

# Richard B Kreider

## List of Publications by Year in descending order

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212  
papers

9,069  
citations

38742  
50  
h-index

46799  
89  
g-index

216  
all docs

216  
docs citations

216  
times ranked

6645  
citing authors

#	ARTICLE	IF	CITATIONS
1	CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 16-21.	2.1	6
2	Velocity-Based Resistance Training on 1-RM, Jump and Sprint Performance: A Systematic Review of Clinical Trials. <i>Sports</i> , 2022, 10, 8.	1.7	8
3	Role of Creatine Supplementation in Conditions Involving Mitochondrial Dysfunction: A Narrative Review. <i>Nutrients</i> , 2022, 14, 529.	4.1	11
4	Bioavailability, Efficacy, Safety, and Regulatory Status of Creatine and Related Compounds: A Critical Review. <i>Nutrients</i> , 2022, 14, 1035.	4.1	13
5	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.	3.2	10
6	Traditional and Undulating Periodization on Body Composition, Strength Levels and Physical Fitness in Older Adults. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4522.	2.6	3
7	Comparison of Two Diet and Exercise Approaches on Weight Loss and Health Outcomes in Obese Women. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4877.	2.6	2
8	International society of sports nutrition position stand: tactical athlete nutrition. <i>Journal of the International Society of Sports Nutrition</i> , 2022, 19, 267-315.	3.9	11
9	An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. <i>Journal of Dietary Supplements</i> , 2021, 18, 478-506.	2.6	3
10	Creatine in Health and Disease. <i>Nutrients</i> , 2021, 13, 447.	4.1	72
11	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.	2.4	24
12	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.	3.9	62
13	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. <i>Nutrients</i> , 2021, 13, 1238.	4.1	50
14	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.	2.5	8
15	Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations. <i>Nutrients</i> , 2021, 13, 1915.	4.1	39
16	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.	4.1	11
17	A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation. <i>Nutrients</i> , 2021, 13, 2521.	4.1	6
18	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.	3.9	38

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19	Sarcopenia: Etiology, Nutritional Approaches, and miRNAs. International Journal of Molecular Sciences, 2021, 22, 9724.	4.1	52
20	Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. Journal of Strength and Conditioning Research, 2021, 35, 411-419.	2.1	21
21	The 4Râ€™s Framework of Nutritional Strategies for Post-Exercise Recovery: A Review with Emphasis on New Generation of Carbohydrates. International Journal of Environmental Research and Public Health, 2021, 18, 103.	2.6	21
22	Putative Role of MCT1 rs1049434 Polymorphism in High-Intensity Endurance Performance: Concept and Basis to Understand Possible Individualization Stimulus. Sports, 2021, 9, 143.	1.7	8
23	Effects of Inositol-Enhanced Bonded Arginine Silicate Ingestion on Cognitive and Executive Function in Gamers. Nutrients, 2021, 13, 3758.	4.1	5
24	Acute Paraxanthine Ingestion Improves Cognition and Short-Term Memory and Helps Sustain Attention in a Double-Blind, Placebo-Controlled, Crossover Trial. Nutrients, 2021, 13, 3980.	4.1	9
25	Exercise and Nutritional Strategies to Promote Weight Loss: A Narrative Review. OBM Integrative and Complementary Medicine, 2021, 06, 1-1.	0.2	3
26	Dose-Response of Paraxanthine on Cognitive Function: A Double Blind, Placebo Controlled, Crossover Trial. Nutrients, 2021, 13, 4478.	4.1	9
27	The athletic gut microbiota. Journal of the International Society of Sports Nutrition, 2020, 17, 24.	3.9	157
28	Effects of cluster training on body composition and strength in resistance-trained men. Isokinetics and Exercise Science, 2020, 28, 391-399.	0.4	3
29	Differential Impact of Calcium and Vitamin D on Body Composition Changes in Post-Menopausal Women Following a Restricted Energy Diet and Exercise Program. Nutrients, 2020, 12, 713.	4.1	16
30	Dr. Mike Greenwood: A Life of Coaching and Science. Journal of Strength and Conditioning Research, 2020, 34, 295-297.	2.1	0
31	Effects of a ketogenic diet on body composition and strength in trained women. Journal of the International Society of Sports Nutrition, 2020, 17, 19.	3.9	36
32	Strength, Conditioning, and Nutritional Considerations for High-Level Performers. Kinesiology Review, 2020, 9, 31-40.	0.6	3
33	Effects Of A Non-linear Resistance Training Program On Biochemical And Physiological Health Parameters In Elderly. Medicine and Science in Sports and Exercise, 2020, 52, 749-749.	0.4	1
34	Effects Of Undulating Vs. Linear Periodization On Body Composition In Untrained Older Adults. Medicine and Science in Sports and Exercise, 2020, 52, 736-736.	0.4	1
35	Effects of Energy and Macronutrient Cycling on Weight Loss, Body Composition, and Markers of Health in Obese Women Participating in a Resistance-Based Exercise Program. Medical Research Archives, 2020, 8, .	0.2	3
36	Effects of whey protein supplementation prior to, and following, resistance exercise on body composition and training responses: A randomized double-blind placebo-controlled study. Journal of Exercise Nutrition & Biochemistry, 2019, 23, 34-44.	1.3	11

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37	Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. <i>Frontiers in Nutrition</i> , 2019, 6, 124.	3.7	39
38	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.	3.9	81
39	Comparison of ingesting a food bar containing whey protein and isomalto-oligosaccharides 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.	3.9	12
40	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.	1.7	16
41	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.	2.5	8
42	Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. <i>Journal of Clinical Medicine</i> , 2019, 8, 488.	2.4	74
43	International Society of Sports Nutrition Position Stand: Probiotics. <i>Journal of the International Society of Sports Nutrition</i> , 2019, 16, 62.	3.9	134
44	Effects of Ingesting a Food Bar Containing Whey Protein and Isomalto-oligosaccharides on Performance and Recovery from an Acute Bout of Resistance-Exercise and Sprint-Conditioning. <i>FASEB Journal</i> , 2019, 33, 534.1.	0.5	0
45	Nutraceutical Application of Creatine. , 2019, , 267-293.		0
46	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.	1.7	14
47	AÄsaÄ-( <i>Euterpe oleracea</i> 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.	4.6	49
48	ISSN exercise & sports nutrition review update: research & recommendations. <i>Journal of the International Society of Sports Nutrition</i> , 2018, 15, 38.	3.9	446
49	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.	3.9	59
50	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.	4.1	30
51	Glycemic and Insulinemic Response to Ingestion of a Novel Food Bar Containing Whey Protein and Isomalto-oligosaccharides. <i>FASEB Journal</i> , 2018, 32, 1b371.	0.5	3
52	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.	1.9	95
53	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.	3.9	63
54	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.	0.9	9

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55	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.	3.9	376
56	Effects of acute ingestion of a pre-workout dietary supplement with and without <i>p</i>-synephrine on resting energy expenditure, cognitive function and exercise performance. Journal of the International Society of Sports Nutrition, 2017, 14, 3.	3.9	37
57	International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2017, 14, 20.	3.9	430
58	Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery. Nutrients, 2017, 9, 823.	4.1	24
59	Hematological and Hemodynamic Responses to Acute and Short-Term Creatine Nitrate Supplementation. Nutrients, 2017, 9, 1359.	4.1	16
60	International society of sports nutrition position stand: nutrient timing. Journal of the International Society of Sports Nutrition, 2017, 14, 33.	3.9	241
61	Fatty Acid Blood Levels, Vitamin D Status, Physical Performance, Activity, and Resiliency: A Novel Potential Screening Tool for Depressed Mood in Active Duty Soldiers. Military Medicine, 2016, 181, 1114-1120.	0.8	5
62	MRI-Based Regional Muscle Use during Hamstring Strengthening Exercises in Elite Soccer Players. PLoS ONE, 2016, 11, e0161356.	2.5	53
63	Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. Journal of the International Society of Sports Nutrition, 2016, 13, 22.	3.9	76
64	Dose Dependent Safety Study Of A Pre-workout Dietary Supplement In Resistance Training Participants. Medicine and Science in Sports and Exercise, 2016, 48, 58-59.	0.4	0
65	Acknowledgement of manuscript reviewers 2015. Journal of the International Society of Sports Nutrition, 2016, 13, .	3.9	0
66	Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance. Journal of the International Society of Sports Nutrition, 2016, 13, 12.	3.9	25
67	Retrospective Analysis of Protein- and Carbohydrate-Focused Diets Combined with Exercise on Metabolic Syndrome Prevalence in Overweight and Obese Women. Metabolic Syndrome and Related Disorders, 2016, 14, 228-237.	1.3	9
68	Internal and External Resource Generation: Creative Strategies for Kinesiology Programs. Kinesiology Review, 2016, 5, 235-243.	0.6	0
69	Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males. Journal of the International Society of Sports Nutrition, 2015, 12, 41.	3.9	62
70	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. Amino Acids, 2015, 47, 1203-1213.	2.7	7
71	International society of sports nutrition position stand: Beta-Alanine. Journal of the International Society of Sports Nutrition, 2015, 12, 30.	3.9	165
72	Effects of 28 Days of beta-alanine and creatine supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. Journal of the International Society of Sports Nutrition, 2014, 11, 55.	3.9	39

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73	Powdered tart cherry supplementation demonstrates benefit on markers of catabolism and muscle soreness following an acute bout of intense lower body resistance exercise. Journal of the International Society of Sports Nutrition, 2014, 11, P31.	3.9	0
74	Thermogenic and hemodynamic effects of ingesting a pre-workout supplement with and without synephrine. Journal of the International Society of Sports Nutrition, 2014, 11, .	3.9	2
75	Effects of ingesting a pre-workout supplement with and without synephrine on cognitive function, perceptions of readiness to perform, and exercise performance. Journal of the International Society of Sports Nutrition, 2014, 11, P36.	3.9	3
76	Factors That Contribute to and Account for Strength and Work Capacity in a Large Cohort of Recreationally Trained Adult Healthy Men With High- and Low-Strength Levels. Journal of Strength and Conditioning Research, 2014, 28, 1246-1254.	2.1	4
77	Annual acknowledgement of manuscript reviewers. Journal of the International Society of Sports Nutrition, 2014, 11, .	3.9	12
78	Creatine supplementation post-exercise does not enhance training-induced adaptations in middle to older aged males. European Journal of Applied Physiology, 2014, 114, 1321-1332.	2.5	27
79	The role of exercise training on lipoprotein profiles in adolescent males. Lipids in Health and Disease, 2014, 13, 95.	3.0	12
80	Effects of short-term ingestion of Russian Tarragon prior to creatine monohydrate supplementation on whole body and muscle creatine retention and anaerobic sprint capacity: a preliminary investigation. Journal of the International Society of Sports Nutrition, 2014, 11, 6.	3.9	4
81	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. Nutrition Research, 2014, 34, 191-198.	2.9	10
82	Potential Clinical Applications of Multi-functional Milk Proteins and Peptides in Cancer Management. Current Medicinal Chemistry, 2014, 21, 2424-2437.	2.4	23
83	Effectiveness of accommodation and constant resistance training on maximal strength and power in trained athletes. PeerJ, 2014, 2, e441.	2.0	15
84	Effectiveness of Accommodation and Constant Resistance Training on Maximal Strength and Power in Young Athletes. Medicine and Science in Sports and Exercise, 2014, 46, 885-886.	0.4	0
85	Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. Food and Chemical Toxicology, 2013, 61, 47-52.	3.6	23
86	International Society of Sports Nutrition position stand: energy drinks. Journal of the International Society of Sports Nutrition, 2013, 10, 1.	3.9	165
87	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). Journal of the International Society of Sports Nutrition, 2013, 10, 6.	3.9	120
88	Annual acknowledgement of manuscript reviewers. Journal of the International Society of Sports Nutrition, 2013, 10, .	3.9	0
89	Greater Gains in Strength and Power With Intrasest Rest Intervals in Hypertrophic Training. Journal of Strength and Conditioning Research, 2013, 27, 3116-3131.	2.1	55
90	Effects of Resistance Exercise Intensity on Extracellular Signal-Regulated Kinase 1/2 Mitogen-Activated Protein Kinase Activation in Men. Journal of Strength and Conditioning Research, 2012, 26, 599-607.	2.1	23

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91	A buffered form of creatine does not promote greater changes in muscle creatine content, body composition, or training adaptations than creatine monohydrate. Journal of the International Society of Sports Nutrition, 2012, 9, 43.	3.9	29
92	Kre-Alkalyn® supplementation does not promote greater changes in muscle creatine content, body composition, or training adaptations in comparison to creatine monohydrate. Journal of the International Society of Sports Nutrition, 2012, 9, P11.	3.9	0
93	Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. Journal of the International Society of Sports Nutrition, 2012, 9, .	3.9	3
94	Effects of short-term ingestion of Russian Tarragon prior to creatine monohydrate supplementation on whole body and muscle creatine retention: a preliminary investigation. Journal of the International Society of Sports Nutrition, 2012, 9, P24.	3.9	1
95	Optimizing Nutrition for Exercise and Sports. , 2012, , 391-434.		2
96	Protein and Amino Acid Supplementation Does Not Alter Proteolytic Gene Expression following Immobilization. Journal of Nutrition and Metabolism, 2011, 2011, 1-9.	1.8	10
97	The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Performance Characteristics in Collegiate Softball Players. Medicine and Science in Sports and Exercise, 2011, 43, 587.	0.4	0
98	Effect Of Strength And Body Composition On Upper- And Lower-body Work Capacity In Adult Men. Medicine and Science in Sports and Exercise, 2011, 43, 402.	0.4	0
99	Effects of Intermittent Dieting During Resistance Training In Women III: Fitness. Medicine and Science in Sports and Exercise, 2011, 43, 472.	0.4	0
100	A Structured Diet and Exercise Program Promotes Favorable Changes in Weight Loss, Body Composition, and Weight Maintenance. Journal of the American Dietetic Association, 2011, 111, 828-843.	1.1	38
101	Analysis of the efficacy, safety, and regulatory status of novel forms of creatine. Amino Acids, 2011, 40, 1369-1383.	2.7	101
102	Bioactive properties and clinical safety of a novel milk protein peptide. Nutrition Journal, 2011, 10, 99.	3.4	15
103	The effects of IQPLUS Focus on cognitive function, mood and endocrine response before and following acute exercise. Journal of the International Society of Sports Nutrition, 2011, 8, 16.	3.9	16
104	International Society of Sports Nutrition position stand: meal frequency. Journal of the International Society of Sports Nutrition, 2011, 8, 4.	3.9	53
105	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. Journal of the International Society of Sports Nutrition, 2011, 8, 8.	3.9	43
106	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. Physician and Sportsmedicine, 2011, 39, 27-40.	2.1	29
107	Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life. Medicine and Science in Sports and Exercise, 2011, 43, 470-471.	0.4	0
108	Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers. Medicine and Science in Sports and Exercise, 2011, 43, 471-472.	0.4	1

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109	Creatine supplementation in exercise, sport, and medicine. Journal of Exercise Nutrition & Biochemistry, 2011, 6, 53-69.	1.3	23
110	Relationship Between Exercise Capacity And Heart Rate Variability In Trained And Untrained Individuals. FASEB Journal, 2011, 25, lb471.	0.5	0
111	Effects of Combined Creatine Plus Fenugreek Extract vs. Creatine Plus Carbohydrate Supplementation on Resistance Training Adaptations. Journal of Sports Science and Medicine, 2011, 10, 254-60.	1.6	6
112	Effects of a Purported Aromatase and 5 $\alpha$ -Reductase Inhibitor on Hormone Profiles in College-Age Men. International Journal of Sport Nutrition and Exercise Metabolism, 2010, 20, 457-465.	2.1	33
113	Effects Of A 30-day Fitness Challenge On Body Composition And Markers Of Health In Women. Medicine and Science in Sports and Exercise, 2010, 42, 649.	0.4	0
114	Effects Of Creatine Supplementation And Resistance Training On Skeletal Muscle Hypertrophy In Older Individuals. Medicine and Science in Sports and Exercise, 2010, 42, 758.	0.4	0
115	Effects of Creatine Supplementation and Resistance Training on Body Composition and Strength in Older Individuals. Medicine and Science in Sports and Exercise, 2010, 42, 444.	0.4	0
116	Effects Of Fenugreek, Cinnamon, & Curcumin Supplementation On Post Workout Il6 And Cortisol Response. Medicine and Science in Sports and Exercise, 2010, 42, 450.	0.4	0
117	The Effects of a Commercially Available Energy Drink on Resistance Training Performance. Medicine and Science in Sports and Exercise, 2010, 42, 448.	0.4	2
118	Intramuscular adaptations to eccentric exercise and antioxidant supplementation. Amino Acids, 2010, 39, 219-232.	2.7	61
119	The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. Journal of the International Society of Sports Nutrition, 2010, 7, 34.	3.9	27
120	International society of sports nutrition position stand: caffeine and performance. Journal of the International Society of Sports Nutrition, 2010, 7, 5.	3.9	388
121	ISSN exercise & sport nutrition review: research & recommendations. Journal of the International Society of Sports Nutrition, 2010, 7, .	3.9	269
122	Long-term efficacy of women participating in the curves fitness and weight loss program. Journal of the International Society of Sports Nutrition, 2010, 7, .	3.9	1
123	Effects of Beta-Alanine on Muscle Carnosine and Exercise Performance: A Review of the Current Literature. Nutrients, 2010, 2, 75-98.	4.1	96
124	Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women. Nutrition Journal, 2010, 9, 59.	3.4	60
125	Effects of a High Protein Diet on Weight Loss and Body Composition in Sedentary Women with Normal Insulin Sensitivity and Insulin Resistance. Medicine and Science in Sports and Exercise, 2010, 42, 47-48.	0.4	0
126	Effects of a High Protein Diet on Weight Loss and Body Composition in Sedentary Women with Normal and Elevated Blood Glucose Levels. Medicine and Science in Sports and Exercise, 2010, 42, 62-63.	0.4	0

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127	Relationship between Fasting Serum Leptin Levels and Markers of Bone, Fat, and Health in Sedentary Women. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 54-55.	0.4	0
128	Effects of a High Protein Diet on Weight Loss and Leptin Levels in Sedentary Women with Normal and Elevated Leptin. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 48.	0.4	1
129	Protein for Exercise and Recovery. <i>Physician and Sportsmedicine</i> , 2009, 37, 13-21.	2.1	17
130	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.	3.9	63
131	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.	3.0	82
132	Effects of Different Intensities of Resistance Exercise on Regulators of Myogenesis. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2179-2187.	2.1	60
133	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.	2.1	32
134	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.	2.8	29
135	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.	2.1	29
136	Weight Management. , 2009, , 167-199.		0
137	International Society of Sports Nutrition position stand: Nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2008, 5, 17.	3.9	217
138	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.	3.9	21
139	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.	3.9	103
140	Conjugated Linoleic Acids. <i>Current Sports Medicine Reports</i> , 2008, 7, 237-241.	1.2	18
141	Effects of an Eight Week Resistance Training Program and Low Glycemic Diet on Body Composition and Performance in Sedentary, Healthy Overweight Females: Preliminary Data. <i>FASEB Journal</i> , 2008, 22, 759-759.	0.5	5
142	Medical profile of sedentary women with and without metabolic syndrome (MS). <i>FASEB Journal</i> , 2008, 22, 788-788.	0.5	0
143	Relationship of uric acid to markers of metabolic syndrome (MS) and medical status. <i>FASEB Journal</i> , 2008, 22, 786-786.	0.5	6
144	Effects of Coenzyme Q10 Supplementation on Exercise Performance in Trained and Untrained Individuals. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S402.	0.4	0

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145	Journal of the International Society of Sports Nutrition: a new era begins. Journal of the International Society of Sports Nutrition, 2007, 4, 1.	3.9	17
146	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. Journal of the International Society of Sports Nutrition, 2007, 4, 13.	3.9	6
147	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. Journal of the International Society of Sports Nutrition, 2007, 4, 14.	3.9	15
148	Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. Journal of the International Society of Sports Nutrition, 2007, 4, 18.	3.9	21
149	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. Journal of the International Society of Sports Nutrition, 2007, 4, 21.	3.9	37
150	Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. Journal of the International Society of Sports Nutrition, 2007, 4, 25.	3.9	12
151	International Society of Sports Nutrition position stand: creatine supplementation and exercise. Journal of the International Society of Sports Nutrition, 2007, 4, 6.	3.9	194
152	International Society of Sports Nutrition position stand: protein and exercise. Journal of the International Society of Sports Nutrition, 2007, 4, 8.	3.9	322
153	Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. Nutrition, 2007, 23, 647-656.	2.4	46
154	Creatine. , 2007, , .		0
155	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.	2.1	120
156	Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide Supplementation on Training Adaptations in Resistance-Trained Males. Journal of the International Society of Sports Nutrition, 2006, 3, 19-27.	3.9	54
157	Biochemical Effects of Carbohydrate Supplementation in a Simulated Competition of Short Terrestrial Duathlon. Journal of the International Society of Sports Nutrition, 2006, 3, 6-11.	3.9	5
158	Pharmacokinetics, safety, and effects on exercise performance of l-arginine $\pm$ ketoglutarate in trained adult men. Nutrition, 2006, 22, 872-881.	2.4	104
159	Effects of Ribose Supplementation Prior to and during Intense Exercise on Anaerobic Capacity and Metabolic Markers. International Journal of Sport Nutrition and Exercise Metabolism, 2005, 15, 653-664.	2.1	17
160	Effects of calcium pyruvate supplementation during training on body composition, exercise capacity, and metabolic responses to exercise. Nutrition, 2005, 21, 312-319.	2.4	46
161	ISSN Roundtable: FAQs About the ISSN. Journal of the International Society of Sports Nutrition, 2005, 2, 1-3.	3.9	4
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