | 1.7 | 9         |
| 131 | Comparison of changes in lean body mass with a strength- versus muscle endurance-based resistance training program. <i>European Journal of Applied Physiology</i> , 2019, 119, 933-940.   | 1.2 | 8         |
| 132 | Effects of a low-carbohydrate ketogenic diet on health parameters in resistance-trained women. <i>European Journal of Applied Physiology</i> , 2021, 121, 2349-2359.  | 1.2 | 8         |
| 133 | Putative Role of MCT1 rs1049434 Polymorphism in High-Intensity Endurance Performance: Concept and Basis to Understand Possible Individualization Stimulus. <i>Sports</i> , 2021, 9, 143.  | 0.7 | 8         |
| 134 | Velocity-Based Resistance Training on 1-RM, Jump and Sprint Performance: A Systematic Review of Clinical Trials. <i>Sports</i> , 2022, 10, 8.   | 0.7 | 8         |
| 135 | Co-ingestion of carbohydrate with branched-chain amino acids or l-leucine does not preferentially increase serum IGF-1 and expression of myogenic-related genes in response to a single bout of resistance exercise. <i>Amino Acids</i> , 2015, 47, 1203-1213.                                    | 1.2 | 7         |
| 136 | Muscle Fiber and Performance Adaptations to Resistance Exercise with MyoVive, Colostrum or Casein and Whey Supplementation. <i>Research in Sports Medicine</i> , 2003, 11, 109-128.   | 0.7 | 6         |
| 137 | Effects of eight weeks of an alleged aromatase inhibiting nutritional supplement 6-OXO (androst-4-ene-3,6,17-trione) on serum hormone profiles and clinical safety markers in resistance-trained, eugonadal males. <i>Journal of the International Society of Sports Nutrition</i> , 2007, 4, 13. | 1.7 | 6         |
| 138 | A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation. <i>Nutrients</i> , 2021, 13, 2521.   | 1.7 | 6         |
| 139 | Effects of creatine supplementation on performance and training adaptations. , 2003, , 89-94.   |     | 6         |
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