Jeremy P E Spencer

List of Publications by Year
in descending order

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191 papers	24,283 citations	4383 86 h-index	7340 152 g-index
194 all docs	194 docs citations	194 times ranked	24066 citing authors

#	Article	IF	Citations
1	Dietary (Poly)phenolics in Human Health: Structures, Bioavailability, and Evidence of Protective Effects Against Chronic Diseases. Antioxidants and Redox Signaling, 2013, 18, 1818-1892.	2.5	1,938
2	Flavonoids: antioxidants or signalling molecules?. Free Radical Biology and Medicine, 2004, 36, 838-849.	1.3	1,705
3	Polyphenols and Human Health: Prevention of Disease and Mechanisms of Action. Nutrients, 2010, 2, 1106-1131.	1.7	619
4	Prebiotic evaluation of cocoa-derived flavanols in healthy humans by using a randomized, controlled, double-blind, crossover intervention study. American Journal of Clinical Nutrition, 2011, 93, 62-72.	2.2	460
5	The neuroprotective potential of flavonoids: a multiplicity of effects. Genes and Nutrition, 2008, 3, 115-126.	1.2	455
6	Flavonoids, cognition, and dementia: Actions, mechanisms, and potential therapeutic utility for Alzheimer disease. Free Radical Biology and Medicine, 2012, 52, 35-45.	1.3	391
7	Biomarkers of the intake of dietary polyphenols: strengths, limitations and application in nutrition research. British Journal of Nutrition, 2008, 99, 12-22.	1.2	384
8	Blueberry-induced changes in spatial working memory correlate with changes in hippocampal CREB phosphorylation and brain-derived neurotrophic factor (BDNF) levels. Free Radical Biology and Medicine, 2008, 45, 295-305.	1.3	379
9	Flavanol monomer-induced changes to the human faecal microflora. British Journal of Nutrition, 2008, 99, 782-792.	1.2	379
10	Metabolism of Anthocyanins by Human Gut Microflora and Their Influence on Gut Bacterial Growth. Journal of Agricultural and Food Chemistry, 2012, 60, 3882-3890.	2.4	371
11	The small intestine can both absorb and glucuronidate luminal flavonoids. FEBS Letters, 1999, 458, 224-230.	1.3	348
12	Conjugates of Catecholamines with Cysteine and GSH in Parkinson's Disease: Possible Mechanisms of Formation Involving Reactive Oxygen Species. Journal of Neurochemistry, 1998, 71, 2112-2122.	2.1	326
13	Flavonoids: modulators of brain function?. British Journal of Nutrition, 2008, 99, ES60-ES77.	1.2	302
14	MAPK signaling in neurodegeneration: influences of flavonoids and of nitric oxide. Neurobiology of Aging, 2002, 23, 861-880.	1.5	301
15	Flavonoids protect neurons from oxidized low-density-lipoprotein-induced apoptosis involving c-Jun N-terminal kinase (JNK), c-Jun and caspase-3. Biochemical Journal, 2001, 358, 547-557.	1.7	299
16	Prebiotic feeding elevates central brain derived neurotrophic factor, N-methyl-d-aspartate receptor subunits and d-serine. Neurochemistry International, 2013, 63, 756-764.	1.9	296
17	Modulation of Pro-survival Akt/Protein Kinase B and ERK1/2 Signaling Cascades by Quercetin and Its in Vivo Metabolites Underlie Their Action on Neuronal Viability. Journal of Biological Chemistry, 2003, 278, 34783-34793.	1.6	295
18	Cellular uptake and metabolism of flavonoids and their metabolites: implications for their bioactivity. Archives of Biochemistry and Biophysics, 2004, 423, 148-161.	1.4	288

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19	The impact of fruit flavonoids on memory and cognition. British Journal of Nutrition, 2010, 104, S40-S47.	1.2	284
20	Intake and time dependence of blueberry flavonoidâ€“induced improvements in vascular function: a randomized, controlled, double-blind, crossover intervention study with mechanistic insights into biological activity. American Journal of Clinical Nutrition, 2013, 98, 1179-1191.	2.2	277
21	Neuroinflammation: Modulation by flavonoids and mechanisms of action. Molecular Aspects of Medicine, 2012, 33, 83-97.	2.7	267
22	Flavonoids and brain health: multiple effects underpinned by common mechanisms. Genes and Nutrition, 2009, 4, 243-250.	1.2	266
23	Decomposition of Cocoa Procyanidins in the Gastric Milieu. Biochemical and Biophysical Research Communications, 2000, 272, 236-241.	1.0	252
24	Intense oxidative DNA damage promoted byl-DOPA and its metabolites implications for neurodegenerative disease. FEBS Letters, 1994, 353, 246-250.	1.3	249
25	The effect of dietary nitrate on salivary, plasma, and urinary nitrate metabolism in humans. Free Radical Biology and Medicine, 2003, 34, 576-584.	1.3	244
26	An evaluation of the antioxidant and antiviral action of extracts of rosemary and provenÃ§al herbs. Food and Chemical Toxicology, 1996, 34, 449-456.	1.8	238
27	Activation of proâ€survival Akt and ERK1/2 signalling pathways underlie the antiâ€apoptotic effects of flavanones in cortical neurons. Journal of Neurochemistry, 2007, 103, 1355-1367.	2.1	236
28	Intracellular metabolism and bioactivity of quercetin and its in vivo metabolites. Biochemical Journal, 2003, 372, 173-181.	1.7	232
29	The interactions of flavonoids within neuronal signalling pathways. Genes and Nutrition, 2007, 2, 257-273.	1.2	229
30	Resveratrol Is Absorbed in the Small Intestine as Resveratrol Glucuronide. Biochemical and Biophysical Research Communications, 2000, 272, 212-217.	1.0	221
31	Novel biomarkers of the metabolism of caffeic acid derivatives in vivo. Free Radical Biology and Medicine, 2001, 30, 1213-1222.	1.3	214
32	Metabolism of Tea Flavonoids in the Gastrointestinal Tract. Journal of Nutrition, 2003, 133, 3255S-3261S.	1.3	206
33	The metabolome of [2-14C](â^')-epicatechin in humans: implications for the assessment of efficacy, safety and mechanisms of action of polyphenolic bioactives. Scientific Reports, 2016, 6, 29034.	1.6	197
34	Flavonoids and cognition: The molecular mechanisms underlying their behavioural effects. Archives of Biochemistry and Biophysics, 2009, 492, 1-9.	1.4	196
35	Epicatechin and Catechin are O-Methylated and Glucuronidated in the Small Intestine. Biochemical and Biophysical Research Communications, 2000, 277, 507-512.	1.0	193
36	The citrus flavanone naringenin inhibits inflammatory signalling in glial cells and protects against neuroinflammatory injury. Archives of Biochemistry and Biophysics, 2009, 484, 100-109.	1.4	189

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37	The fate of olive oil polyphenols in the gastrointestinal tract: Implications of gastric and colonic microflora-dependent biotransformation. Free Radical Research, 2006, 40, 647-658.	1.5	187
38	The impact of flavonoids on memory: physiological and molecular considerations. Chemical Society Reviews, 2009, 38, 1152.	18.7	181
39	(-)Epicatechin stimulates ERK-dependent cyclic AMP response element activity and up-regulates GluR2 in cortical neurons. Journal of Neurochemistry, 2007, 101, 1596-1606.	2.1	167
40	Food for thought: the role of dietary flavonoids in enhancing human memory, learning and neuro-cognitive performance. Proceedings of the Nutrition Society, 2008, 67, 238-252.	0.4	164
41	Dietary Flavonoids as Potential Neuroprotectants. Biological Chemistry, 2002, 383, 503-19.	1.2	162
42	Nutrition for the ageing brain: Towards evidence for an optimal diet. Ageing Research Reviews, 2017, 35, 222-240.	5.0	161
43	Flavonoids and cognitive function: a review of human randomized controlled trial studies and recommendations for future studies. Genes and Nutrition, 2009, 4, 227-242.	1.2	158
44	Epicatechin and its in vivo metabolite, 3â€²-O-methyl epicatechin, protect human fibroblasts from oxidative-stress-induced cell death involving caspase-3 activation. Biochemical Journal, 2001, 354, 493-500.	1.7	157
45	c-Jun N-terminal kinase (JNK)-mediated modulation of brain mitochondria function: new target proteins for JNK signalling in mitochondrion-dependent apoptosis. Biochemical Journal, 2003, 372, 359-369.	1.7	157
46	Absorption, tissue distribution and excretion of pelargonidin and its metabolites following oral administration to rats. British Journal of Nutrition, 2006, 95, 51-58.	1.2	155
47	Base Modification and Strand Breakage in Isolated Calf Thymus DNA and in DNA from Human Skin Epidermal Keratinocytes Exposed to Peroxynitrite or 3-Morpholinosydnonimine. Chemical Research in Toxicology, 1996, 9, 1152-1158.	1.7	150
48	Flavonoid-rich fruit and vegetables improve microvascular reactivity and inflammatory status in men at risk of cardiovascular diseaseâ€"FLAVURS: a randomized controlled trial. American Journal of Clinical Nutrition, 2014, 99, 479-489.	2.2	150
49	Inhibition of peroxynitrite dependent DNA base modification and tyrosine nitration by the extra virgin olive oil-derived antioxidant hydroxytyrosol. Free Radical Biology and Medicine, 1999, 26, 762-769.	1.3	148
50	Bioavailability of Flavan-3-ols and Procyanidins: Gastrointestinal Tract Influences and Their Relevance to Bioactive Forms In Vivo. Antioxidants and Redox Signaling, 2001, 3, 1023-1039.	2.5	148
51	Flavonoid Intake in European Adults (18 to 64 Years). PLoS ONE, 2015, 10, e0128132.	1.1	143
52	Inhibition of p38/CREB phosphorylation and COX-2 expression by olive oil polyphenols underlies their anti-proliferative effects. Biochemical and Biophysical Research Communications, 2007, 362, 606-611.	1.0	142
53	Caffeic acid, tyrosol and p-coumaric acid are potent inhibitors of 5-S-cysteinyl-dopamine induced neurotoxicity. Archives of Biochemistry and Biophysics, 2010, 501, 106-111.	1.4	142
54	Contrasting influences of glucuronidation and O -methylation of epicatechin on hydrogen peroxide-induced cell death in neurons and fibroblasts. Free Radical Biology and Medicine, 2001, 31, 1139-1146.	1.3	141

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55	Beyond antioxidants: the cellular and molecular interactions of flavonoids and how these underpin their actions on the brain. Proceedings of the Nutrition Society, 2010, 69, 244-260.	0.4	136
56	Poor cognitive ageing: Vulnerabilities, mechanisms and the impact of nutritional interventions. Ageing Research Reviews, 2018, 42, 40-55.	5.0	136
57	Cocoa flavanol intake improves endothelial function and Framingham Risk Score in healthy men and women: a randomised, controlled, double-masked trial: the Flaviola Health Study. British Journal of Nutrition, 2015, 114, 1246-1255.	1.2	135
58	Chronic consumption of flavanone-rich orange juice is associated with cognitive benefits: an 8-wk, randomized, double-blind, placebo-controlled trial in healthy older adults. American Journal of Clinical Nutrition, 2015, 101, 506-514.	2.2	135
59	Dietary Levels of Pure Flavonoids Improve Spatial Memory Performance and Increase Hippocampal Brain-Derived Neurotrophic Factor. PLoS ONE, 2013, 8, e63535.	1.1	134
60	The mechanisms of action of flavonoids in the brain: Direct versus indirect effects. Neurochemistry International, 2015, 89, 126-139.	1.9	132
61	Protection Against Oxidative Damage and Cell Death by the Natural Antioxidant Ergothioneine. Food and Chemical Toxicology, 1999, 37, 1043-1053.	1.8	129
62	Procyanidin, Anthocyanin, and Chlorogenic Acid Contents of Highbush and Lowbush Blueberries. Journal of Agricultural and Food Chemistry, 2012, 60, 5772-5778.	2.4	129
63	In vitro colonic metabolism of coffee and chlorogenic acid results in selective changes in human faecal microbiota growth. British Journal of Nutrition, 2015, 113, 1220-1227.	1.2	129
64	The Effects of Flavonoids on Cardiovascular Health: A Review of Human Intervention Trials and Implications for Cerebrovascular Function. Nutrients, 2018, 10, 1852.	1.7	124
65	Evaluation of the Pro-Oxidant and Antioxidant Actions of L-DOPA and Dopamine in Vitro: Implications for Parkinson's Disease. Free Radical Research, 1996, 24, 95-105.	1.5	122
66	Epicatechin Is the Primary Bioavailable Form of the Procyanidin Dimers B2 and B5 after Transfer across the Small Intestine. Biochemical and Biophysical Research Communications, 2001, 285, 588-593.	1.0	117
67	Distribution of [H]trans-resveratrol in rat tissues following oral administration. British Journal of Nutrition, 2006, 96, 62.	1.2	117
68	Characterization of food antioxidants, illustrated using commercial garlic and ginger preparations. Food Chemistry, 1997, 60, 149-156.	4.2	113
69	Hydroxytyrosol inhibits the proliferation of human colon adenocarcinoma cells through inhibition of ERK1/2 and cyclin D1. Molecular Nutrition and Food Research, 2009, 53, 897-903.	1.5	113
70	Daily Consumption of an Aqueous Green Tea Extract Supplement Does Not Impair Liver Function or Alter Cardiovascular Disease Risk Biomarkers in Healthy Men. Journal of Nutrition, 2009, 139, 58-62.	1.3	109
71	Recommending flavanols and procyanidins for cardiovascular health: Current knowledge and future needs. Molecular Aspects of Medicine, 2010, 31, 546-557.	2.7	107
72	The impact of date palm fruits and their component polyphenols, on gut microbial ecology, bacterial metabolites and colon cancer cell proliferation. Journal of Nutritional Science, 2014, 3, e46.	0.7	107

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73	Extra virgin olive oil phenolics: absorption, metabolism, and biological activities in the GI tract. Toxicology and Industrial Health, 2009, 25, 285-293.	0.6	106
74	Nitrite-induced deamination and hypochlorite-induced oxidation of DNA in intact human respiratory tract epithelial cells. Free Radical Biology and Medicine, 2000, 28, 1039-1050.	1.3	105
75	Inducible hydrogen sulfide synthesis in chondrocytes and mesenchymal progenitor cells: is H‹sub›2‹/sub›S a novel cytoprotective mediator in the inflamed joint?. Journal of Cellular and Molecular Medicine, 2012, 16, 896-910.	1.6	104
76	The effect of processing on chlorogenic acid content of commercially available coffee. Food Chemistry, 2013, 141, 3335-3340.	4.2	104
77	Impact of cocoa flavanol intake on age-dependent vascular stiffness in healthy men: a randomized, controlled, double-masked trial. Age, 2015, 37, 9794.	3.0	104
78	5-S-Cysteinyl-conjugates of catecholamines induce cell damage, extensive DNA base modification and increases in caspase-3 activity in neurons. Journal of Neurochemistry, 2002, 81, 122-129.	2.1	103
79	Blueberry supplementation induces spatial memory improvements and region-specific regulation of hippocampal BDNF mRNA expression in young rats. Psychopharmacology, 2012, 223, 319-330.	1.5	102
80	Gastrointestinal modifications and bioavailability of brown seaweed phlorotannins and effects on inflammatory markers. British Journal of Nutrition, 2016, 115, 1240-1253.	1.2	99
81	Superoxide-dependent depletion of reduced glutathione by L-DOPA and dopamine. Relevance to ParkinsonÊ¼s disease. NeuroReport, 1995, 6, 1480-1484.	0.6	96
82	Assessment of the dietary intake of total flavan-3-ols, monomeric flavan-3-ols, proanthocyanidins and theaflavins in the European Union. British Journal of Nutrition, 2014, 111, 1463-1473.	1.2	96
83	The effect of flavanol-rich cocoa on cerebral perfusion in healthy older adults during conscious resting state: a placebo controlled, crossover, acute trial. Psychopharmacology, 2015, 232, 3227-3234.	1.5	94
84	Activation of glutathione peroxidase via Nrf1 mediates genisteinâ€™s protection against oxidative endothelial cell injury. Biochemical and Biophysical Research Communications, 2006, 346, 851-859.	1.0	89
85	Flavonoids as modulators of memory and learning: molecular interactions resulting in behavioural effects. Proceedings of the Nutrition Society, 2012, 71, 246-262.	0.4	89
86	Peroxynitrite induced formation of the neurotoxins 5-S-cysteinyl-dopamine and DHBT-1: Implications for Parkinsonâ€™s disease and protection by polyphenols. Archives of Biochemistry and Biophysics, 2008, 476, 145-151.	1.4	88
87	Fruits, vegetables, 100% juices, and cognitive function. Nutrition Reviews, 2014, 72, 774-789.	2.6	88
88	Impact of processing on the bioavailability and vascular effects of blueberry (poly)phenols. Molecular Nutrition and Food Research, 2014, 58, 1952-1961.	1.5	86
89	Methylxanthines enhance the effects of cocoa flavanols on cardiovascular function: randomized, double-masked controlled studies. American Journal of Clinical Nutrition, 2017, 105, 352-360.	2.2	86
90	High-flavonoid intake induces cognitive improvements linked to changes in serum brain-derived neurotrophic factor: Two randomised, controlled trials. Nutrition and Healthy Aging, 2016, 4, 81-93.	0.5	85

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91	The reaction of flavonoid metabolites with peroxynitrite. Biochemical and Biophysical Research Communications, 2006, 350, 960-968.	1.0	84
92	Flavonoid-rich orange juice is associated with acute improvements in cognitive function in healthy middle-aged males. European Journal of Nutrition, 2016, 55, 2021-2029.	1.8	84
93	Age-associated changes in protein oxidation and proteasome activities in rat brain: Modulation by antioxidants. Biochemical and Biophysical Research Communications, 2005, 336, 386-391.	1.0	82
94	Oxidative DNA Damage in Human Respiratory Tract Epithelial Cells. Time Course in Relation to DNA Strand Breakage. Biochemical and Biophysical Research Communications, 1996, 224, 17-22.	1.0	81
95	Role of quercetin and its in vivo metabolites in protecting H9c2 cells against oxidative stress. Biochimie, 2007, 89, 73-82.	1.3	80
96	Absorption and metabolism of olive oil secoiridoids in the small intestine. British Journal of Nutrition, 2011, 105, 1607-1618.	1.2	80
97	Impact of palm date consumption on microbiota growth and large intestinal health: a randomised, controlled, cross-over, human intervention study. British Journal of Nutrition, 2015, 114, 1226-1236.	1.2	78
98	Assessment of white grape pomace from winemaking as source of bioactive compounds, and its antiproliferative activity. Food Chemistry, 2015, 183, 78-82.	4.2	75
99	Sulforaphane protects cortical neurons against 5â€Sâ€cysteinylâ€dopamineâ€induced toxicity through the activation of ERK1/2, Nrfâ€2 and the upregulation of detoxification enzymes. Molecular Nutrition and Food Research, 2010, 54, 532-542.	1.5	74
100	Secoiridoids delivered as olive leaf extract induce acute improvements in human vascular function and reduction of an inflammatory cytokine: a randomised, double-blind, placebo-controlled, cross-over trial. British Journal of Nutrition, 2015, 114, 75-83.	1.2	73
101	Gut microbiota modulation accounts for the neuroprotective properties of anthocyanins. Scientific Reports, 2018, 8, 11341.	1.6	73
102	DNA damage in human respiratory tract epithelial cells: damage by gas phase cigarette smoke apparently involves attack by reactive nitrogen species in addition to oxygen radicals. FEBS Letters, 1995, 375, 179-182.	1.3	71
103	Effect of Cultivar Type and Ripening on the Polyphenol Content of Date Palm Fruit. Journal of Agricultural and Food Chemistry, 2013, 61, 2453-2460.	2.4	70
104	The effects of flavanone-rich citrus juice on cognitive function and cerebral blood flow: an acute, randomised, placebo-controlled cross-over trial in healthy, young adults. British Journal of Nutrition, 2016, 116, 2160-2168.	1.2	70
105	Olive Polyphenols and the Metabolic Syndrome. Molecules, 2017, 22, 1082.	1.7	69
106	The reaction of flavanols with nitrous acid protects against N-nitrosamine formation and leads to the formation of nitroso derivatives which inhibit cancer cell growth. Free Radical Biology and Medicine, 2006, 40, 323-334.	1.3	66
107	The pro-inflammatory oxidant hypochlorous acid induces Bax-dependent mitochondrial permeabilisation and cell death through AIF-/EndoG-dependent pathways. Cellular Signalling, 2007, 19, 705-714.	1.7	66
108	Hypochlorous Acid-Induced DNA Base Modification: Potentiation by Nitrite: Biomarkers of DNA Damage by Reactive Oxygen Species. Biochemical and Biophysical Research Communications, 1999, 257, 572-576.	1.0	65

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109	Interactions between cocoa flavanols and inorganic nitrate: Additive effects on endothelial function at achievable dietary amounts. Free Radical Biology and Medicine, 2015, 80, 121-128.	1.3	65
110	Recommending flavanols and procyanidins for cardiovascular health: Revisited. Molecular Aspects of Medicine, 2018, 61, 63-75.	2.7	64
111	The impact of flavonoids on spatial memory in rodents: from behaviour to underlying hippocampal mechanisms. Genes and Nutrition, 2009, 4, 251-270.	1.2	62
112	Flavanol metabolites reduce monocyte adhesion to endothelial cells through modulation of expression of genes via p38â€MAPK and p65â€Nfâ€kB pathways. Molecular Nutrition and Food Research, 2014, 58, 1016-1027.	1.5	59
113	Impact of a (poly)phenol-rich extract from the brown algae Ascophyllum nodosum on DNA damage and antioxidant activity in an overweight or obese population: a randomized controlled trial. American Journal of Clinical Nutrition, 2018, 108, 688-700.	2.2	59
114	Nutrition and the ageing brain: Moving towards clinical applications. Ageing Research Reviews, 2020, 62, 101079.	5.0	56
115	Modulation of peroxynitrite-induced fibroblast injury by hesperetin: A role for intracellular scavenging and modulation of ERK signalling. Biochemical and Biophysical Research Communications, 2006, 347, 916-923.	1.0	54
116	Criteria for validation and selection of cognitive tests for investigating the effects of foods and nutrients. Nutrition Reviews, 2014, 72, 162-179.	2.6	54
117	Oat bran, but not its isolated bioactiveÎ²-glucans or polyphenols, have a bifidogenic effect in anin vitrofermentation model of the gut microbiota. British Journal of Nutrition, 2019, 121, 549-559.	1.2	54
118	Neuroprotective effects of hesperetin in mouse primary neurones are independent of CREB activation. Neuroscience Letters, 2008, 438, 29-33.	1.0	52
119	Effect of simulated gastrointestinal digestion and fermentation on polyphenolic content and bioactivity of brown seaweed phlorotanninâ€rich extracts. Molecular Nutrition and Food Research, 2017, 61, 1700223.	1.5	52
120	DNA strand breakage and base modification induced by hydrogen peroxide treatment of human respiratory tract epithelial cells. FEBS Letters, 1995, 374, 233-236.	1.3	49
121	Blueberry intervention improves vascular reactivity and lowers blood pressure in high-fat-, high-cholesterol-fed rats. British Journal of Nutrition, 2013, 109, 1746-1754.	1.2	49
122	Influence of age on the absorption, metabolism, and excretion of cocoa flavanols in healthy subjects. Molecular Nutrition and Food Research, 2015, 59, 1504-1512.	1.5	49
123	Consumption of a flavonoid-rich aÃ§ai meal is associated with acute improvements in vascular function and a reduction in total oxidative status in healthy overweight men. American Journal of Clinical Nutrition, 2016, 104, 1227-1235.	2.2	48
124	Epicatechin and its methylated metabolite attenuate UVA-induced oxidative damage to human skin fibroblasts. Free Radical Biology and Medicine, 2003, 35, 910-921.	1.3	47
125	Substrate specificity of human glutamine transaminase K as an aminotransferase and as a cysteine S-conjugate Î²-lyase. Archives of Biochemistry and Biophysics, 2008, 474, 72-81.	1.4	46
126	Insights into dietary flavonoids as molecular templates for the design of anti-platelet drugs. Cardiovascular Research, 2013, 97, 13-22.	1.8	46

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127	Assessment of flavanol stereoisomers and caffeine and theobromine content in commercial chocolates. Food Chemistry, 2016, 208, 177-184.	4.2	44
128	Composition and content of phenolic acids and avenanthramides in commercial oat products: Are oats an important polyphenol source for consumers?. Food Chemistry: X, 2019, 3, 100047.	1.8	44
129	Physician Intervention and Patient Risk Perception among Smokers with Acute Respiratory Illness in the Emergency Department. Preventive Medicine, 2001, 32, 175-181.	1.6	42
130	Involvement of ERK, Akt and JNK signalling in H₂O₂â€induced cell injury and protection by hydroxytyrosol and its metabolite homovanillic alcohol. Molecular Nutrition and Food Research, 2010, 54, 788-796.	1.5	42
131	DNA damage by nitrite and peroxynitrite: Protection by dietary phenols. Methods in Enzymology, 2001, 335, 296-307.	0.4	41
132	Impact of Cooking, Proving, and Baking on the (Poly)phenol Content of Wild Blueberry. Journal of Agricultural and Food Chemistry, 2014, 62, 3979-3986.	2.4	41
133	Inhibition of the formation of the neurotoxin 5-S-cysteinyl-dopamine by polyphenols. Biochemical and Biophysical Research Communications, 2007, 362, 340-346.	1.0	39
134	Do Mitochondriotropic Antioxidants Prevent Chlorinative Stress-Induced Mitochondrial and Cellular Injury?. Antioxidants and Redox Signaling, 2008, 10, 641-650.	2.5	39
135	Bioavailability of wild blueberry (poly)phenols at different levels of intake. Journal of Berry Research, 2016, 6, 137-148.	0.7	38
136	Mediation of coffee-induced improvements in human vascular function by chlorogenic acids and its metabolites: Two randomized, controlled, crossover intervention trials. Clinical Nutrition, 2017, 36, 1520-1529.	2.3	38
137	The genotypic variation of the antioxidant potential of different tomato varieties. Free Radical Research, 2005, 39, 1005-1016.	1.5	37
138	Platelet-Mediated Metabolism of the Common Dietary Flavonoid, Quercetin. PLoS ONE, 2010, 5, e9673.	1.1	37
139	Champagne Wine Polyphenols Protect Primary Cortical Neurons against Peroxynitrite-Induced Injury. Journal of Agricultural and Food Chemistry, 2007, 55, 2854-2860.	2.4	35
140	A role for hippocampal PSA-NCAM and NMDA-NR2B receptor function in flavonoid-induced spatial memory improvements in young rats. Neuropharmacology, 2014, 79, 335-344.	2.0	35
141	Associations between flavan-3-ol intake and CVD risk in the Norfolk cohort of the European Prospective Investigation into Cancer (EPIC-Norfolk). Free Radical Biology and Medicine, 2015, 84, 1-10.	1.3	35
142	Flavanone-rich citrus beverages counteract the transient decline in postprandial endothelial function in humans: a randomised, controlled, double-masked, cross-over intervention study. British Journal of Nutrition, 2016, 116, 1999-2010.	1.2	35
143	Excretion of Avenanthramides, Phenolic Acids and their Major Metabolites Following Intake of Oat Bran. Molecular Nutrition and Food Research, 2018, 62, 1700499.	1.5	35
144	Moderate Champagne consumption promotes an acute improvement in acute endothelial-independent vascular function in healthy human volunteers. British Journal of Nutrition, 2010, 103, 1168-1178.	1.2	34

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145	The impact of chronic blackberry intake on the neuroinflammatory status of rats fed a standard or high-fat diet. Journal of Nutritional Biochemistry, 2015, 26, 1166-1173.	1.9	34
146	Acute Effects of Hibiscus Sabdariffa Calyces on Postprandial Blood Pressure, Vascular Function, Blood Lipids, Biomarkers of Insulin Resistance and Inflammation in Humans. Nutrients, 2019, 11, 341.	1.7	34
147	Impact of the quantity and flavonoid content of fruits and vegetables on markers of intake in adults with an increased risk of cardiovascular disease: the FLAVURS trial. European Journal of Nutrition, 2013, 52, 361-378.	1.8	33
148	Peroxynitrite-modified collagen-II induces p38/ERK and NF-Î¹B-dependent synthesis of prostaglandin E2 and nitric oxide in chondrogenically differentiated mesenchymal progenitor cells. Osteoarthritis and Cartilage, 2006, 14, 460-470.	0.6	32
149	Influence of sugar type on the bioavailability of cocoa flavanols. British Journal of Nutrition, 2012, 108, 2243-2250.	1.2	32
150	The intracellular genistein metabolite 5,7,3â€²,4â€²-tetrahydroxyisoflavone mediates G2-M cell cycle arrest in cancer cells via modulation of the p38 signaling pathway. Free Radical Biology and Medicine, 2006, 41, 1225-1239.	1.3	31
151	Inhibition of cellular proliferation by the genistein metabolite 5,7,3â€²,4â€²-tetrahydroxyisoflavone is mediated by DNA damage and activation of the ATR signalling pathway. Archives of Biochemistry and Biophysics, 2007, 468, 159-166.	1.4	31
152	Uptake and metabolism of (â^')-epicatechin in endothelial cells. Archives of Biochemistry and Biophysics, 2014, 559, 17-23.	1.4	31
153	Factors Affecting the Absorption, Metabolism, and Excretion of Cocoa Flavanols in Humans. Journal of Agricultural and Food Chemistry, 2015, 63, 7615-7623.	2.4	31
154	Cognitive tests used in chronic adult human randomised controlled trial micronutrient and phytochemical intervention studies. Nutrition Research Reviews, 2010, 23, 200-229.	2.1	30
155	Regulation of NF-Î¹B activity in astrocytes: effects of flavonoids at dietary-relevant concentrations. Biochemical and Biophysical Research Communications, 2012, 418, 578-583.	1.0	29
156	Addition of Orange Pomace to Orange Juice Attenuates the Increases in Peak Glucose and Insulin Concentrations after Sequential Meal Ingestion in Men with Elevated Cardiometabolic Risk. Journal of Nutrition, 2016, 146, 1197-1203.	1.3	29
157	Pelargonidin-3- O -glucoside and its metabolites have modest anti-inflammatory effects in human whole blood cultures. Nutrition Research, 2017, 46, 88-95.	1.3	27
158	Olive Oil Phenolics Prevent Oxysterolâ€Induced Proinflammatory Cytokine Secretion and Reactive Oxygen Species Production in Human Peripheral Blood Mononuclear Cells, Through Modulation of p38 and JNK Pathways. Molecular Nutrition and Food Research, 2017, 61, 1700283.	1.5	27
159	Inhibition of colon adenocarcinoma cell proliferation by flavonols is linked to a G2/M cell cycle block and reduction in cyclin D1 expression. Food Chemistry, 2012, 130, 493-500.	4.2	25
160	Phenolic Acid Intake, DeliveredViaModerate Champagne Wine Consumption, Improves Spatial Working MemoryViathe Modulation of Hippocampal and Cortical Protein Expression/Activation. Antioxidants and Redox Signaling, 2013, 19, 1676-1689.	2.5	25
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