

# CURRICULUM VITA

RICHARD B. KREIDER, PHD, FACSM, FASEP, FISSN, FACN, FNAK  
PROFESSOR AND EXECUTIVE DIRECTOR, HUMAN CLINICAL RESEARCH FACILITY  
DIRECTOR, EXERCISE & SPORT NUTRITION LAB  
DEPARTMENT OF HEALTH & KINESIOLOGY  
COLLEGE OF EDUCATION & HUMAN DEVELOPMENT  
TEXAS A&M UNIVERSITY

---

---

## EDUCATION

### **Bachelor of Science**

Physical Education with an emphasis in Health (Teacher Certified K-12)  
Liberty Baptist College (5/7/84) – Now known as Liberty University

### **Master of Science**

Physical Education with a major in Applied Exercise Physiology  
University of Southern Mississippi (8/8/85)

### **Doctor of Philosophy**

Physical Education with a major in Applied Exercise Physiology  
University of Southern Mississippi (5/9/87)

---

---

## ACADEMIC AND CLINICAL EXPERIENCE

### **Director, Clinical Assessments (5/86 – 7/87)**

Institute for Wellness & Sports Medicine  
Methodist Hospital, Hattiesburg, MS

### **Assistant Professor (8/87 – 12/93)**

Founder & Director, Laboratory of Kinesiological & Biomechanical Studies (1988-1993)  
Director, Wellness Institute & Research Center (Co-Director 1987-90; Director 1990-93)  
Department of Health, Physical Education & Recreation  
Darden College of Education  
Old Dominion University

### **Assistant Professor (8/90 – 12/93)**

Biomedical Science Doctoral Program  
Eastern Virginia Medical School

### **Adjunct Assistant Professor (1/88 – 5/88)**

Department of Kinesiology  
The College of William and Mary

### **Associate Professor and Assistant Department Chair (1/94 – 8/00)**

Founder and Director, Exercise & Sport Nutrition Lab (1/97 – 6/02)  
Department of Human Movement Sciences & Education  
College of Education  
The University of Memphis (Tenured 8/1/96)

### **Professor and Assistant Department Chair (8/00 – 6/02)**

Department of Human Movement Sciences & Education  
College of Education  
The University of Memphis

### **Adjunct Professor (10/97 – 6/02)**

College of Nursing  
University of Tennessee – Memphis

**Professor and Department Chair (6/02 – 7/08)**

Director, Exercise & Sport Nutrition Lab

Founder & Director, Center for Exercise Nutrition & Preventive Health

Department of Health, Human Performance & Recreation

School of Education

Baylor University (Tenured upon Arrival)

**Professor & Head, Department of Health & Kinesiology (2008 to 2017)****Thomas A. and Joan Read Endowed Chair for Disadvantaged Youth**

Director, Exercise & Sport Nutrition Lab

College of Education & Human Development

Texas A&M University (Tenured upon Arrival)

Graduate Faculty, Department of Nutrition and Food Science (11/13 to present)

**Professor and Executive Director, Human Clinical Research Facility (2017 to present)**

Research & Development Office | College of Education & Human Development

Texas A&M University

---

---

**ACADEMIC LEADERSHIP EFFORTS & HIGHLIGHTS****OLD DOMINION UNIVERSITY**

- Assisted in overhaul of sports medicine undergraduate and graduate exercise science curriculum to be consistent with professional certification programs and national standards that led to marked growth in the program.
- Founded and developed the Laboratory of Kinesiological & Biomechanical Studies to teach undergraduate and graduate students cadaver-based anatomical kinesiology and biomechanics.
- Served as Coordinator of the Sports Medicine and Exercise Science Programs (1987-1990)
- Co-directed (1987-1990) and directed (1990-93) the Wellness Institute & Research Center that conducted research, provided fitness assessments and supervised rehabilitation programs, and hosted ACSM health & fitness workshops and certifications for students and the community.
- Named Darden College of Education Scholar each year (1987-93) and awarded the School of Education Tonnelson Outstanding Faculty Award (1990-91).

**UNIVERSITY OF MEMPHIS**

- Served as Assistant Department Chair (1994-2002). Assisted the Department Chair with academic affairs; curriculum development; budget expenditure approval; faculty and student affairs; facility and lab development; faculty searches; development, and, represented the Department Chair as needed.
- Assisted in overhaul of undergraduate and graduate exercise and sport science programs to be consistent with professional certification programs and national standards that led to marked growth in programs.
- Served as Coordinator of the Cardiovascular Research Station (1994-2002) and founded the Exercise & Sport Nutrition Laboratory (1997)
- Assisted in development and/or renovation of several new labs and teaching facilities including the Exercise & Sport Science Lab, Bureau of Sport & Leisure Commerce, Exercise Psychology Laboratory, Motor Behavior Laboratory, Biochemistry and Molecular Biology Lab, and a Faculty & Staff Fitness Center.
- Assisted in developing and implementing the Urban Youth Wellness Initiative that provided health and fitness screening, exercise and health programming, and conflict resolution activities to inner-city youth in Memphis.
- Developed and led the Elite Athlete Performance Enhancement team and assisted in exercise assessment, nutritional counseling, and strength & conditioning programs with Memphis Tiger athletics and area youth club sports programs.
- Helped the department achieve significant growth in terms of student enrollment, diversity of students and faculty, research productivity, grant funding, and community engagement.

**BAYLOR UNIVERSITY**

- Served as Professor and Department Chair of the Department of Health, Human Performance, and Recreation that helped lead the university toward realization of the Vision 2012 initiative to transition from a primarily teaching to research intensive university (2002-2008).

- Restructured faculty governance processes to promote transparency and faculty input and worked with faculty to develop faculty roles, responsibilities, and expectations for each division consistent with Vision 2012.
- Oversaw curriculum revision, accreditation, and/or academic endorsement of undergraduate and/or graduate exercise physiology; community health; physical education; sport pedagogy; sport management; and health sciences programs. Oversaw accreditation process of undergraduate athletic training program. Provided leadership in development of graduate programs in athletic training; strength & conditioning; and Exercise, Nutrition, and Preventive Health.
- Oversaw development and/or renovation of the Center for Exercise, Nutrition, and Preventive Health; Exercise & Sport Nutrition Lab (relocated from the University of Memphis); Athletic Training & Sports Medicine Lab; Exercise Biochemistry and Nutrition Lab; Exercise Physiology Teach Lab; Health Education Wellness Lab; Indoor Recreation Ropes Course; Physical Education Lab/Gymnasium; and, Indoor Golf facility.
- Developed and directed the Exercise, Nutrition, and Preventive Health doctoral program that quickly rose to a #9 national ranking by Academic Analytics which was the highest rated doctoral program at Baylor University.
- Observed an increase in enrollment from approximately 240 to 650 students; record student credit hour generation; a significant increase in department budget and resources; a marked increase in faculty productivity in terms of grant funding, peer-reviewed publications, national presentations; and, number of doctoral students produced. This effort positioned the department as one of the most productive and respected units on campus.

## TEXAS A&M UNIVERSITY

- Served as Professor and Department Head of the Department of Health & Kinesiology (2008 to 2017) which is the largest department in terms of major enrollment (3,928), class enrollment (55,000), and student credit hour generation (100,500) at Texas A&M University.
- Restructured faculty governance processes to promote transparency and faculty input; worked with faculty to develop faculty roles, responsibilities, and expectations for each division; worked with faculty to revise A1 annual evaluations consistent with division specific roles, responsibilities, and expectations; restructured T&P Committee to include all tenured faculty where appropriate; and, worked to develop a positive climate where everyone is valued, respected, and rewarded.
- Led successful Academic Program Reviews (2009 and 2015) which has served as the impetus of addressing a number of pressing issues within the department related to faculty governance, faculty salaries, program initiatives, student engagement, and facilities.
- Worked with the Dean to obtain approval and resources for renovation of Blocker, Heldenfels, and the Research Park to house department faculty, teaching labs, and research labs; approval to build a \$24 million dollar Physical Education Activity Building; and received \$9 million dollars in funding commitments from the President, Provost, and VPR to develop a \$13.9 million dollar Human Clinical Research Facility which houses the ESNL and CTRAL and serves as a university core facility for conducting human clinical trials. Worked with the Department of Athletics to build a new Netum Steed Laboratory that houses strength & conditioning, exercise physiology, and sports medicine facilities. Worked with an architectural firm to develop conceptual drawings for a new academic and research building (now on master plan). Planned renovation of Gilchrist Building to house most faculty in HLKN (2019).
- Worked to improve communication and climate among faculty, students, and the university community through newsletters, websites, magazines, social media, and sponsoring department lecture series and programs. This has helped attract high quality students and world class faculty to our department and college.
- Over the last nine years, the department has observed significant undergraduate (2,044 to 3,608 majors and 480 minors) and graduate student (147 to 336) growth; record student credit hour generation (67,792 to 100,492 SCH; 123,120 to 209,715 WSCH); record levels of productivity in terms of the number and quality of annual publications (~86 to 178), national presentations (~120 to 300), and grants submissions (~33 to 80); grant awards and annual research expenditures (~ \$1.8M to \$6.1M); department budget resources (\$8.3M to \$14.4M); study abroad programs (0 to 6-8 per year); greater student engagement; and, a marked improvement in the climate. These efforts have resulted in a #7 overall ranking of the Kinesiology PhD program by the National Academy of Kinesiology (2010-2014), ranking above the 85<sup>th</sup> percentile in a number of categories among 239 health promotion, kinesiology, exercise science and rehabilitation departments by Academic Analytics, and being ranked the #1 health and physical education (kinesiology) program in the nation by College Factual (2018).
- Served in college and university leadership roles including the Dean's Council; Chair of EAHHR & EPSY Department Head Search Committees; Athletic Task Force Finance Committee; Conflict of Interest Working Group; Entrepreneur Mentorship Network Committee; DH Steering Committee; TAMU/TAMHSC Administrative Change Committee; One Health Building Committee and University Council; ADVANCE Center Stride Program Committee; member of TAMU Chief Information Security Officer search committee.
- Named Executive Director of the Human Clinical Research Facility (2017). As of December 2020, the HCRF has

managing 43 active IRB projects, collaborated with 175 faculty members, conducted or conducting 33 fee for service projects for internal and external sponsors (\$2.7M), collecting data on 21 active grants (\$8.8M), and has a total funding engagement footprint of \$27.5M.

---

---

## ACADEMIC AND PROFESSIONAL HONORS AND AWARDS

- **Who's Who in American Universities and Colleges**, Liberty University (1984)
- **President's Honor**, University of Southern Mississippi (1984-87)
- **Outstanding Graduate Student**, Department of HPER, University of Southern Mississippi (1987)
- **Selected Member of PHI KAPPA PHI Honor Society**, University of Southern Mississippi (1987)
- **Scholar of the Darden College of Education**, Old Dominion University (1987-93)
- **Merit Award**, American Heart Association - Tidewater Affiliate, VA (1990)
- **Fellow of the American College of Sports Medicine** (1990)
- **Tonnelson Outstanding Faculty Award**, Darden College of Education, Old Dominion University (1990-91)
- **Prestigious Alumni Award**, College of Education, Liberty University (1993)
- **Outstanding Academic Book Award**, Overtraining in Sport (R.B. Kreider, A.C. Fry, & M.L. O'Toole, Eds.) selected as one of Choice's 35th Annual Outstanding Academic Books for 1998 (Association of College and Research Libraries, a Division of the American Library Association).
- **Who's Who of Teachers in American Universities and Colleges** (2000)
- **Who's Who in America** (2001)
- **Northland Chapter of ACSM Scholar Lecturer** (2001)
- **Fellow**, American Society of Exercise Physiologists (2001)
- **President**, American Society of Exercise Physiologists (2001 – 2003)
- **Fellow of the International Society of Sports Nutrition** (2004)
- Nominated, **Cornealia Marshall Smith Professor of the Year Award**, Baylor University (2006)
- **NSCA Nutrition Achievement Award** (2010)
- **International Society of Sports Nutrition Ironman Award** (2013)
- **Fellow of the American College of Nutrition** (2013)
- Nominated, **Association of Former Students University Level Award – Administration** (2014)
- **Southeast Conference Academic Leadership Development Fellow** (2014-2015)
- Elected to the **Board of Directors**, American Kinesiology Association (2014-2017)
- Texas A&M University **Summer Leadership Institute Fellow** (2015)
- **Department of Health & Kinesiology Distinguished Scholar Award** (2016)
- **Texas ACSM Spring Lecture Tour Scholar** (2016)
- Elected Fellow (#568) of the **National Academy of Kinesiology** (2017)
- **Global Health & Pharma for a Sport & Nutrition Award** (2017)
- **Marquis Who's Who in the World** (2018)
- **International Society of Sports Nutrition Lifetime Achievement Award** (2018)
- **DBSS Leadership Award** (2018)
- **International Society of Sports Nutrition Fellow Award** (2019)

---

---

## GRANTS AND CONTRACTS

### EXTERNAL SUPPORT RECEIVED (SELECTED)

1. *The Effect of Inosine upon Aerobic Endurance Capacity and Performance*. **SENTARA Leigh Hospital**, (Co-PI), \$3,500, 1989.
2. *Physiological Demands of Repeated Ultraendurance Cycling Performance*. **SENTARA Leigh Hospital**, (PI), \$3,000, 1989.
3. *Effects of Protein Supplementation on Ultraendurance Triathlon Performance*. **Advance Sports Nutrition**, (PI), \$12,000, 1991-92.
4. *Effects of Amino Acid Supplementation on Hormonal, Hematological, and Immune Status throughout a Collegiate Swim Season*. **Advance Sports Nutrition & ODU Research Foundation**, (PI), \$65,000, 1991-94.
5. *Elite Athletic Assessment and Performance Enhancement Program*. **Promus Companies & UM Office of Sponsored Research**, (PI), \$98,000, 1994-97.
6. *Effects of Creatine Supplementation on Body Composition*. **Experimental & Applied Sciences**, (PI), \$9,960, 1994-95.
7. *Memphis City Schools Nutrition Education Training Grant*. **Tennessee Department of Education**, (PI), \$8,800, 1994-95.
8. *NIH Bridge Program*. **National Institutes of Health** (D. Franceschetti, Coordinator/PI, served as faculty research mentor),

- 1994-98. Placed 3 – 4 students to work in lab each summer.
9. *Effects of Creatine Supplementation on Body Composition & Strength Performance.* **Experimental & Applied Sciences**, (PI), \$21,143, 1995-96.
  10. *Effects of Creatine and Calcium Beta-Hydroxy-Beta-Methyl-Butyrate Supplementation on Body Composition, Anaerobic Power & Strength.* **Experimental & Applied Sciences**, (PI), \$69,735, 1996-97.
  11. *Effects of Conjugated Linoleic Acids Supplementation on Body Composition & Isotonic Strength.* **Experimental & Applied Sciences**, (PI), \$25,299, 1996-97.
  12. *Research Assistant.* **Experimental & Applied Sciences**, (PI), \$10,500, 1996-97.
  13. *UM High Performance Nutrition Enhancement.* **Memphis Area Nutrition Council**, (PI), \$1,200, 1997.
  14. *Urban Youth Wellness Project (Subcontract from Department of Health and Human Services Grant).* **Memphis Youth Fair Chance**, (Co-PI), \$72,000, 1997-98.
  15. *Research Assistant.* **Experimental & Applied Sciences**, (PI), \$4,000, 1997-98.
  16. *DEXA Body Composition Analyzer.* **Metabolic Response Sciences**, (PI), \$22,500, Placed \$144,000 DEXA in Lab, Provided \$20,000 of Furniture, 1997-03.
  17. *Long-Term Safety and Efficacy of Creatine Supplementation among Athletes.* **Experimental & Applied Sciences, MetaResponse Sciences, SKW/Metabolic Response Modifiers**, (PI), \$45,000 + Supplements (6 mo.), \$60,000 + \$75,000 DEXA Scans, Donate Supplements 1.5 years, 1998-00.
  18. *Effects of Honey Ingestion on Hormonal Profiles and Exercise Performance.* **National Honey Board/USDA**, (PI), \$99,960, 1999-01.
  19. *Effects of Creatine and Pyruvate Supplementation on Body Composition, Body Image, Hormonal Profiles, and Indices of Menstrual Cycle Status in Women.* **MRS/SKW Trostberg**, (PI), \$34,131 of \$85,000, 2000-02.
  20. *Effects of Colostrum and Myovive Supplementation on body composition and exercise capacity.* **MRS/GNC-Numico**, (PI), \$103,000 of \$125,000, 2000-01.
  21. *Effects of Inzitol on Creatine Retention (in collaboration with Arkansas State University).* **MRS/Humanetics Corp.**, (Co-PI), \$4,400 of \$10,000, 2000-01.
  22. *Dysautonomia, Exercise, and Quality of Life in Kidney and Kidney and Pancreas Transplant Recipients.* **National Institutes of Health**, (PI - D. Hathaway, UT-Memphis, College of Nursing. Served as exercise physiology consultant to grant.), \$2,238,140, 2000-05.
  23. *Effects of Protein and Amino Acid Supplementation on Training Adaptations.* **MRS/GNC-Numico Research**, (PI), \$42,000 of \$60,000, 2001-02.
  24. *Safety and Efficacy of Coleus Forskohlii Supplementation in Moderately Overweight Females.* **MRS/Sabinsa Corp.**, (PI), \$25,800 of \$41,000, 2001-02.
  25. *Effects of Zinc, Magnesium-Aspartate (ZMA) Supplementation on Training Adaptations and Markers of Anabolism and Catabolism.* **MRS/Cytodyne Technology**, (PI), \$56,000 of \$77,000, 2002-03.
  26. *Effects of Ribose Supplementation Prior to and Following Exercise on Sprint Performance.* **Royal Numico**, (PI), \$5,500. 2002- 03.
  27. *Effects of Methoxyisoflavones, Ecdysterones, and Sulfo-Polysaccharide on training adaptations.* **Muscletech Research & Development**, (PI), \$56,000, 2002-03.
  28. *Effects of a Non-Ephedra Thermogenic Supplement on Body Composition and Markers of Health.* **Muscletech Research & Development**, (PI), \$56,000, 2002-03.
  29. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females.* **Curves International**, (PI), \$385,000. 2002-03.
  30. *Effects of Arginine - Alpha Ketoglutarate Supplementation on Plasma Arginine Levels and Training Adaptations.* **Medical Research Institute**, (PI), \$94,000. 2003-2004.
  31. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females – 1 Year-Follow-Up.* **Curves International**, (PI), \$385,000, 2003-04.
  32. *Curves Women's Health & Fitness Initiative.* **Curves International**, (PI), \$5,000,000, 2004-09.
  33. *The Effects of Joint Advantage on Osteoarthritis & Function Mobility in a Randomized Placebo Controlled – Double Blind Clinical Trial.* **Phillips Health, LLC**, (Co-I, M & L Greenwood Co-PI's), \$30,000, 2004-05.
  34. *Effects of Eight Weeks of 6-OXO™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males.* **Proviante Laboratories**, (Co-I, D. Willoughby PI), \$42,000, 2005.
  35. *Effects of Eight Weeks of Novedex™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males.* **Gaspari Nutrition**, (Co-I, D. Willoughby PI), \$38,000, 2005.
  36. *Effects of Prophylactic Doses of a Melatonin Supplement on Serum Growth Hormone Levels and the Hypothalamus-Pituitary- Adrenal Axis in Young and Old Males and Females.* **Iovate Health Sciences Research, Inc.**, (Co-I, D. Willoughby PI), \$131,000, 2005.
  37. *Effects of Arachidonic Acid Supplementation on Training adaptations.* **Molecular Nutrition**, (PI), \$60,331, 2005-06.
  38. *Impact of Acute and Chronic Coenzyme Q10 Supplementation on Exercise Performance.* **Pharma Base N.A.**, (PI), \$76,188, 2006-07.

39. *Effects of AX-4 Supplementation on Weight Loss in Overweight Men and Women.* **Ambryx Biotechnology, Inc.,** (PI), \$107,458, 2006-07.
40. *Comparison of two diet approaches on weight loss and health outcomes in women.* **General Mills Bell Institute for Human Nutrition,** (PI), \$389,885, 2007-08. \$93,650 transferred to TAMU.
41. *Curves: Women's Health & Fitness Initiative Extension.* **Curves International,** (PI), \$2,058,903, 2008-11.
42. *The Program for Rural and Minority Health Disparities Research (P20).* **DHHS-NIH-National Center for Minority Health and Health Disparities,** (K. McLeroy, PI). Served as consultant and lead administrator from HLKN for administrative core, ≈\$5,600,000, 2007 - 2012.
43. *Effects of Russian Tarragon Extract Supplementation Prior to Creatine Supplementation on Whole Body Creatine Retention: A Proof of Concept Study.* **Phytolab GmbH/Martin Bauer, Inc.,** (PI), \$20,145, 12/10 to 8/12.
44. *Comparison of Different Forms of Creatine on Creatine Availability, Retention, and Training Adaptations.* **AlzChem Trostberg, GmHB,** (PI), \$58,380, 12/10 - 12/12.
45. *Altering Work to Rest Ratio in a Hypertrophic Training Program.* **NSCA Student Grant,** (J. Oliver PI, faculty supervisor), \$9,575, 8/10 - 8/11.
46. *Simplified Human Clinical Trial.* **Department of Nutritional Sciences, TAMU,** (Talcott PI, Kreider Co-PI), \$44,000, 10/10 - 12/13.
47. *Curves: Women's Health & Fitness Initiative Extension.* **Curves International,** (PI) \$700,224. 9/13 - 4/15.
48. *Effects of Tart-Cherry Supplementation on Markers of Exercise-Induced Muscle Damage.* **Anderson Global Group,** (PI), \$93,728, 9/13 - 8/14.
49. *A Multi-Continental Approach to Advance Exercise Methods and Technologies to Promote General Health and Sports Performance.* **Qatar National Research Fund.** (J Villanueva, V. Di Salvo, P. Tesch, R. Fernandez, G. Rodas, R Canal, R Kreider Co-PI's (R. Linnehan Research Associate), \$1,048,788, 2013-16.
50. *Woodbolt (Nutrabolt) Research & Development Program.* **Woodbolt International,** (PI), \$1,466,501, 2013-17.
51. *Effects of Chromium, Phyllanthus emblica and Shilajit supplementation (Crominex®3+) and Phyllanthus emblica fruit extract (Capros™) on markers of cardiovascular health, fitness, and weight loss in sedentary and overweight men and women initiating an exercise program.* **Natreon, Inc.** (PI), \$285,404. 2019 - 2021.
52. *Effects of Terminalia bellerica (Ayuric) supplementation on uric acid levels and markers of cardiometabolic health in individuals with moderately elevated but non-medically treated hyperuricemia.* **Natreon, Inc.** Kreider (PI), \$115,726, 2020 - 2021.
53. *Effects of Ashwagandha and Paraxanthine Ingestion on Executive Function, Pharmacokinetics, and Cognitive Function after Exercise.* **Increnovo.** Kreider (PI), \$236,848 (3 studies), 2019 - 2021. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
54. *Effects of Tart Cherry Ingestion on Food-Induced Serum Uric Acid Elevation.* **Anderson Global Group.** Kreider (PI), \$132,923, 2019-2022. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
55. *Effects of nooLVL™ Ingestion on Cognitive Function in Gamers.* **Nutrition 21.** Kreider (PI), \$152,167, 2020 - 2021. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
56. *Efficacy of a Microalgae Extract PhaeoSOL on Optimizing the Benefits of Healthy, Overweight and Moderately Obese Women Participating in an Exercise and Weight Management Program.* **Increnovo and MicroPhyt.** Kreider (PI). \$201,607, 2021. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
57. *A cross-over comparator study between Ester-C® and ascorbic acid evaluating acute pharmacokinetics in adult women and men.* **Nature's Bounty.** Kreider (PI), \$652,298, 2021-2022. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
58. *Efficacy of a Microalgae Extract PhaeoSOL combined with Guarana on Cognitive Function and Gaming Performance of Video Gamers.* **MicroPhyt.** Kreider (PI), \$154,068, 2021 - 2022. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
59. *A Randomised, Double-Blind, Placebo-Controlled, Parallel Study of the Effect of BrainPhyt on Cognitive Function in Healthy Older Individuals.* **MicroPhyt.** Kreider (PI), \$185,907, 2021 - 2022.
60. *Pharmacokinetic Analysis of Nutrient Absorption from a Novel Liposomal Multivitamin/Mineral Formulation.* **Nutraceutical Corp.** Kreider (PI), \$134,079, 2021-2022.
61. *Impact of Astaxanthin Supplementation on Markers of Cardiometabolic Health and Tactical Performance among Firefighters.* **AstaReal, Inc.,** Kreider (PI), Drew Gonzolez, S. Martin (Co-PI). \$34,213, 2022.

#### SELECTED GRANTS SUBMITTED (NOT FUNDED)

1. *Established Investigator Award Grant.* **Cancer Prevention Research Institute of Texas.** Prepared grant submitted by D. Palmer (Dean), \$4,261,529. Status - Not Funded.
2. *Effects of Chewing Gum on Success of Weight Maintenance after Weight Loss.* **Wrigley Science Institute.** (PI), \$140,300, Status - Not funded.
3. *Inactivity pathology research building: a translational bridge and integrative biomedical research facility to combat*

- chronic diseases. **National Institutes of Health Extramural Research Facilities Improvement Program (C06).** (J Lawler, PI, Co-I), \$9,941,868. Status – Project recommended for full funding but not funded.
4. *Texas A&M Women's Health Research Training Grant – Building Interdisciplinary Research Careers in Women's Health (K12).* **National Institutes of Health.** (R. Kreider (PI/PD), Co-I's D. Ballard, S. Crouse, D. Huston, K. McLeroy, M. Ory, M. Shaw-Ridley), \$2,204,401. Status – Not Funded.
  5. *Texas A&M CER Mentored Career Development Program.* **DHHS-National Institutes of Health.** (Ohsfeldt, Houston, Kreider, Co-PI's). ~\$2,500,000. Status - Not funded.
  6. *The BUILD Center of Texas.* **National Institutes of Health.** NIH Building Infrastructure Leading to Diversity (BUILD) Initiative (U54). **D. Howard (PI)**, Kreider CoI. \$8,296,597. Not funded.
  7. *Institute for Rural and Minority Health Disparities Research.* **National Institute on Minority Health and Health Disparities - Comprehensive Centers of Excellence (P60).** (R Kreider PI of submitting institution, K. McLeroy & F. Nave Co-PI's), \$6,946,138. Status – Scored but missed funding line.
  8. *Best Practices in Human Clinical Research and Experiential Learning.* **CEHD Catapult Grant.** (Co-PI) \$30,000.
  9. *Resilience and Tipping Points of Commercial Drivers' Chronic Syndemics.* **National Institutes of Health.** PA-13-302 (R01). Y. Apostolopoulos (PI), RB Kreider (Co-PI). \$1,548,352. Not funded.
  10. *Healthy Workplaces, Healthy Employees: Multi-scale Environmental Approaches to Promote Physical Activity and Reduce Sedentary Behavior.* **National Institutes for Health.** (X. Zhu PI, B Zoghi, C Lee, H Sang, M Ory, M Benden, R Kreider, S Towne, Z Li Co-PI's). \$3,597,649.00. Scored and revision prepared for re-submission. Worksite decided study to declined participation. Preparing for resubmission.
  11. *Human Biomedical Research Development Initiative.* **Texas A&M Research Development Fund.** (PI) \$1,500,000 – Not Funded.
  12. *Exercise to Reduce Collateral Damage of Metastatic Breast Cancer.* **Susan G. Komen, CCR Basic/Translational and Clinical.** K07 Research Mentor / Committee member for Dr. Jessica Clague, Assistant Professor, Division of Cancer Etiology, City of Hope, Duarte, CA. – Not Funded.
  13. *Blue Gogi Research & Development Program.* **Blue Gogi.** (PI) \$1,016,589. Verbal approval from sponsor received. Contract negotiations with the university failed.
  14. *Reshaping the Future of Work from Home in the Post-COVID-19 Era.* **TAMU X-grant.** X. Zhu (PI), X Zhang, ME Benden, C Lee, M Ory, Zoghi, SC Payne, Z. Lu, M, Zahabi, Z O'Neill, RB Kreider (CoIs). \$1,000,000, 2022 – 2023. Finalist – Not funded.
  15. *Faculty Collaborative for the Study of Women's Health and Sex Differences: Systematic Measurement of Biomarkers of Social Isolation (SYMBIOSIS): of Mice and (Wo)Men.* **TAMU X-grant.** J Gomez, M Choudhury, N Downing, H Clark, R Page, M Khan, MJ Kesterke, R Srinivasan, H Blackmon, A Selvamani, C Chen, G Han, RB Kreider, J Welsh, R Gomer, S Green, M Ping (CoIs). \$1,000,000, 2022 – 2023. Finalist – Not funded.

#### INTERNAL SUPPORT RECEIVED (SELECTED)

1. *Physiological demands of repeated ultraendurance cycling performance.* **Wellness Institute and Research Center, Old Dominion University,** (PI), \$8,000, 1990.
2. *Effects of Phosphate Loading on Swim Performance.* **Wellness Institute and Research Center, Old Dominion University,** (PI), \$1,500, 1991.
3. *Relationship of Serum Amino Acids to Central Fatigue & Immune Status during Ultraendurance Exercise and Intense Training.* **University of Memphis Faculty Research Grant,** (PI), \$4,000, 1995.
4. *Light Microscope Photodocumentation Technique for Histochemical Assessment of Human Skeletal Muscle.* **Baylor University Faculty Research Investment Program Grant,** (PI), \$23,500.00
5. Post-Doctoral Fellow – Exercise, Nutrition, and Preventive Health. **Office of the Vice Provost for Research. Baylor University.** (~\$160,000 for two years' salary and benefits).
6. *Nanoemulsion-Mediated Delivery of Citrus Terpenoids for Neuroprotection: A Potential Bioactive to Reduce the Severity of Concussion and Traumatic Brain Injury.* **TAMU T3 Grant.** (Co-PI with B Patil, GK Jayaprakasha, S Reddy), \$30,000, 2018 – 2019.
7. *Interdisciplinary Advanced Robotics Facility.* **TAMU Research Development Fund.** (PI - P Pagilla with S Dimarco, A Knap, J Worthy, J Buchanan, R Kreider, A Thomasson, A Darrell, and P Hur Co-PI's), \$1,000,000, 2018 – 2019.
8. *Ready to spin up! A multidisciplinary human-rated short-radius centrifuge facility.* **TAMU Research Development Fund.** (PI – A Diaz-Artiles, CoI's B Dunbar, S Bloomfield, M Sheffield-Moore, RB Kreider, D Zawieja, P. Bagher). \$657,853, 2020 – 2021.
9. *VPR Core Facility Support.* **Research Development Fund – Recurring Funding.** (Kreider, Core Director - PI). \$100,000 a year for up to 5 years (\$500,000).

---

---

## RESEARCH AND SCHOLARSHIP

**PUBLICATIONS** (Google Scholar – 17,919 citations; h-index 69; i10-index 162; Researchgate – 9,356 citations, 247,107 Reads, h-index 51, RG Score 48.15 [>97.5<sup>th</sup> percentile]; SCOPUS – 6,059 citations, h-index 42)

### Books

1. Kreider, R.B., A.C. Fry, and M.L. O'Toole (Eds.) **Overtraining in Sport**. Human Kinetics Publishers, Champaign, IL, 1998, 403 p. (Translated to Chinese and Japanese)
2. Williams, M.H., R.B. Kreider, and D. Branch. **Creatine: The Power Supplement**. Human Kinetics Publishers, Champaign, IL, 1999, 250 p. (Translated to Portuguese).
3. Kreider RB, Leutholtz B, Katch F, & Katch V (Eds.). **Exercise & Sport Nutrition: Principles, Promises, Research & Recommendations**. Fitness Technologies Press, Santa Barbara, CA. 2009, 560 p.
4. Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, 417 p.
5. Kreider RB, MA Márquez, DA Bonilla, JL Petro. **Principios del Ejercicio y Nutrición Deportiva: De la Ciencia a la Práctica. (Spanish)**. Cloudprinter, The Netherlands and Amazon Publishing Services, October 19, 2019, 418 p.
6. Muscogiuri, G, V Purohit, RB Kreider, S Vargas, DA Bonilla, II Pipinos. **Advances in Ketogenic Diets**. Scientific Research Publishing, Irvine CA, 2019, 209 p.
7. Kreider RB, R Cannataro, E Cione. **Principi di Nutrizione nello Sport e nell'Esercizio Fisico: dalla Scienza all'Practica (Italian)**. Amazon Publishing Services, LLC. July 6, 2020, 479 p.
8. Kreider RB, M.G. Santos. **Princípios do Exercício e Nutrição Esportiva da Ciência a Prática (Portuguese)**. Amazon Publishing Services, LLC. November 19, 2020, 475 p.

### Book Chapters and Proceedings

1. Kreider, R.B, G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance*. In **Proceedings of the First World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 488-536, 1992.
2. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 654-694.
3. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 733-778.
4. Kreider, R.B., A.C. Fry, and M.L. O'Toole. *Overtraining in sport: Terms, definitions, and prevalence*. In **Overtraining in Sport**. Kreider, R.B., A.C. Fry, and M. L. O'Toole (Eds.). Human Kinetics Publishers, Champaign, IL, pp. vii - ix, 1998.
5. Kreider, R.B. *Central fatigue hypothesis*. In **Overtraining in Sport**. Kreider, R.B., A.C. Fry, and M. L. O'Toole (Eds.). Human Kinetics Publishers, Champaign, IL, pp. 309-331, 1998.
6. Kreider, R.B. *Suplementos alimenticios y la promocion del desarrollo muscular con ejercicio de fuerza-resistencia*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:18-28, 1998. (Spanish)
7. Kreider, R.B. *Suplemencion con creatina: analisis del valor ergogenico, seguridad en el aspecto medico, y cuestionamientos*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:29-47, 1998. (Spanish)
8. Kreider, R.B. *Hipotesis de la fatiga central y el sobreentrenamiento*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:128-144, 1998. (Spanish)
9. Kreider, R.B. *Creatine supplementation in exercise and sport*. In **Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition**. J. Driskell and I. Wolinsky (Eds.) CRC Press LLC, Boca Raton, FL. 1999. pp. 213-42.
10. Kreider, R.B. *Phosphorus supplementation in exercise and sport*. In **Macroelements, Water, and Electrolytes in Sports Nutrition**. J. Driskell and I. Wolinsky (Eds.) CRC Press LLC, Boca Raton, FL. 1999. pp. 29-46.
11. Kreider, R.B. and K. Cahill. *Professional Certification*. In **Introduction to Exercise Science**. S.P. Brown (Ed.) Lippincott, Williams and Wilkins, Baltimore, MD. 2000. pp. 67-81.
12. Leutholtz, B. and R.B. Kreider. *Exercise and sport nutrition*. In **Nutritional Health**. T. Wilson and N. Temple (Eds.). Humana Press, Inc., Totowa, NJ. 2001. pp. 207 - 239.

13. Kreider, R.B. *Creatine supplementation in athletes*. In **Sport Supplements: A Complete Guide to Physique and Athletic Enhancement**. J.R. Stout and J. Antonio (Eds.). Lippincott, Williams and Wilkins, Baltimore, MD. 2001. p. 51.
14. Kreider, R.B. *Nutritional considerations of overtraining*. In **Sport Supplements: A Complete Guide to Physique and Athletic Enhancement**. J.R. Stout and J. Antonio (Eds.). Lippincott, Williams and Wilkins, Baltimore, MD. 2001. pp.199-208.
15. Kreider, R.B. *Forward*. In Fillon, M. **Ephedra Fact and Fiction**. Woodland Publishing, Orem, UT. 2004
16. Kreider, RB, Leutholtz BC, Greenwood M. *Creatine*. In **Nutritional Ergogenic Aids**. I. Wolinsky and J. Driskell (Eds.) CRC Press LLC, Boca Raton, FL. 2004. pp. 81-104.
17. Kreider RB, Leutholtz, BC. *Optimizing Nutrition for Exercise and Sports*. In **Nutritional Health**. T. Wilson, N. Temple, D.R. Jacobs (Eds.). 2nd Ed. Humana Press, Inc., Totowa, NJ. 2006. pp 313-346.
18. Kreider RB. *Creatine*. In **Sport Nutrition: Fats and Proteins**. J. Driskell (Ed.). Taylor & Francis, Oxford, UK. 2007, pp 165-186.
19. Kreider RB. *Sports Applications of Creatine*. In Antonio J, Kalman D, Stout J, Greenwood M, Willoughby D, Haff GG. **Essentials of Sport Nutrition & Supplements**. Humana Press Inc., Totowa, NJ. 2008. pp. 417-440
20. Kreider RB & CD Wilborn. *Weight management*. In: **Nutritional Concerns in Recreation, Exercise, and Sport**. J Driskell and I Wolinsky (Eds.). Taylor & Francis, Oxford, UK. 2009. pp. 167-200.
21. Kreider, RB, Oliver J, Bragg A. *Lipid Assessment of Athletes*. In **Nutritional Assessment of Athletes**, 2nd Ed. J Driskell and I Wolinsky (Eds.). CRC Press. Taylor & Francis, Oxford, UK. 2010. pp. 235-253.
22. Kreider, R.B. *Protein*. In: **NSCA Professional Application Series: Nutrition**. Human Kinetics, Champaign, IL. 2011. pp. 33-48.
23. Kreider RB, NA Schwartz, BC Leutholtz. *Optimizing Nutrition for Exercise and Sport*. In **Nutritional Health**. T. Wilson and N. Temple (Eds.). 3rd Ed. Humana Press, Inc., Totowa, NJ. 2012. pp. 391-434.
24. Kreider RB, YP Jung. *Athletes Diet*. In **Encyclopedia of Exercise in Health and Medicine**. Springer. Heidelberg, Germany. 2012, pp. 102-104.
25. Colletta A, RB Kreider. *Exercise prescription and strength and conditioning considerations*. In: **Sport Nutrition Needs for Child and Adolescent Athletes**. C. Kerkick (Ed.), Taylor & Francis. pp. 240-262, 2016.
26. Kreider RB, DS Kalman, J Antonio, TN Ziegenfuss, R Wildman, DG Candow, CM Kerkick. *Creatine*. In **Handbook of Functional Foods**. R Wildman & R Bruno, Ed., 3<sup>rd</sup> Ed. Routledge Taylor & Francis, Boca Raton, FL. 2019. pp. 267-293.
27. Vargas S, Romance R, Petro JL, Bonilla DA, Galancho I, Espinar S, Kreider RB, Benitez-Porres J. *Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial*. In: **Advances in Ketogenic Diets**. Muscogiuri, G, V Purohit, RB Kreider, S Vargas, DA Bonilla, II Pipinos, Eds. Scientific Research Publishing, Irvine CA, 2019, pp. 42-58.
28. Kreider RB, Marcello B. *The Diet Foundation*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 1-18.
29. Kreider RB, C Wilborn. *Carbohydrate*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 19-48.
30. Kreider RB, B Campell. *Protein*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 49-74.
31. Kreider RB, B Campell. *Amino Acids*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 75-116.
32. Kreider RB, B Campell. *Fat*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 117-142.
33. Kreider RB, L Taylor. *Vitamins and Minerals*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 143-172.
34. Kreider RB, C Kerkick. *Water & Fluid Replacement*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 173-188.
35. Kreider RB, L Taylor, B Marcello. *The Training Table*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 189-204.
36. Kreider RB, R Collins. *Dietary Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 205-216.
37. Kreider RB, B Campell, C Kerkick. *Muscle Building Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 217-252.
38. Kreider RB, C Kerkick. *Performance Enhancement Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 253-292.
39. Kreider RB. *Recovery Nutrition*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 293-312.

40. Kreider RB, B Campell. *Weight Loss Strategies*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 313-336.
41. Kreider RB, C Wilborn. *Weight Loss Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 336-368.
42. Kreider RB, M Greenwood, M Iosia. *Performance Enhancement Program*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 369-388.
43. Dobgenski V, Santos M G, Campbell B, & Kreider RB (2021). *The Effect of Short-term Creatine Supplementation Suppresses the Cortisol Response to a High-Intensity Swim-Sprint Workout*. In: **Highlights on Medicine and Medical Research** Vol. 14, 129–136, 2021. <https://doi.org/10.9734/bpi/hmmr/v14/9129D>.

## Refereed Journal Articles

1. Kreider, R.B. and W.R. Thompson. *Ketone bodies and ketosis in exercise*. **Annals of Sports Medicine**. 2:170-174, 1986.
2. Cundiff, D.E. and R.B. Kreider. *I tre volti di uno sport*. **Sports and Medicina**. 5:9-13, 1986. (Italian)
3. Boone, T. and R.B. Kreider. *Bicycle exercise before running: effect on performance*. **Annals of Sports Medicine**. 3:25-29, 1986.
4. Kreider, R.B., D.E. Cundiff, J.B. Hammett, C.W. Cortes, and K.W. Williams. *Effects of cycling on running performance in triathletes*. **Annals of Sports Medicine**. 3:220-225, 1988.
5. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, K.D. Johnson, J. Lamberth, and W.R. Thompson. *Lactate clearance during active and passive recovery*. **Annals of Sports Medicine**. 4:26-28, 1988.
6. Kreider, R.B., T. Boone, W.R. Thompson, S. Burkes, and C.W. Cortes. *Cardiovascular and thermal responses of triathlon performance*. **Medicine and Science in Sport and Exercise**. 20:385-390, 1988.
7. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T.A. Nasser. *Effects of phosphate loading on oxygen uptake, ventilatory anaerobic threshold, and run performance*. **Medicine and Science in Sport and Exercise**. 22:250-256, 1990.
8. Williams, M.H., R.B. Kreider, D. Hunter, C.T. Somma, L.M. Shall, M.L. Woodhouse, and L. Rokitski. *Effect of inosine supplementation on 3-mile treadmill run performance and VO<sub>2</sub> peak*. **Medicine and Science in Sport and Exercise**. 22:517-522, 1990.
9. Kreider, R.B. *Physiological considerations of ultraendurance performance*. **International Journal of Sport Nutrition**. 1:3-27, 1991.
10. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on metabolic and myocardial responses to maximal and endurance exercise*. **International Journal of Sport Nutrition**. 2:20-47, 1992.
11. Kreider, R.B. *Phosphate loading and exercise performance*. **Journal of Applied Nutrition**. 44:29-49, 1992.
12. Kreider, R.B. *A perspective on the future of applied nutrition*. **Journal of Optimal Nutrition**. 1:4-10, 1992.
13. Kreider, R.B., V. Miriel and E. Bertun. *Amino acid supplementation and exercise performance: Analysis of the proposed ergogenic value*. **Sports Medicine**. 16:190-209, 1993.
14. Kreider, R.B. and B. Leutholtz. *Nutrition for the immune system: The role of amino acids*. **Journal of Optimal Nutrition**. 2:278-291, 1993.
15. Kreider, R.B., and B. Leutholtz. *Response to the editor*. **Journal of Optimal Nutrition**. 3:140, 1995.
16. Kreider, R.B., D. Hill, G. Horton, M. Downes, S. Smith and B. Anders. *Effects of carbohydrate supplementation during intense training on dietary patterns, psychological status, and performance*. **International Journal of Sport Nutrition**. 5:125-135, 1995.
17. Kreider, R.B. *The Effect of creatine loading on muscular strength and body composition*. **Journal of Strength and Conditioning**. 17:72-73, 1995.
18. Kreider, R.B., R. Klesges, K. Harmon, P. Grindstaff, L. Ramsey, D. Bullen, L. Wood, Y. Li, and A. Almada. *Effects of ingesting supplements designed to promote lean tissue accretion on body composition during resistance training*. **International Journal of Sport Nutrition**. 6:234-246, 1996.
19. Kreider, R.B. *Central fatigue hypothesis and overtraining*. **Acta Acadamiae Olympiquae Estonia**. 4:114-141, 1996.
20. Grindstaff, P.D., R.B. Kreider, R. Bishop, M. Wilson, L. Wood, C. Alexander, and A. Almada. *Effects of creatine supplementation on repetitive sprint performance and body composition in competitive swimmers*. **International Journal of Sport Nutrition**. 7:330-346, 1997.
21. Kreider, R.B., M. Ferreira, M. Wilson, S. Plisk, J. Reinardy, and A.L. Almada. *Effects of creatine supplementation on body composition, strength and sprint performance*. **Medicine and Science in Sports and Exercise**. 30:73-82, 1998.
22. Kreider, R.B. *Creatine, the next ergogenic supplement?* In: **Sportscience Training and Technology, Internet Society for Sport Science**. 1998. Available: <http://www.sportsci.org/traintech/creatine/rbk.html>.
23. Kreider, R. B. *Creatine supplementation: Analysis of ergogenic value, medical safety, and concerns*. **Journal of Exercise Physiology Online**. 1(1): 1-12, 1998. Available: <http://www.css.edu/users/tboone2/asep/jan.htm>.

24. Plisk, S.S. and R.B. Kreider. *Creatine controversy?* **Strength and Conditioning Journal**. 21:14-23, 1999.
25. Kreider, R.B. *Dietary supplements and the promotion of muscle growth.* **Sports Medicine**. 27:97-110, 1999.
26. Kreider, R.B. *Effects of protein and amino acid supplementation on athletic performance.* **Sportscience** 3(1): 1999. Available: <http://www.sportsci.org/jour/9901/rbk.html>
27. Kreider, R.B., R.C. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon-Clayton, R. Dudley, P. Grindstaff, L. Ramsey, D. Bullen, L. Wood, and A. Almada. *Effects of nutritional supplementation during off-season college football training on body composition and strength.* **Journal of Exercise Physiology Online**. 2(2):24-39, 1999. Available: <https://www.asep.org/asep/asep/aprilr.htm>
28. Cowan, P.A., R.B. Kreider, and D. Hathaway. *Heart rate variability and exercise capacity in women: A nonlinear analysis.* **Complexity and Chaos in Nursing**. 4(Summer):13-21, 1999.
29. Kreider, R.B., M. Ferreira, M. Wilson, and A.L. Almada. *Effects of calcium B-hydroxy B-methylbutyrate (HMB) supplementation during resistance-training on markers of catabolism, body composition and strength.* **International Journal of Sports Medicine**. 20:503-9, 1999.
30. Greenwood, M., J. Farris, R. Kreider, L. Greenwood, and A. Byars. *Creatine supplementation patterns and perceived side effects in select division I collegiate athletes.* **Journal of Clinical Sports Medicine**. 10:191-194, 2000.
31. Kreider, R.B., M. Ferreira, M. Greenwood, M. Wilson, P. Grindstaff, S. Plisk, J. Reinardy, C. Cantler, and A.L. Almada. *Effects of calcium B-HMB supplementation during training on markers of catabolism, body composition, strength and sprint performance.* **Journal of Exercise Physiology Online**. 3(4), 2000.
32. Kreider, R.B., and S.M. Kleiner. *Protein supplements for athletes: need vs. convenience.* **Your Patient and Fitness**. 14(6): 12-18, 2000.
33. Incledon, T., and R.B. Kreider. *Creatine alpha-ketoglutarate is experimentally unproven.* **Journal of Sports Medicine and Physical Fitness**. 40(4):373-6, 2000.
34. Kreider, R.B. *Directions for the future.* **Professionalization of Exercise Physiology**. 4(10), 2001. Available: <http://www.css.edu/users/tboone2/asep/DirectionsForTheFuture.html>
35. Greenwood, M., R.B. Kreider, C. Rasmussen, A.L. Almada, and C.P. Earnest. *D-Pinitol augments whole body creatine retention in man.* **Journal of Exercise Physiology Online**. 4(4):41-47, 2001. Available: <http://www.css.edu/users/tboone2/asep/GreenwoodNOVEMBER2001.pdf>.
36. Kreider, R.B., C.J. Rasmussen, S.L. Lancaster, C. Kerkick, and M. Greenwood. *Honey: An alternative sports gel.* **Strength and Conditioning Journal**. 24(1): 50, 2001.
37. Kreider, R.B., M.P. Ferreira, M. Greenwood, M. Wilson, and A.L. Almada. *Effects of conjugated linoleic acid (CLA) supplementation during resistance training on body composition, bone density, strength, and selected hematological markers.* **Journal of Strength and Conditioning Research**. 16(3):325-334, 2002.
38. Kreider R.B. *Creatine concerns and links to steroid abuse unfounded.* **Pediatrics**. Available at: <http://www.pediatrics.org/cgi/eleletters/108/2/421>
39. Kreider R.B., Burke E.R., Clark J.F., Earnest C., Greenwood M., Harris R., Kalman D.S., Kleiner S.M., Serrano E., Volek J.S., Ziegenfuss T.N., Willoughby D.S., Bailes J.E., Cantu R.C., Day A.L. *The neurosurgeon in sport: awareness of risks of heatstroke and dietary supplements.* **Journal of Neurosurgery**. 52:252-7, 2003.
40. Kreider, R.B. *Effects of creatine supplementation on performance and training adaptations.* **Molecular and Cellular Biochemistry**. 244:89-94, 2003.
41. Kreider, R.B., C. Melton, C.J. Rasmussen, M. Greenwood, S. Lancaster, E.C. Cantler, P. Milnor, and A.L. Almada. *Long-term creatine supplementation does not significantly affect clinical markers of health in athletes.* **Molecular and Cellular Biochemistry**. 244:95-104, 2003.
42. Greenwood, M., R.B. Kreider, C. Melton, C. Rasmussen, S. Lancaster, E. Cantler, P. Milnor, and A. Almada. *Creatine supplementation during college football training does not increase the incidence of cramping or injury.* **Molecular and Cellular Biochemistry**. 244:83-88, 2003.
43. Kreider, R.B., C. Melton, M. Greenwood, C. Rasmussen, J. Lundberg, C. Earnest, A. Almada. *Effects of oral D-ribose supplementation on anaerobic capacity and selected metabolic markers in healthy males.* **International Journal of Sport Nutrition & Exercise Biochemistry**. 13:76-86, 2003.
44. Kreider R.B., Burke E.R., Clark J.F., Earnest C., Greenwood M., Harris R., Kalman D.S., Kleiner S.M., Serrano E., Volek J.S., Ziegenfuss T.N., Willoughby D.S., Bailes J.E., Cantu R.C., Day A.L. *The neurosurgeon in sport: awareness of risks of heatstroke and dietary supplements.* **Journal of Neurosurgery**. 52:252-7, 2003.
45. Kalman D.S., Antonio J., Kreider R.B. *The relative safety of ephedra compared with other herbal products.* **Annals of Internal Medicine**. 138(12):1006-7, 2003.
46. Kreider R.B., Greenwood M. *Kreatyna.* **Sport Wyczynow**. NR 1-2(457-458): 17-23, 2003 (Polish).
47. Greenwood M., Kreider R., Earnest C., Rasmussen C., Almada A. *Differences in creatine retention among three nutritional formulations of oral creatine supplements.* **Journal of Exercise Physiology: Online**. 6(2):37-43, 2003.
48. Kreider R.B., Almada A.L., Antonio J., Broeder C., Earnest C., Greenwood L., Greenwood M., Incledon T., Kalman D., Kerkick C., Kleiner S., Leutholtz B., Lowery L.M., Mendel R., Rasmussen C.J., Stout J.R., Weir J.P., Willoughby D.S.,

- Ziegenfuss TN. *Exercise & Sport Nutrition: A Balanced Perspective for Exercise Physiologists*. **Professionalization in Exercise Physiology**. 6(8): 2003.
49. Kreider RB. *Species specific responses to creatine supplementation*. **American Journal of Physiology: Regulatory, Integrative and Comparative Physiology**. 285: R725-R726, 2003.
  50. Greenwood M, Kreider R, Greenwood L, Byars A. *Cramping and injury incidence in collegiate football players are reduced by creatine supplementation*. **Journal of Athletic Training**. 38(3):216-9, 2003.
  51. Greenwood M, Kreider R, Greenwood L, Byars A. *Creatine supplementation does not increase the incidence of injury or cramping in college baseball players*. **Journal of Exercise Physiology online**. 6(4):16-22, 2003.
  52. Kreider RB, Willoughby D, Greenwood M, Parise G, Payne E, Tarnopolsky MA. *Effects of serum creatine supplementation on muscle creatine content*. **Journal of Exercise Physiology online**. 6(4):24-33, 2003.
  53. Fry AC, Schilling BK, Chiu LCF, Weiss LW, Kreider RB, Rasmussen C. *Muscle Fiber and Performance Adaptations to Resistance Exercise with MyoVive, Colostrum or Casein and Whey Supplementation*. **Research in Sports Medicine**. 11(2):109-120, 2003.
  54. Kreider RB, Almada AL, Antonio J, Broeder C, Earnest C, Greenwood M, Incledon T, Kalman DS, Kleiner SM, Leutholtz B, Lowery LM, Mendel R, Stout JR, Willoughby DS, Ziegenfuss TN. *ISSN exercise & sport nutrition review: Research & recommendations*. **Journal of the International Society of Sports Nutrition**. 1(1):1-44, 2004
  55. Earnest EP, Lancaster S, Rasmussen C, Kerksick C, Lucia A, Greenwood M, Almada A, Cowan P, Kreider R. *Low versus high glycemic index carbohydrate gel ingestion during simulated 64-km cycling time trial*. **Journal of Strength and Conditioning Research**. 18(3):466-72, 2004.
  56. Wilborn CD, Kerksick CM, Campbell BI, Taylor LW, Marcello BM, Rasmussen CJ, Greenwood MC, Almada AL, Kreider RB. *Effects of zinc magnesium aspartate (ZMA) supplementation on training adaptations and markers of anabolism and catabolism*. **Journal of the International Society of Sports Nutrition**. 1(2):12-20, 2004.
  57. Weiss LW, Wood LE, Fry AC, Kreider RB, Relyea GE, Bullen DB, Grindstaff PD. *Strength/power augmentation subsequent to short-term training abstinence*. **Journal of Strength and Conditioning Research**. 18(4):765-70, 2004.
  58. Koh-Banerjee PK, Ferreira MP, Greenwood M, Bowden R, Cowan PN, Almada AL, Kreider RB. *Effects of calcium pyruvate supplementation during training on body composition, exercise capacity, and metabolic responses to exercise*. **Nutrition**. 21(3):312-9, 2005.
  59. Wilborn C, Beckham J, Campbell B, Harvey T, Galbreath M, La Bounty P, Nassar E, Wismann J, Kreider R. *Obesity: Prevalence, Theories, Medical Consequences, Management, and Research Directions*. **Journal of the International Society of Sport Nutrition**. 2(2):4-31, 2005.
  60. Antonio J, Gann M, Kalman D, Katch F, Kleiner S, Kreider R, Willoughby D. *ISSN Roundtable: FAQs about the ISSN*. **Journal of the International Society of Sport Nutrition**. 2/2/1, 2005.
  61. Henderson S, B Magu, C Rasmussen, S Lancaster, C Kerksick, P Smith, C Melton, P Cowan, M Greenwood, C Earnest, A Almada, P Milnor, T Magrans, R Bowden, S Ounpraseuth, A Thomas, & R Kreider. *Effects of colesu forskohlii supplementation on body composition and hematological profiles in mildly overweight women*. **Journal of the International Society of Sport Nutrition**. 2(2):54-62, 2005.
  62. Kerksick, C., C. Rasmussen, B. Leutholtz, R. Bowden, T. Harvey, C. Earnest, M. Greenwood, A. Almada, & R. Kreider. *Effects of ribose supplementation prior to and during intense exercise on anaerobic capacity and metabolic markers*. **International Journal of Sport Nutrition & Exercise Biochemistry**. 15(6): 653-664, 2005.
  63. Kerksick, C., C. Rasmussen, S. Lancaster, B. Magu, P. Smith, C. Melton, M. Greenwood, A. Almada, C. Earnest & R. Kreider. *Effects of protein and amino acid supplementation on resistance training adaptations*. **Journal of Strength and Conditioning Research**. 20(3): 643-653, 2006. PMID: 16937979
  64. Campbell B, Roberts M, Kerksick C, Wilborn C, Marcello B, Taylor L, Greenwood M, Kreider R. *Pharmacokinetics, safety and effects on exercise performance of L-Arginine Alpha-Ketoglutarate in trained adult men*. **Nutrition**. 22:872-881, 2006. PMID: 16928472
  65. Mamus RT, dos Santos MG, Campbell B, Kreider RB. *Biochemical effects of carbohydrate supplementation in a simulated competition of short terrestrial duathlon*. **Journal of the International Society of Sports Nutrition**. 3(2):6-11, 2006. PMID: 18500973
  66. Wilborn CD, Taylor LW, Campbell BI, Kerksick C, Rasmussen CJ, Greenwood M, Kreider RB. *Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide supplementation on training adaptations in resistance-trained males*. **Journal of the International Society of Sports Nutrition**. 3(2):19-27, 2006. PMID: 18500969
  67. Kreider, R. *Journal of the International Society of Sports Nutrition: a new era begins*. **Journal of the International Society of Sports Nutrition**. 4/1, 2007. PMID: 17908337
  68. dos Santos MG, Kreider RB. *Efeito da suplementação com creatina nos exercícios aeróbios*. **SIIC Salud**. Available: <http://www.siicosalud.com/dato/dat053/07913004.htm>.
  69. Kerksick C, Rasmussen C, Lancaster S, Starks M, Smith P, Melton C, Greenwood M, Almada A, Kreider R. *Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training*. **Nutrition**. 23(9):647-656, 2007. PMID: 17679046

70. Buford TW, Kreider RB, Stout JR, Greenwood M, Campbell B, Spano M, Ziegenfuss T, Lopez H, Landis J, Antonio. *International Society of Sports Nutrition Position Stand: Creatine Supplementation and Exercise. Journal of the International Society of Sports Nutrition.* 4/6, 2007. PMID: 17908288
71. Campbell C, Kreider RB, Ziegenfuss T, La Bounty P, Roberts M, Burke D, Landis J, Lopez H, Antonio J. *International Society of Sports Nutrition Position Stand: Protein and Exercise. Journal of the International Society of Sports Nutrition.* 4/8, 2007. PMID: 17908291
72. Rohle D, Wilborn C, Taylor L, Mulligan C, Kreider R, Willoughby D. *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.* 4/13, 2007. PMID: 17949492
73. Nassar E, Mulligan C, Taylor L, Kerkick, C, Galbreath M, Greenwood M, Kreider R, Willoughby DS. *Effects of a single dose of N-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.* 4/14, 2007. PMID: 17956623
74. Kreider RB, Earnest CP, Lundberg J, Rasmussen C, Greenwood M, Cowan P, Almada AL. *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.* 4/18, 2007. PMID: 17997840
75. Roberts MD, Iosia M, Kerkick CM, Taylor LW, Campbell B, Wilborn CD, Harvey T, Cooke M, Rasmussen C, Greenwood M, Wilson R, Willoughby DS, Kreider RB. *Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. Journal of the International Society of Sports Nutrition.* 4/21, 2007. PMID: 18045476
76. Roberts MD, Taylor LW, Wismann JA, Wilborn CD, Kreider RB, Willoughby DS. *Effects of ingesting JavaFit™ Energy Extreme functional coffee on aerobic and anaerobic fitness markers in college-aged caffeine consumers. Journal of the International Society of Sports Nutrition.* 4/25, 2007. PMID: 18045476
77. Cooke M, M Iosia, T Buford, B Shelmadine, G Hudson, C Kerkick, C Rasmussen, M Greenwood, B Leutholtz, D Willoughby, Richard Kreider. *Effects of acute and chronic coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. Journal of the International Society of Sports Nutrition.* 5/8, 2008. PMID: 18318910
78. Campbell B & RB Kreider. *Conjugated linoleic acids. Current Sports Medicine Reports.* July/ Aug; 7(4):237-41, 2008. PMID: 18607227
79. Kerkick C, Harvey T, Stout J, Campbell B, Wilborn C, Kreider R, Kalman D, Ziegenfuss T, Lopez H, Landis J, Ivy J, Antonio J. *International Society of Sport Nutrition position stand: Nutrient timing. Journal of the International Society of Sports Nutrition.* 5/1/17, 2008. PMID: 18834505
80. Jitomir J, Nassar E, Culbertson J, Moreillon J, Buford T, Hudson G, Cooke M, Kreider R, Willoughby DW. *The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. Journal of the International Society of Sports Nutrition.* 5/1/23, 2008. PMID: 19087290
81. Spillane M, Schoch R, Cooke M, Harvey T, Greenwood M, Kreider R, Willoughby DS. *The effects of creatine ethyl ester supplementation combined with heavy resistance training on body composition, muscle performance, and serum and muscle creatine levels. Journal of the International Society of Sports Nutrition.* 6/1/6, 2009. PMID: 19228401
82. Kerkick CM, Wilborn C, Campbell B, Roberts M, Rasmussen C, Greenwood M, Kreider R. *Early phase adaptations to a split-body, linear periodization resistance training program in college-aged and middle-aged men. Journal of Strength and Conditioning Research.* 23(3):962-71, 2009. PMID: 19387379
83. Kerkick C, Thomas A, Taylor L, Campbell W, Wilborn C, Marcello B, Roberts M, Pfau E, Grimstvedt M, Opusunju J, Magrans T, Rasmussen C, Kreider R. *Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. Nutrition and Metabolism.* 6/1/23, 2009. PMID: 19442301
84. Kreider R, Campbell B. *Protein for exercise and recovery. Physician and Sportsmedicine.* 37(2):13-21, 2009. PMID: 20048505
85. Wilborn CD, Taylor LW, Greenwood M, Kreider RB, Willoughby DS. *Effects of different intensities on resistance exercise and regulators of myogenesis. Journal of Strength and Conditioning Research.* 23(8):2179-87, 2009. PMID:19826309
86. Kerkick C, Wilborn C, Campbell W, Harvey T, Marcello B, Roberts M, Parker A, Byars, A, Greenwood L, Almada A, Kreider R, Greenwood M. *The effects of creatine monohydrate supplementation with and without D-Pinitol on resistance training adaptations. Journal of Strength and Conditioning Research.* 23(9):2673-82, 2009. PMID:19858753
87. Kerkick CM, Kreider R, Willoughby D. *Intramuscular adaptations to eccentric exercise and antioxidant supplementation. Amino Acids,* 39(1):219-32, 2010. PMID: 19967420
88. Dalbo VJ, Roberts MD, Tucker PS, Lockwood C, Kreider RB, Kerkick CM. *The effects of age on skeletal muscle and the phosphocreatine energy system: Can creatine supplementation help older adults. Dynamic Medicine,* 8:6, 2009. PMID: 20034396

89. Goldstein E, Ziegenfuss T, Kalman D, Kreider R, Campbell B, Wilborn C, Taylor L, Willoughby D, Stout J, Graves BS, Wildman R, Ivy JL, Spano M, Smith A, Antonio J. *International society of sports nutrition position stand: caffeine and exercise*. **Journal of the International Society of Sports Nutrition**. 7/1/5, 2010. PMID: 20205813
90. Culbertson J, Kreider RB, Greenwood M, Cooke M. *Effects of beta-alanine on muscle carnosine and exercise: a review of the current literature*. **Nutrients**. 2(1):75-98, 2010.
91. Kreider RB, Wilborn CD, Taylor L, Campbell B, Almada AL, Collins R, Cooke M, Earnest CP, Greenwood M, Kalman DS, Kerksick C, Kleiner SM, Leutholtz B, Lopez H, Lowery LM, Mendel R, Smith A, Spano M, Wildman R, Willoughby DS, Ziegenfuss TN, Antonio J. *ISSN exercise and sports nutrition review: research and recommendations*. **Journal of the International Society of Sports Nutrition**. 7/1/7, 2010. PMID: 20181066
92. Poole C, Bushey B, Foster C, Campbell B, Willoughby D, Kreider R, Taylor L, Wilborn C. *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**. 7:34, 2010. PMID: 20979623
93. Wilborn C, Taylor L, Poole C, Foster C, Willoughby D, Kreider R. *Effects of a purported aromatase & 5  $\alpha$ -reductase inhibitor on hormone profiles in college aged males*. **International Journal of Sport Nutrition and Exercise Metabolism**. 20:457-65, 2010. PMID:21116018
94. Kerksick CM, Wismann J, Fogt D, Thomas A, Taylor L, Campbell B, Wilborn C, Harvey T, Roberts M, La Bounty P, Galbreath M, Marcello B, Rasmussen C, Kreider R. *Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women*. **Nutrition Journal**. 9:59, 2010. PMID: 21092228.
95. Jäger R, Purpura M, Shao A, Inoue T, Kreider RB. *Analysis of the efficacy, safety, and regulatory status of novel forms of creatine*. **Amino Acids**. DOI 10.1007/s00726-011-0874-6, March 22, 2011. PMID: 21424716.
96. La Bounty PM, BI Campbell, J Wilson, E Galvan, J Berardi, SM Kleiner, RB Kreider, JR Stout, T Ziegenfuss, M Spano, A Smith, J Antonio. *International Society of Sports Nutrition Position Stand: Meal Frequency*. **Journal of the International Society of Sports Nutrition**. 16:8(1), 2011. PMID: 21410984.
97. Kreider RB, M Serra, KM Beavers, J Moreillon, JY Kresta, M Byrd, JM Oliver, J Gutierrez, G Hudson, E Deike, B Shelmadine, P Leeke, C Rasmussen, M Greenwood, M Cooke, C Kerksick, JK Campbell, J Beiseigel, SS Jonnalagadda. *A structured diet and exercise program promotes favorable changes in weight loss, body composition, and weight maintenance*. **Journal of the American Dietetic Association**. 111(6):828-43, 2011. PMID: 21616195.
98. Taylor L, C Poole, E Pena, M Lewing, R Kreider, C Foster, C Wilborn. *Effects of combined creatine plus fenugreek extract vs. creatine plus carbohydrate supplementation on resistance training adaptations*. **Journal of Sport Sciences and Medicine**. 10:254-260, 2011.
99. Kreider RB, Rasmussen C, Kerksick CM, Wilborn C, Taylor L, Campbell B, Magrans-Courtney T, Fogt D, Ferreira M, Li R, Galbreath M, Iosia M, Cooke M, Serra M, Gutierrez J, Byrd M, Kresta JY, Simbo S, Oliver J, Greenwood M. *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*. **The Physician and Sportsmedicine**. 39:2, May 2011. DOI: 10.3810/psm.2011.05.1893. PMID: 21673483
100. Magrans-Courtney T, C Wilborn, C Rasmussen, M Ferreira, L Greenwood, B Campbell, CM Kerksick, E Nassar, R Li, M Iosia, M Cooke, K Dugan, D Willoughby, L Soliah, RB Kreider. *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**. 8:8, 2011. PMID: 21689421
101. Bunn J, TW Buford, M Serra, R Kreider, D Willoughby. *Protein and amino acid supplementation does not alter proteolytic gene expression following immobilization*. **Journal of Nutrition and Metabolism**. Volume 2011 (2011), Article ID 539690, doi:10.1155/2011/539690. PMID: 21845220
102. Kreider RB and YP Jung. *Creatine supplementation in exercise, sport, and medicine*. **Journal of Exercise Nutrition and Biochemistry**. 15(2):53-69, 2011. DOI: 10.5717/jenb.2011.15.1.053.
103. Kreider RB, M Iosia, M Cooke, G Hudson, C Rasmussen, H Chen, O Mollstedt, M Tsai. *Bioactive properties and clinical safety of a novel milk protein peptide*. **Nutrition Journal**. 10:99, 2011. PMID: 21943352
104. Parker AG, JJ Gordon, AD Thornton, A Byars, J Lubker, M Bartlett, M Byrd, J Oliver, S Simbo, C Rasmussen, M Greenwood, RB Kreider. *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**. 8:16, 2011. PMID: 22017963
105. Byrd M and RB Kreider. *Dietary proteins for muscle recovery*. **Agro Food Industry Hi Tech**. 22(6), 4-6, 2011.
106. Taylor LW, CD Wilborn, RB Kreider, DS Willoughby. *Effects of resistance exercise intensity on ERK 1/2 MAPK activation in males*. **Journal of Strength & Conditioning Research**. 26(3):599-607, 2012. PMID: 22343976
107. Jagim AR, Oliver JM, Sanchez A, Galvan E, Fluckey J, Riechman S, Greenwood M, Kelly K, Meininger C, Rasmussen C, Kreider RB. *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**. 9:43. 2012. PMID: 22971354.

108. Campbell B, Wilborn C, La Bounty P, Taylor L, Nelson MT, Greenwood M, Ziegenfuss TN, Lopez HL, Hoffman JR, Stout JR, Schmitz S, Collins R, Kalman DS, Antonio J, Kreider RB. *International Society of Sports Nutrition position stand: energy drinks*. **Journal of the International Society of Sports Nutrition**. 2013 Jan 3;10(1):1. PMID: 23281794.
109. Kerkick CM, MD Roberts, VJ Dalbo, RB Kreider, DS Willoughby. *Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage*. **Food and Chemical Toxicology**. 61: 47-52, 2013. PMID: 23376779
110. Wilson JM, PJ Fitshen, B Campbell, GJ Wilson, N Zanchi, L Taylor, C Wilborn, DS Kalman, JR Stout, JR Hoffman, TN Ziegenfuss, HL Lopez, RB Kreider, AE Smith-Ryan, J Antonio. *International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate*. **Journal of the International Society of Sports Nutrition**. 2013, 10/6. PMID: 23374455.
111. Oliver, JM, AR Jagim, AC Sanchez, MA Mardock, KA Kelly, HJ Meredith, GL Smith, M Greenwood, JL Parker, SE. Riechman, JD Fluckey, SF Crouse, RB Kreider. *Greater gains in strength and power with intra-set rest intervals in hypertrophic training*. **Journal of Strength & Conditioning Research**. 27(11):3116-31, 2013. PMID: 23736782.
112. Antonio J, Kalman D, Kreider R. *Annual acknowledgement of manuscript reviewers*. **Journal of the International Society of Sports Nutrition**. 10(1):12, 2013. PMID: 23777355.
113. Antonio J, Kalman D, Kreider R. *Annual acknowledgement of manuscript reviewers*. **Journal of the International Society of Sports Nutrition**. 2014 Jan 17;11(1). PMID: 24433415.
114. Kerkick CM1, Mayhew JL, Grimstedt ME, Greenwood M, Rasmussen CJ, Kreider RB. *Factors which 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 & Conditioning Research**. 28(5): 1246-54, 2014. PMID: 24476779.
115. Chen HYF, O Mollstedt, MH Tsai, RB Kreider. *Clinical applications of multi-functional milk proteins & peptides in cancer management*. **Current Medicinal Chemistry**. 21(21):2424-37, 2014. PMID: 24524762.
116. Oliver JM, AR Jagim, I Pischel, R Jäger, M Purpura, A Sanchez, J Fluckey, S Riechman, M Greenwood, K Kelly, C Meininger, C Rasmussen, RB Kreider. *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**. 11(1)L6, 2014. PMID: 24568653.
117. Ferreira MP, Li R, Cooke M, Kreider RB, Willoughby DS. *Peri-exercise coingestion of branched-chain amino acids and carbohydrate does not preferentially augment resistance exercise-induced increases in PI3K/Akt-mTOR pathway markers indicative of muscle protein synthesis*. **Nutrition Research**. 34(3):191-98, 2014. PMID:24655485
118. Cooke MB, B Brabham, TW Buford, BD Shelmadine, M McPheeters, GM Hudson, C Stathis, M Greenwood, RB Kreider, DS Willoughby. *Creatine supplementation post exercise does not enhance training-induced adaptations in middle to older aged males*. **European Journal of Applied Physiology**. 114(6):1321-32, 2014. PMID: 24633488.
119. Koozehchian MS, F Nazem, RB Kreider, WJ Roberts, TM Best, Y Rong L Zuo. *The role of exercise training on lipoprotein profiles in adolescent males*. **Lipids in Health and Disease**. 2014, 13:95. doi:10.1186/1476-511X-13-95. PMID: 24912476.
120. Ataee J, MS Koozehchian, RB Kreider, L Zuo. *Effectiveness of accommodation and constant resistance training on maximal strength and power in trained athletes*. **PeerJ** 2:e441, 2014. <http://dx.doi.org/10.7717/peerj.441>. PMID: 25024910.
121. Dobgenski V, Santos MGD, Campbell B, Kreider R. *Short-term creatine supplementation suppresses the cortisol response to a high-intensity swim-sprint workout*. **J Nutr Health Sci**. 1: 204, 2014. doi: 10.15744/2393-9060.1.204
122. Kresta JY, JM Oliver, AR Jagim, J Fluckey, S Riechman, K Kelly, C Meininger, SU Mertens-Talcott, C Rasmussen, RB Kreider. *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**. 11:55, 2014. PMID: 25505854.
123. Jagim A, K Levers, E Galvan, D Joubert, C Rasmussen, M Greenwood, RB Kreider. *Effects of an ultra-endurance event on body composition, exercise performance and markers of clinical health: A case study*. **Bioenergetics: Open Access**. 3(3), 3(3): 2014. <http://dx.doi.org/10.4172/2167-7662.1000119>.
124. Keiper P., R.B. Kreider. *Developing and sustaining online and distance education programs in health & kinesiology*. **Kinesiology Review**. 3:217-220, 2014. <http://dx.doi.org/10.1123/kr.2014-0065>.
125. Kim KL, JH Kim, TW Kim, RB Kreider. *The effects of aqua Tai Chi exercise on functional fitness in elderly women*. **Journal of the Korean Gerontological Society**. 34:4, 737-750, 2014. (Korean)
126. Li R, Ferreira M P, Cooke M B, La Bounty P, Campbell B, Greenwood M, Willoughby DS, Kreider, RB. *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**. 47(6):1203-13, 2015. PMID: 25740607.
127. Antonio J, Kalman D, Kreider R. *Annual acknowledgement of manuscript reviewers 2014*. **Journal of the International Society of Sports Nutrition**. 12(17): 2015. PMID: 25834479.
128. Trexler ET, AE Smith-Ryan, JR Stout, JR Hoffman, CD Wilborn, C Sale, RB Kreider, R Jager, CP Earnest, L

- Bannock, B Campbell, D Kalman, TN Ziegenfuss, J Antonio. *International society of sports nutrition position stand: Beta Alanine*. **Journal of the International Society of Sports Nutrition**. 12(30): 2015. PMID: 26175657.
129. Lockard B, JO Oliver, C Goodenough, C Rasmussen, M Greenwood, CP Earnest, RB Kreider. *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**. Metab Syndr Relat Disord. 4(4):228-37, 2016. PMID: 26554616.
130. Levers K, E Galvan, C Goodenough, A O'Connor, S Simbo, N Barringer, SU Mertens-Talcott, C Rasmussen, M Greenwood, S Riechman, S Crouse, RB Kreider. *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 Nov 16;12:41. doi: 10.1186/s12970-015-0102-y. PMID: 26578852.
131. Coletta A, RB Kreider. *Genetic profiling for weight loss: potential candidate genes*. **Bioenergetics: Open Access**. 4: 2, 2015. doi: 10.4172/2167-7662.1000126.
132. Antonio J, Kalman D, Kreider R. *Annual acknowledgement of manuscript reviewers 2015*. **Journal of the International Society of Sports Nutrition**. 13(5): 2016. PMID: 27034623.
133. Galvan E, Walker DK, Simbo SY, Dalton R, Levers K, O'Connor A, Goodenough C, Barringer ND, Greenwood M, Rasmussen C, Smith SB, Riechman SE, Fluckey JD, Murano PS, Earnest CP, Kreider RB. *Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance*. **J Int Soc Sports Nutr**. 13:12, 2016. PMID: 27034623.
134. Fernandez-Gonzalo R, PA Tesch, RM. Linnehan, R Kreider, Di Salvo V, Suarez-Arrones, Xavier Alomar L, Mendez-Villanueva A, Rodas G. *Individual muscle use, assessed by functional MRI, in exercises aimed at preventing hamstring injury in soccer players*. **International Journal of Sports Medicine**. 37(7):559-64, 2016. doi: 10.1055/s-0042-100290. Epub 2016 Apr 26., 2016. PMID: 27116347.
135. Levers K, Dalton R, Galvan E, O'Connor A, Goodenough C, Simbo S, Mertens-Talcott SU, Rasmussen C, Greenwood M, Riechman S, Crouse S, Kreider RB. *Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals*. **J Int Soc Sports Nutr**. 26;13:22, 2016. doi: 10.1186/s12970-016-0133-z. PMID: 27231439.
136. Barringer ND, RS Kotwal, MD Lewis, LK Funderburk, TR Elliott, SF Crouse, SB Smith, M Greenwood, RB Kreider. *Fatty acid blood levels, Vitamin D status, physical performance, activity, and resiliency: a novel potential screening tool for depressed mood active soldiers*. **Military Medicine**. 181(9):1114-20, 2016. PMID: 27612362.
137. Mendez-Villanueva A, L Suarez-Arrones, G Rodas, R Fernandez-Gonzolo, P Tesch, R Linnehan, R Kreider, V Di Salvo. *MRI-based regional muscle use during hamstring strengthening exercises in elite soccer players*. **PLOS ONE**. September 1, 2016, DOI: 10.1371/journal.pone.0161356. PMID: 27583444.
138. Kreider RB, P McCullagh. *Innovation and entrepreneurship in a time of shrinking budgets*. **Kinesiology Review**. 5(4): 201-204, 2016. doi: <http://dx.doi.org/10.1123/kr.2016-0016>.
139. Carter JR, P McCullagh, R Kreider. *Innovation and entrepreneurship in kinesiology: survey results from the 2016 workshop*. **Kinesiology Review**. 5(4): 205-214, 2016. doi: <http://dx.doi.org/10.1123/kr.2016-0017>.
140. Gordon SE, JB Bartholomew, RB Kreider, RF Zernicke, ME Rudisull. *Internal and external resource generation*. **Kinesiology Review**. 4(5): 235-243, 2016. doi: <http://dx.doi.org/10.1123/kr.2016-0021>, 2016.
141. Salgueirosa FdM, MGd Santos, R Kreider. *Influence of Insulin Resistance on the Balance between Carbohydrate and Fat Utilization at Rest and in progressive Intensity Exercise*. **Journal of Nutrition and Health**. 2(1):5, 2016.
142. Dobgenski V, Santos MGd, Kreider R. *Effects of Creatine Supplementation in the Concentrations of Creatine Kinase, Creatinine, Urea and Lactate on Male Swimmers*. **Journal of Nutrition and Health**. 2(1):5, 2016.
143. Baetge C, CP Earnest, B Lockard, A Coletta, E Galvan, C Rasmussen, K Levers, S Simbo, YP Jung, M Koozechian, M Byrd, J Oliver, R Dalton, B Sanchez, M Byrd, D Khanna, A Jagim, J Kresta, M Greenwood, RB Kreider. *Efficacy of a randomized trial examining commercial weight loss programs on metabolic syndrome in overweight and obese women*. **Applied Physiology, Nutrition, and Metabolism**. 10.1139/apnm-2016-0456. PMID: 28044449.
144. Jung YP, CP Earnest, M Koozechian, E Galvan, R Dalton, D Walker, C Rasmussen, P Murano, M Greenwood, RB Kreider. *Effects of acute ingestion of a pre-workout dietary supplement with and without p-synephrine on resting energy expenditure, cognitive function and exercise performance*. **Journal of the International Society of Sports Nutrition**. 14:3, 2017. PMID: 28096758
145. Jung P, CP Earnest, M Koozechian, M Cho, N Barringer, D Walker, C Rasmussen, M Greenwood; PS Murano, RB Kreider. *Effects of ingesting a pre-workout dietary supplement with and without synephrine for 8 weeks on training adaptations in resistance-trained males*. **Journal of the International Society of Sports Nutrition**. 14:1, 2017. PMID: 28096757
146. Koozechian M, CP Earnest, PY Jung, B Collins, R Dalton, S Shin, R Sowinski, C Rasmussen, P Murano, M Greenwood, RB Kreider. *Dose response to one week of supplementation of a multi-ingredient pre-workout supplement containing caffeine prior to exercise*. **Journal of Caffeine Research**. 7(3): 81-94, 2017.
147. Kreider RB, DS Kalman, J Antonio, TN Ziegenfuss, R Wildman, R Collins, DG Candow, SM Kleiner, AL Almada, HL Lopez. *International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in*

exercise, health, and medicine. **Journal of the International Society of Sports Nutrition.** 14:18, 2017. PMID: 28615996

148. Jäger R, CM Kerksick, BI Campbell, PJ Cribb, SD Wells, TM Skwiat, M Purpura, TN Ziegenfuss, AA Ferrando, SM Arent, AE Smith-Ryan, JR Stout, PJ Arciero, MJ Ormsbee, LW Taylor1, CD Wilborn, DS Kalman, RB Kreider, DS Willoughby, L Breen, JR Hoffman, J Antonio. *International Society of Sports Nutrition position stand: protein and exercise.* **Journal of the International Society of Sports Nutrition.** 14:20, 2017. PMID: 28642676. Translated to Japanese, 2019.
149. Mendez-Villanueva A, L Suarez-Arrones, G Rodas, R Fernandez-Gonzalo, P Tesch, R Linnehan, R Kreider, V Di Salvo. *Regional Muscular Use Based on MRI During Hamstring Strengthening Exercises in Elite Soccer Players.* **Sports Training Magazine.** 31 (2): 2017. (PLOS One article translated to Spanish and published with permission)
150. Collins PB, CP Earnest, RL Dalton. RJ Sowinski. TJ Grubic. CJ Favot, AM Coletta, C Rasmussen, M Greenwood, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Exercise Performance and Recovery.* **Nutrients.** 9(8), 823, 2017. PMID: 28763003.
151. Kerksick CM, S Arent, BJ Schoenfeld, JR Stout, B Campbell, CD Wilborn, L Taylor, D Kalman, AE Smith-Ryan, RB Kreider, D Willoughby, PJ Arciero, TA VanDusseldorp, MJ Ormsbee, R Wildman, M Greenwood, TN Ziegenfuss, AA Aragon, J Antonio. *International society of sports nutrition position stand: nutrient timing.* **Journal of the International Society of Sports Nutrition.** 14:33, 2017. PMID: 28919842. Translated to Japanese, 2019.
152. Khanna D, C Baetge, S Simbo, B Lockard, E Galvan, YP Jung, M Koozehchian, R Dalton, M Byrd, C Rasmussen, M Greenwood, RB Kreider. *Effects of diet and exercise-induced weight loss in sedentary obese women on inflammatory markers, resistin, and visfatin.* **Journal of Nutrition and Obesity.** 1:102, 2017.
153. Dalton RL, RJ Sowinski, TJ Grubic, PB Collins, AM Coletta, A Reyes, B Sanchez, M Koozehchian, YP Jung, C Rasmussen, MC Greenwood, PS Murano, CP Earnest, RB Kreider. *Hematological and hemodynamic response to acute and short-term creatine nitrate supplementation.* **Nutrients.** 15:9(12), 2017. PMID: 29244743, 2017.
154. Munguia-Izquierdo D, L Suarez-Arrones, V Di Salvo, V Paredes, J Alcazar, A Ignacio; R Kreider, A Mendez-villanueva. *Validation of field methods to assess body fat percentage in elite youth soccer players.* **International Journal of Sports Medicine.** 39(05): 349-354, 2018. PMID: 29564845
155. Grubic TJ, Sowinski R, Dalton R, Collins PB, Reyes A, Rasmussen C, Greenwood M, Murano PS, Earnest CP, Kreider RB. *Glycemic and insulinemic response to ingestion of a novel food bar containing whey protein and isomaltoligosaccharides.* **Austin Journal of Nutrition and Food sciences.** 6(1): 1099, 2018.
156. Kim H, SY Simbo, C Fang, L McAlister, A Roquea, N Banerjee, ST Talcott, H Zhaod, RB Kreider, SU Mertens-Talcott. *Açaí (Euterpe oleracea 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.* **Food & Function.** 20:9(6): 2097-31302, 2018. PMID: 29850709
157. Vargas S, Romance R, Petro JL, Bonilla DA, Galancho I, Espinar S, Kreider RB, Benítez-Porres J. *Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial.* **Journal of the International Society of Sports Nutrition.** 15:31, 2018.
158. Kreider RB. *Current perspectives of caffeinated energy drinks on exercise performance and safety assessment.* **Nutrition and Dietary Supplements.** 10 35–44, 2018. DOI <https://doi.org/10.2147/NDS.S143147>.
159. Kerksick CM, CD Wilborn, MD Roberts, A Smith-Ryan, SM Kleiner, R Jäger, R Collins, M Cooke, JN Davis, E Galvan, M Greenwood, LM Lowery, R Wildman, J Antonio, RB Kreider. *ISSN exercise & sports nutrition review update: research & recommendations.* **Journal of the International Society of Sports Nutrition.** 15:38, 2018. PMID: 30068354. Translated to Japanese, 2019.
160. Galbreath M, B Campbell, P LaBounty, J Bunn, J Dove, T Harvey, G Hudson, JL Gutierrez, K Levers, E Galvan, A Jagim, L Greenwood, MB Cooke, M Greenwood, C Rasmussen, RB Kreider. *Effects of adherence to higher protein diet on weight loss, markers of health, and functional capacity in older women participating in a resistance-based exercise program.* **Nutrients.** 10(8): 170, 2018. doi: 10.3390/nu10081070. PMID: 30103509
161. Coletta AM, B Sanchez, A O'Connor, R Dalton, S Springer, MS Koozehchian, PS Murano, CR Woodman, C Rasmussen, RB Kreider. *Alignment of diet prescription to genotype does not promote greater weight loss success in women with obesity participating in an exercise and weight loss program.* **Obesity Science & Practice.** 4(6):554-574. doi: 10.1002/osp4.305, 2018. <https://doi.org/10.1002/osp4.305>. PMID: 30574349
162. Koozehchian MS, A Daneshfar, E Fallah, H Agha-Alinejad, M Samadi, M Kaviani, M Kaveh, YP Jung, MH Sablouei, N Moradi, CP Earnest, TJ Chandler, RB Kreider. *Effects of nine weeks of L-Carnitine supplementation on exercise performance, anaerobic power, and exercise-induced oxidative stress in resistance-trained males.* **J Exerc Nutrition Biochem.** 22(4):007-019, 2018. PMID: 30661327
163. Vargas, S., Petro, J. L., Romance, R., Bonilla, D. A., Florido, M. A., Kreider, R. B., Schoenfeld, B. J. and Benitez-Porres, J. *Comparison of changes in lean body mass with a strength- versus muscle endurance-based resistance training program.* **Eur J Appl Physiol.** 119(4):933-940, 2019. Epub Jan 24. doi: 10.1007/s00421-019-04082-0. PMID: 30680448
164. Candow DG, SC Forbes, PD Chilibeck, SM Cornish, J Antonio, RB Kreider. *Effectiveness of creatine supplementation*

- on aging muscle and bone: focus on falls prevention and inflammation. **Journal of Clinical Medicine**. 11;8(4), 2019. pii: E488, 2019. doi: 10.3390/jcm8040488. PMID: 30978926
165. Park Y, HY Park, J Kim, H Hwang, Y Jung, R Kreider, K Lim. *Effects of whey protein supplementation prior to, and following, resistance exercise on body composition and training responses: A randomized doubleblind placebo-controlled study.* **J Exerc Nutrition Biochem**. 20189;223(2):00347-01414, <http://dx.doi.org/10.20463/jenb.20189.00105>. PMID: PMC6651693, PMID: 31337204
  166. Grubic TJ, RJ Sowinski, BE Nevares, VM Jenkins, SL Williamson, AG Reyes, C Rasmussen, M Greenwood, PS Murano, CP Earnest, RB Kreider. *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.* **Journal of the International Society of Sports Nutrition**. 16:34, 2019. PMID: 31409363
  167. Candow DG, SC Forbes, PD Chilibeck, SM Cornish, J Antonio, RB Kreider. *Variables influencing the effectiveness of creatine supplementation as a therapeutic intervention for sarcopenia.* **Frontiers in Nutrition**. 6, 124, 2019. PMID: PMC6696725. PMID: 31448281
  168. Romance R, VS Vargas, S Espinar, JL Petro, DA Bonilla, BJ Schoenfeld, RB Kreider, J Benítez-Porres. *Oral contraceptive use does not negatively affect body composition and strength adaptations.* **International Journal of Sports Medicine**. E-pub, September 6, 2019. DOI: 10.1055/a-0985-4373. PMID: 31491790
  169. Tiller NB, JD Roberts, L Beasley, S Chapman, JM Pinto, L Smith, M Wiffin, M Russell, SA Sparks, L Duckworth, J O'Hara, L Sutton, J Antonio, DS Willoughby, MD Tarpey, AE Smith-Ryan, MJ Ormsbee, TA Astorino, RB Kreider, GR McGinnis, JR Stout. JW Smith, SM. Arent, BI Campbell, L Bannock. *International Society of Sports Nutrition Position Stand: Nutritional considerations for single-stage ultra-marathon training and racing.* **Journal of the International Society of Sports Nutrition**. 16.50, 2019. PMID: 31699159
  170. Jäger R, AE Mohr, KC Carpenter, CM Kerksick, M Purpura, A Moussa, JR Townsend, M Lamprecht, NP West, K Black, M Gleeson, DB Pyne, SD Wells, SM Arent, AE Smith-Ryan, RB Kreider, BI Campbell, L Bannock, J Scheiman, CJ Wissent, M Pane, DS Kalman, JN Pugh, J Antonio. *International society of sports nutrition position stand: Probiotics.* **Journal of the International Society of Sports Nutrition**. 16(1):62, 2019. PMID: 31864419
  171. Kreider RB. *Dr. Mike Greenwood: A life of coaching and science.* **Journal of Strength & Conditioning Research**. 34(2): 295-297, 2020. PMID: 31977587
  172. Kreider RB. *Strength, conditioning and nutritional considerations for the high-level performer.* **Kinesiology Review**. 9(1): 31-40, 2020. DOI: <https://doi.org/10.1123/kr.2019-0062>
  173. Kerksick C, M Roberts, B Campbell, M Galbreath, L Taylor, C Wilborn, A Lee, J Dove, J Bunn, C Rasmussen, RB Kreider. *Differential impact of calcium and vitamin D on body composition changes in post-menopausal women following a restricted energy diet and exercise program.* **Nutrients**. 12(3), 713, 2020. PMID: 32156010.
  174. Vargas S, JL Petro, R Romance, RB Kreider, BJ Schoenfeld, DA Bonilla, J Benítez-Porres. *Effects of a ketogenic diet on body composition and strength in trained women.* **Journal of the International Society of Sports Nutrition**. 17:19, 2020. PMID: 32276630.
  175. Mohr A, R Jäger, KC Carpenter, CM Kerksick, M Purpura, JR Townsend, NP West, K Black, M Gleeson, DB Pyne, SD Wells; SM Arent, RB Kreider, BI Campbell, L Bannock, J Scheiman, CJ Wissent, M Pane, DS Kalman, JN Pugh, CP Ortega-Santos, JA ter Haar, PJ Arciero, Jose Antonio. *The athletic gut microbiota.* **Journal of the International Society of Sports Nutrition**. 17(24): 2020. PMID: 32398103
  176. Kresta J. M Byrd, JM Oliver, CC Baetge, M Mardock, S Simbo, YP Jung, M Koozehchian, D Khanna, B Lockard, R Dalton, C Rasmussen, RB Kreider. *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**. 8(6): 2020. doi.org/10.18103/mra.v8i6.2125
  177. Vargas S, R Romance, BJ Schoenfeld, M García, JL Petro, DA Bonilla, RB Kreider, F Martín-Rivera, J Benítez-Porres. *Effects of cluster training on body composition and strength in resistance-trained men.* **Isokinetics and Exercise Science**. 17(1):19, 2020. PMID: 32276630.
  178. Moghadam BH, R Bagheri, D Ashtary-Larky, GM Tinsley, M Eskandari, A Wong, BH Moghadam, RB Kreider, JS Baker. *The effects of concurrent training order on satellite cell-related markers, body composition, muscular and cardiorespiratory fitness in older men with sarcopenia.* **Journal of Nutrition, Health, and Aging**. 24(7):796-804, 2020. PMID: 32744578
  179. Sowinski RJ, TJ Grubic, RL Dalton, J Schlaffer, AG Reyes-Elrod, VM Jenkins, S Williamson, C Rasmussen, PS Murano, CP Earnest, RB Kreider. *An examination of a novel weight loss supplement on anthropometry and indices of cardiovascular risk.* **Journal of Dietary Supplements**. 18(5):478-506, 2021. PMID: 32691639.
  180. Bonilla DA, A Pérez-Idárraga, A Odriozola-Martínez, RB Kreider. *The 4R'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**. 18(1):103, 2021. PMID: 33375691.
  181. Bagheri R, D Ashtary-Larky, SC Forbes, DG Candow, AJ Galpin, M Eskandari, RB Kreider, A Wong. *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**. 35(2):411-419, 2021. PMID: 33306586.
182. Kreider RB and JR Stout. *Creatine in health and disease*. **Nutrients**. 13(2): 447, 2021. PMID: 33572884.
  183. Antonio J, DG Candow, SC Forbes, B Gualano, AR. Jagim, RB Kreider, ES Rawson, AE Smith-Ryan, TA VanDusseldorp, DS Willoughby, TN Ziegenfuss. *Common questions and misconceptions about creatine supplementation: what does the evidence really show*. **Journal of the International Society of Sports Nutrition**. 18(1):13, 2021. PMID: 33557850
  184. Bonilla DA, Y Moreno, C Gho, JL Petro, A Odriozola-Martínez, RB Kreider. *Effects of ashwagandha (withania somnifera) on physical performance: systematic review and bayesian meta-analysis*. **Journal of Functional Morphology and Kinesiology**. 6(1): 20, 2021. PMID: 33670194.
  185. Bonilla DA, RB Kreider, JR Stout, DA Forero, CM Kerksick, MD Roberts, ES Rawson. *Metabolic basis of creatine in health and disease: a bioinformatics-assisted review*. **Nutrients**. 13, 1238, 2021. PMID: 33918657.
  186. Vargas-Molina S, Carbone L, Romance R, Petro JL, Schoenfeld BJ, Kreider RB, Bonilla DA, Benítez-Porres J. *Effects of a low-carbohydrate ketogenic diet on health parameters in resistance-trained women*. **Eur J Appl Physiol**. 2021 May 18. doi: 10.1007/s00421-021-04707-3. Epub ahead of print. PMID: 34003364.
  187. Wax, B.; Kerksick, C.M.; Jagim, A.R.; Mayo, J.J.; Lyons, B.C.; Kreider, R.B. *Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations*. **Nutrients** 2021, 13, 1915. <https://doi.org/10.3390/nu13061915>. PMID: 34199588
  188. Bonilla DA, Kreider RB, Petro JL, Romance R, García-Sillero M, Benítez-Porres J, Vargas-Molina S. *Creatine Enhances the Effects of Cluster-Set Resistance Training on Lower-Limb Body Composition and Strength in Resistance-Trained Men: A Pilot Study*. **Nutrients**. 13:2303, 2021. <https://doi.org/10.3390/nu13072303> PMID: 34371813
  189. Bonilla DA, Moreno Y, Rawson ES, Forero DA, Stout JR, Kerksick CM, Roberts MD, Kreider RB. *A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation*. **Nutrients** 2021, 13, 2521. <https://doi.org/10.3390/nu13082521> PMID: 34444681
  190. Cardoza LA, CA Yanez, J Moreno-Jimenez, C Beltran-Ahumada, RB Kreider, DA Bonilla. *Joint mobility in physical education majors: A hierarchical clustering Analysis*. **Journal of Physical Education and Sport**. 21(5): 2752 - 2761, 2021.
  191. Grgic, J., Pedisic, Z., Saunders, B. *et al.* International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. **J Int Soc Sports Nutr** 18, 61 (2021). <https://doi.org/10.1186/s12970-021-00458-w> PMID: 34503527
  192. Cannataro, R.; Carbone, L.; Petro, J.L.; Cione, E.; Vargas, S.; Angulo, H.; Forero, D.A.; Odriozola-Martínez, A.; Kreider, R.B.; Bonilla, D.A. *Sarcopenia: Etiology, Nutritional Approaches, and miRNAs*. **Int. J. Mol. Sci.** 2021, 22, 9724. <https://doi.org/10.3390/ijms22189724> PMID: 34575884
  193. Minaei S, Jourkesh M, Kreider RB, Forbes SC, Souza-Junior TP, McAnulty SR, Kalman D. *CYP1A2 Genotype Polymorphism Influences the Effect of Caffeine on Anaerobic Performance in Trained Males*. **Int J Sport Nutr Exerc Metab**. 2021 Oct 5:1-6. doi: 10.1123/ijnsnem.2021-0090. Epub ahead of print. PMID: 34611052.
  194. de la Piscina-Viúdez XR, J Álvarez-Herms, DA Bonilla, A Castañeda-Babarro, J Larruskain-Zabala, J Díaz-Ramírez, II Ahmetov, A Martínez-Ascensión, RB Kreider, A Odriozola-Martínez. *Putative role of MCT1 rs1049434 polymorphism in high-intensity endurance performance: Concept and basis to understand possible individualization stimulus*. **Sports**. 9(10): 143, 2021. PMID: 34678924
  195. Sowinski, R.; Gonzalez, D.; Xing, D.; Yoo, C.; Jenkins, V.; Nottingham, K.; Dickerson, B.; Humphries, M.; Leonard, M.; Ko, J.; Faries, M.; Kephart, W.; Rasmussen, C.J.; Kreider, R.B. *Effects of Inositol-Enhanced Bonded Arginine Silicate Ingestion on Cognitive and Executive Function in Gamers*. **Nutrients** 2021, 13, 3758. <https://doi.org/10.3390/nu13113758>. PMID: 34836014
  196. Kreider RB. *Exercise and Nutritional Strategies to Promote Weight Loss: A Narrative Review*. **OBM Integrative and Complementary Medicine** 2021;6(4):19; doi:10.21926/obm.icm.2104041.
  197. Yoo, C.; Xing, D.; Gonzalez, D.; Jenkins, V.; Nottingham, K.; Dickerson, B.; Leonard, M.; Ko, J.; Faries, M.; Kephart, W.; Purpura, M.; Jäger, R.; Wells, S.D.; Sowinski, R.; Rasmussen, C.J.; Kreider, R.B. *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. <https://doi.org/10.3390/nu13113980>. PMID: 34836235
  198. Xing, D.; Yoo, C.; Gonzalez, D.; Jenkins, V.; Nottingham, K.; Dickerson, B.; Leonard, M.; Ko, J.; Faries, M.; Kephart, W.; Purpura, M.; Jäger, R.; Wells, S.D.; Sowinski, R.; Rasmussen, C.J.; Kreider, R.B. *Dose-Response of Paraxanthine on Cognitive Function: A Double Blind, Placebo Controlled, Crossover Trial*. **Nutrients** 2021, 13, 4478. DOI: 10.3390/nu13124478. PMID: 34960030
  199. Bonilla DA, Castrillón-Ruiz L, Soto-Arenas LF, Márquez-Rodríguez MA, Kreider RB, Petro JL. *Estimation of Stature in Adults: Development and Validation of a New Predictive Formula using the Tibiale Mediale-Sphyrion Tibiale Length*. **Rev Esp Nutr Hum Diet**. 2022; 26(1). doi: 10.14306/renhyd.26.1.456[Published 11/29. 2021 - ahead of print].
  200. Baena-Marín, M.; Rojas-Jaramillo, A.; González-Santamaría, J.; Rodríguez-Rosell, D.; Petro, J.L.; Kreider, R.B.;

**Abstracts** (\* represents mentored student)

1. Kreider, R.B. *Ventilatory threshold in swimming, cycling, and running in triathletes*. **International Journal of Sports Medicine**. 9:145-146, 1988.
2. \*Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women*. **International Journal of Sports Medicine**. 10:149, 1989.
3. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit following maximal and five-mile run performance*. **Medicine and Science in Sport and Exercise**. 21:S48, 1989.
4. \*Miller, G.W., R.B. Kreider, G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on maximal and five-mile run performance*. **Medicine and Science in Sport and Exercise**. 21:S48, 1989.
5. Kreider, R., C. Cortes, T. Drews, B. Drinkard, S. Sechrist, T. Somma, C. Lester, M. Woodhouse, and L. Shall (Sponsor: J.O. Holloszy). *Protein gluconeogenesis in repeated ultraendurance cycling*. **FASEB Journal**. 4(3):A282, 1990.
6. Cortes, C., R. Kreider, B. Drinkard, T. Drews, L. Shall, and M. Woodhouse (Sponsor: J.O. Holloszy). *Ventilatory compliance to repeated ultraendurance cycling*. **FASEB Journal**. 4(3):A540, 1990.
7. \*Drinkard, B., R. Kreider, T. Drews, C. Cortes, C. Lester, T. Somma, M. Woodhouse, and L. Shall. *Effects of repeated ultraendurance cycling on muscle injury*. **Medicine and Science in Sport and Exercise**. 22(2):S132, 1990.
8. \*Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of post-event massage therapy on muscle recovery and performance in repeated ultraendurance cycling*. **Medicine and Science in Sport and Exercise**. 22(2):S100, 1990.
9. Cortes, C., R. Kreider, B. Drinkard, T. Drews, C. Lester, T. Somma, M. Woodhouse, and L. Shall. *Effects of repeated ultraendurance cycling on electrolytes*. **Medicine and Science in Sport and Exercise**. 22(2):S25, 1990.
10. \*Drews, T., R. Kreider, B. Drinkard, C. Cortes, C. Lester, T. Somma, L. Shall, and M. Woodhouse. *Effects of post-event massage therapy on repeated ultraendurance cycling*. **International Journal of Sports Medicine**. 11(10):148, 1990.
11. Williams, M.H., R.B. Kreider, D. Hunter, C.T. Somma, L.M. Shall, M.L. Woodhouse, and L. Rokitski. *Effect of oral inosine supplementation on performance in a 3-mile treadmill run and VO<sub>2</sub> peak*. **International Journal of Sport Nutrition**. 1:88-89, 1991.
12. Thompson, W.R., K.D. Johnson, J. Lamberth, R.B. Kreider, and C.W. Cortes. *Lactate and ventilation thresholds in untrained and trained subjects*. **FASEB Journal**. 5(4):A766, 1991.
13. Kreider, R., G. Miller, D. Schenck, C. Cortes, V. Miriel, P. Rowland, and C. Turner. *Effects of phosphate loading on myocardial adaptations to endurance exercise*. **FASEB Journal**. 5(6):A1655, 1991.
14. \*Miller, G., R. Kreider, D. Schenck, C. Cortes, V. Miriel, P. Rowland, and C. Turner. *Effects of phosphate loading on myocardial adaptations to maximal exercise*. **FASEB Journal**. 5(6):A1655, 1991.
15. Kreider, R.B. *Effects of phosphate loading on oxygen uptake, ventilatory anaerobic threshold, and run performance*. **Sports Medicine Digest**. 2:31-32, 1991.
16. Kreider, R., M. Mitchell, G. Miller, C. Cortes, and V. Miriel. *Effects of amino acid supplementation on substrate usage during ultraendurance triathlon performance*. **Medicine and Science in Sport and Exercise**. 23(4):S16, 1991.
17. \*Mitchell, M., R. Kreider, G. Miller, C. Cortes, and V. Miriel. *Effects of amino acid supplementation on metabolic responses to ultraendurance triathlon performance*. **Medicine and Science in Sport and Exercise**. 23(4):S15, 1991.
18. Cortes, C.W., R.B. Kreider, D. Schenck, G.W. Miller, V. Miriel, and D. Crosson. *Effects of phosphate loading on maximal cycling performance*. **Medicine and Science in Sport and Exercise**. 23(4):S76, 1991.
19. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, V. Miriel, and D. Crosson. *Effects of phosphate loading on anaerobic threshold*. **Medicine and Science in Sport and Exercise**. 23(4):S35, 1991.
20. \*Schenck, D., R.B. Kreider, G.W. Miller, G.W. Cortes, V. Miriel and D. Crosson. *Effects of phosphate loading on 40 KM cycling performance*. **Medicine and Science in Sport and Exercise**. 23(4):S76, 1991.
21. \*Drews, T., R.B. Kreider, B. Drinkard, and C.J. Jackson. *Effects of post-event muscle massage therapy on psychological profiles of exertion, feeling, and mood during a four-day ultraendurance cycling event*. **Medicine and Science in Sport and Exercise**. 23(4):S119, 1991.
22. Kreider, R.B., B. Drinkard, T. Drews, C.W. Cortes, S.R. Sechrist, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Evidence of hemolysis, altered hormonal and vitamin status, fecal blood loss, and anemia in response to multi-stage ultraendurance cycling*. **International Journal of Sports Medicine**. 12:252, 1991.
23. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, C. Turner, and P. Rowland. *Effects of muscular anaerobiosis of substrate availability and myocardial compliance to exercise*. **International Journal of Sports Medicine**. 12:253, 1991.
24. \*Drinkard, B., R.B. Kreider, T. Drews, and C.W. Cortes. *Fluid homeostasis and thermoregulation during a multi-stage ultraendurance cycling event*. **International Journal of Sports Medicine**. 12:254, 1991.

25. \*Bertun, E., R. Kreider, R. Ratzlaff, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status I: Lymphocyte subpopulations.* **Medicine and Science in Sport and Exercise.** 24(4):S1, 1992.
26. Kreider, R., R. Ratzlaff, E. Bertun, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status II: Response to mitogen stimulation.* **Medicine and Science in Sport and Exercise.** 24(4):S1, 1992.
27. Redondo, D., R. Kreider, V. Miriel, E. Dowling, E. Bertun, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation on protein degradation and substrate use in intercollegiate swimmers.* **Medicine and Science in Sport and Exercise.** 24(4):S2, 1992.
28. Dowling, E., R. Kreider, C. Jackson, D. Redondo, V. Miriel, E. Bertun, M. Williams, D. Ballinger, and J. Gentry. *Effects of amino acid and carnitine supplementation on psychological responses to intercollegiate swim training.* **Medicine and Science in Sport and Exercise.** 24(4):S1, 1992.
29. \*Lloyd, G., E. Dowling, D. Redondo, R. Kreider, G. Miller, M. Williams, and J. Gentry. *Effects of a commercial supplement containing sodium phosphate and bicarbonate on hematological responses to swim performance.* **Medicine and Science in Sport and Exercise.** 24(4):S48, 1992.
30. Dowling, E., R. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist and T. Somma. *Effects of ultraendurance triathlon performance on psychological profiles of exertion, feeling, and mood.* **International Journal of Sport Medicine.** 13: 1992.
31. Kreider, R., R. Ratzlaff, E. Bertun, J. Edwards, V. Miriel, G. Lloyd, and J. Gentry. *Effects of amino acid and carnitine supplementation on immune status during and intercollegiate swim season.* **Medicine and Science in Sport and Exercise.** 25:S123, 1993.
32. Kreider, R.B., D. Hill, G. Horton, M. Downes, S. Smith and B. Anders. *Effects of carbohydrate supplementation during intense field hockey training on dietary patterns, psychological status, and performance.* **Journal of Sports Medicine, Rehabilitation and Training.** 1994.
33. Kreider, R.B. and C.W. Jackson. *Effects of amino acid supplementation on psychological status during and intercollegiate swim season.* **Medicine and Science in Sport and Exercise.** 26(5):S115, 1994.
34. Leutholtz, B., R.B. Kreider, and S. Newsome. *Effects of menstrual cycle on body composition measurements determined by bioelectrical impedance.* **Medicine and Science in Sport and Exercise.** 26(5):S15, 1994.
35. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, A. Almada, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, Y. Li. *Effects of ingesting supplements designed to promote lean tissue accretion on whole and regional body composition alterations during resistance-training.* **FASEB Journal.** 9:A1015, 1995.
36. Almada, A., R. Kreider, K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li. *Effects of ingesting a nutritional supplement containing chromium picolinate and boron on body composition during resistance-training.* **FASEB Journal.** 9:A1015, 1995.
37. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, Y. Li, and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition.* **Medicine and Science in Sport and Exercise.** 27:S169, 1995.
38. \*Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, Y. Li, and A. Almada. *Effects of ingesting a supplement containing creatine monohydrate for 7 days on isokinetic performance.* **Medicine and Science in Sport and Exercise.** 27:S146, 1995.
39. Almada, A., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, P. Grindstaff, L. Ramsey, and Y. Li. *Effects of ingesting a supplement containing creatine monohydrate for 28 days on isokinetic performance.* **Medicine and Science in Sport and Exercise.** 27:S146, 1995.
40. \*Drinkard, B.E., J.V. Danoff, R.B. Kreider, and T. Drews. *Cardiorespiratory responses to repeated ultraendurance cycling.* **Medicine and Science in Sport and Exercise.** 27:S22, 1995.
41. Kreider, R., L. Wood, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingestion a supplement containing creatine monohydrate on isokinetic performance.* **Journal of Strength and Conditioning Research.** 9:282-283, 1995.
42. \*Wood, L., R. Kreider, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingesting a supplement containing chromium and boron on isokinetic performance.* **Journal of Strength and Conditioning Research.** 9:287, 1995.
43. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, L. Wood, P. Grindstaff, and A. Almada. *Effects of ingesting nutritional supplements on isotonic strength performance during resistance-training.* **Canadian Journal of Applied Physiology.** Dec, 1995.
44. Kreider, R., P. Grindstaff, L. Wood, D. Bullen, R. Klesges, D. Lotz, M. Davis, E. Cantler, A. Almada. *Effects of ingesting a lean mass promoting supplement during resistance training on isokinetic performance.* **Medicine and Science in Sport and Exercise.** 28:S36, 1996.
45. Kreider, R., P. Grindstaff, L. Wood, B. Bullen, M. Wilson, D Lotz, M. Davis, E. Cantler, A. Almada. *Effects of ingesting a lean mass promoting supplement on isokinetic bench press performance.* **Journal of Strength and Conditioning Research.** 10:288, 1996.

46. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-Rx™ supplementation during off-season college football training on body composition and strength.* **Journal of Sports Medicine, Training and Rehabilitation.** 7:66, 1996.
47. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada (SPON: S. Brown). *Effects of calcium -HMB supplementation with or without creatine during training on body composition alterations.* **FASEB Journal.** 11:A374, 1997.
48. Almada, A., R. Kreider, M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, and E. Cantler (SPON: S. Brown). *Effects of calcium -HMB supplementation with or without creatine during training on strength and sprint capacity.* **FASEB Journal.** 11:A374, 1997.
49. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of ingesting a supplement designed to enhance creatine uptake on body composition during training.* **Medicine and Science in Sport and Exercise.** 29: (5) S145, 1997.
50. Ferreira, M., R. Kreider, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of ingesting a supplement designed to enhance creatine uptake on strength and sprint capacity.* **Medicine and Science in Sport and Exercise.** 29: (5) S146, 1997.
51. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of creatine monohydrate supplementation on hematological responses to resistance training.* **Journal of Sports Medicine, Training and Rehabilitation.** 1997.
52. Ferreira, M., R. Kreider, M. Wilson, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashita, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of swim training on immunological responses to exercise.* **Journal of Sports Medicine, Training and Rehabilitation.** 1997.
53. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of creatine supplementation with and without glucose on body composition in trained and untrained men and women.* **Journal of Strength and Conditioning Research.** 11:283, 1997.
54. Ferreira, M., R. Kreider, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid supplementation during resistance training on body composition and strength.* **Journal of Strength and Conditioning Research.** 11:280, 1997.
55. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of calcium 8-HMB supplementation during training on body composition and strength.* **Proceedings of the 4<sup>th</sup> IOC World Congress on Sport Sciences.** Addendum: 32, 1998.
56. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of creatine supplementation with and without glucose on repetitive sprint performance in trained and untrained men and women.* **International Journal of Sport Nutrition.** 8: 204-5, 1998.
57. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid (CLA) supplementation during resistance-training on bone mineral content, bone mineral density, and markers of immune stress.* **FASEB Journal.** 12: A244, 1998.
58. Kreider, R., P. Koh, M. Ferreira, P. Cowan, and A. Almada. *Effects of pyruvate supplementation during training on body composition and metabolic responses to exercise.* **Medicine and Science in Sport and Exercise.** 30: S62, 1998.
59. \*Koh, P., R. Kreider, M. Ferreira, P. Cowan, and A. Almada. *Effects of pyruvate supplementation during training on hematologic and metabolic profiles.* **Medicine and Science in Sport and Exercise.** 30: S155, 1998.
60. Kreider, R., M. O'Toole, A.C. Fry, W.B. Kibler, D. Nieman, J. Whelan, and M. Lehmann. *Overtraining in Sport.* **Medicine and Science in Sport and Exercise.** 30: S225, 1998.
61. Kreider, R.B., C. Rasmussen, J. Ransom, and A.L. Almada. *Effects of creatine supplementation during training on incidence of muscle cramping, injuries, and GI distress.* **Journal of Strength and Conditioning Research.** 12:275, 1998.
62. \*Wood, L.E., L.W. Weiss, A.C. Fry, R.B. Kreider, D. Bullen, P. Grindstaff, and G. Relyea. *The effect of pre-performance training abstinence on maximal bench press strength and power.* **Journal of Strength and Conditioning Research.** 12:278, 1998.
63. Kreider, R., J. Ransom, C. Rasmussen, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect markers of renal function.* **FASEB Journal.** 13: A543, 1999.
64. \*Melton, C., R. Kreider, C. Rasmussen, J. Ransom, J. Hunt, T. Stroud, E. Cantler and P. Milnor. *Effects of ingesting creatine containing supplements during training on blood lipid profiles.* **FASEB Journal.** 13: A559, 1999.
65. Kreider, R., C. Melton, J. Hunt, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training I.* **Medicine and Science in Sport and Exercise.** 31(5): S355, 1999.
66. \*Hunt, J., R. Kreider, C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training II.* **Medicine and Science in Sport and Exercise.** 31(5): S355, 1999.
67. \*Rasmussen, C., R. Kreider, J. Ransom, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect fluid or electrolyte status.* **Medicine and Science in**

- Sport and Exercise.** 31(5): S299, 1999.
68. \*Ransom, J., R. Kreider FACSM, J. Hunt, C. Melton, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Effects of creatine supplementation during training on markers of catabolism and muscle and liver enzymes.* **Medicine and Science in Sport and Exercise.** 31(5): S265, 1999.
  69. \*Cowan, P., D.K. Hathaway, R. Kreider, FACSM, J. Soberman, P. Jordan, M.N. Wicks, K. Englehardt, A.K. Cashion, J. Milstead and A.O. Gaber. *Exercise capacity and cardiac autonomic function in recent kidney and kidney-pancreas transplant recipients.* **Medicine and Science in Sport and Exercise.** 31(5): S249, 1999.
  70. Kreider, R., C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training I.* **Journal of Strength and Conditioning Research.** 13:428, 1999.
  71. Greenwood, M., R. Kreider, J. Ransom, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training II.* **Journal of Strength and Conditioning Research.** 13: 425-426, 1999.
  72. \*Ransom, J., R. Kreider, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of long-term creatine supplementation during training on markers of catabolism and enzyme efflux.* **Journal of Strength and Conditioning Research.** 13: 431, 1999.
  73. \*Rasmussen, C., R. Kreider, C. Melton, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Long-term creatine supplementation during football training does not affect markers of renal stress.* **Journal of Strength and Conditioning Research.** 13: 431, 1999.
  74. \*Melton, C., R. Kreider, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of creatine supplementation during in-season college football training on markers of clinical status.* **Journal of Strength and Conditioning Research.** 13: 429 – 430, 1999.
  75. Almada AL, Kreider RB, Ransom J, et al. *Comparison of the reliability of repeated whole body DEXA scans to repeated spine and hip scans.* **J Bone Miner Res** 14: SA243 Suppl. 1 SEP 1999
  76. Kreider, R., C. Rasmussen, J. Ransom, C. Melton, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, A. Almada, and P. Greenhaff. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **Journal of Sports Medicine, Training and Rehabilitation.** 2000.
  77. Almada, A., Kreider, R., J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes.* **Journal of Sports Medicine, Training and Rehabilitation.** 2000.
  78. Kreider, R., C. Rasmussen, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Effects of ingesting carbohydrate gels on glucose, insulin and perception of hypoglycemia.* **FASEB Journal.** 14: A490, 2000.
  79. \*Rasmussen, C., R. Kreider, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Analysis of the glycemic index and insulin response index of various carbohydrate gels.* **FASEB Journal.** 14: A489, 2000.
  80. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Exercise rehabilitation for kidney and kidney-pancreas transplant recipients.* **Nephrology Nurses Journal.** April 2000.
  81. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Functional capacity correlates with heart rate variability and quality of life in kidney and kidney-pancreas transplant recipients.* **Nephrology Nurses Journal.** April 2000.
  82. \*Cowan PA, Hathaway DK, Gaber AO, Kreider RB, Wicks MN, Soberman J, Jordan P, Stratta R. *Exercise improves cardiac autonomic function and functional capacity in kidney and kidney-pancreas transplant recipients.* **Transplantation.** 69 (8): S826, 2000.
  83. Kreider, R., C. Rasmussen C. Melton, M. Greenwood, T. Stroud, J., Ransom, E. Cantler, P. Milnor, and A. Almada. *Long-term creatine supplementation does not adversely affect markers of clinical status.* **Medicine and Science in Sport and Exercise.** 32(5): S134, 2000.
  84. \*Cowan, P., D.K Hathaway, R. Kreider, M.N. Wicks, A.O. Gaber, J. Soberman, and P. Jordan. *Effect of exercise training on functional capacity and quality of life of kidney transplant recipients.* **Medicine and Science in Sport and Exercise.** 32(5): S160, 2000.
  85. Greenwood, M., R. Kreider, L. Greenwood, and J. Farris. *Effects of creatine supplementation on injury rates during football training.* **Medicine and Science in Sport and Exercise.** 32(5): S136, 2000.
  86. Greenwood, L., Greenwood, M., R. Kreider, and J. Farris. *Effects of creatine supplementation on injury rates during fall college baseball training.* **Medicine and Science in Sport and Exercise.** 32(5): S136, 2000.
  87. Greenwood, M., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, T. Stroud, E. Cantler, P. Milnor, and A. Almada. *Short and long-term creatine supplementation does not affect hematological markers of health.* **Journal of Strength and Conditioning Research.** 14:362-363, 2000.
  88. Almada, A., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, J. Ransom, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and J. Fox. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **Journal of**

**Strength and Conditioning Research.** 14:359, 2000.

89. Kreider, R., J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of catabolism.* **Journal of Strength and Conditioning Research.** 14: 366, 2000.
90. Earnest, C., R. Kreider, J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, and A. Almada. *Effects of pre-exercise carbohydrate feedings on glucose and insulin responses during and following resistance exercise.* **Journal of Strength and Conditioning Research.** 14: 361, 2000.
91. Greenwood, L., M. Greenwood, R. Kreider, and R. Carroll. *Effects of creatine supplementation on the incidence of cramping/injury during a college football season.* **Journal of Athletic Training.** 35(2): S86, 2000.
92. Greenwood, M., R. Kreider, and L. Greenwood. *Creatine supplementation patterns and perceived effects among division I athletes.* **Journal of Athletic Training.** 35(2): S87, 2000.
93. \*Melton C., R. Kreider, C. Rasmussen, J. Lundberg, M. Greenwood, A. Almada, and C.P. Earnest. *Effects of oral d-ribose supplementation on anaerobic capacity and markers of metabolism.* **FASEB J.** 15: A752, 2001.
94. \*Lancaster, S., R. Kreider, C. Rasmussen, C. Kerkick, M. Greenwood, A. Almada, and C.P. Earnest. *Effects of honey supplementation on glucose, insulin, and endurance cycling performance.* **FASEB J.** 15:LB315, 2001.
95. Kreider, R., C. Rasmussen, C. Kerkick, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations I: body composition.* **FASEB J.** 15: LB316, 2001.
96. \*Kerkick, C. Kreider, R., C. Rasmussen, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations II: performance.* **FASEB J.** 15: LB316, 2001.
97. Kreider, R. C. Melton, C. Rasmussen, M. Greenwood, E. Cantler, P. Milnor, and A. Almada. *Effects of long-term creatine supplementation on renal function and muscle and liver enzyme efflux.* **Medicine and Science in Sport and Exercise.** 33(5):S207, 2001.
98. Rasmussen, C., M. Greenwood, R. Kreider, C. Earnest, and A. Almada. *Influence of D-Pinitol on whole body creatine retention.* **Medicine and Science in Sport and Exercise.** 33(5):S204, 2001.
99. Almada, A., M. Greenwood, R. Kreider, C. Rasmussen, and C. Earnest. *Analysis of various nutritional formulation strategies on whole body creatine retention.* **Medicine and Science in Sport and Exercise.** 33(5):S204, 2001.
100. \*Cowan, P.A., A.K. Cashion, R.B. Kreider, D.K. Hathaway, and A.O. Gaber. *Exercise results in sustained improvement in cardiac autonomic function in kidney and kidney-pancreas transplant recipients.* **Medicine and Science in Sport and Exercise.** 33(5): S139, 2001.
101. Greenwood, M., J. Farris, R. Kreider, L. Greenwood, and A. Byars. *Perceived health status and side effects associated with creatine supplementation during the collegiate baseball season of division I athletes.* **Medicine and Science in Sport and Exercise.** 33(5): S205, 2001.
102. Greenwood, L., M. Greenwood, J. Farris, R. Kreider, and A. Byars. *Perceived health status and side effects associated with creatine supplementation of division IA football players during the competitive season.* **Medicine and Science in Sport and Exercise.** 33(5): S205, 2001.
103. Greenwood, M. R. Kreider, and L. Greenwood. *Effects of creatine supplementation on the incidence of cramping/injury during the collegiate baseball season.* **Journal of Athletic Training.** 36(2):S82, 2001.
104. Kreider, R., M. Greenwood, A. Byars, and L. Greenwood. *Perceived fatigue associated with creatine supplementation during the fall collegiate baseball season of division I players.* **Journal of Athletic Training.** 36(2):S83, 2001.
105. Greenwood L., M. Greenwood, R. Kreider, and A. Byars. *Perceived fatigue associated with creatine supplementation of division IA football players during 3-a-day training.* **Journal of Athletic Training.** 36(2):S83, 2001.
106. Kreider, R., M. Greenwood, C. Rasmussen, C. Earnest and A. Almada. *Effects of creatine loading on hydration, whole body creatine retention, and urinary creatinine excretion.* **Journal of Strength and Conditioning Research.** 15:(10):395, 2001.
107. Greenwood, M., R. Kreider, L. Greenwood, A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation of division IA football players.* **Journal of Strength and Conditioning Research.** 15(10):393, 2001.
108. Greenwood, L., M. Greenwood, R. Kreider, L., A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation during the collegiate baseball season of division in players.* **Journal of Strength and Conditioning Research.** 15(10):393, 2001.
109. Chiu, L.Z., A.C. Fry, L.W. Weiss, B.K. Schilling, C.J. Rasmussen, R.B. Kreider, S.D. Lancaster, and M.A. Starks. *Relative contribution of force and velocity to peak power across a load spectrum: a preliminary study.* **Journal of Strength and Conditioning Research.** 15(10):391, 2001.
110. Greenwood M., L. Greenwood, K. Stahura, R. Kreider, and A. Byars. *Perceived health status and side effects associated with creatine supplementation during collegiate fall baseball of division I players.* **Research Quarterly for Exercise Science.** 72(1): A-29, 2001.
111. Greenwood M., L. Greenwood, K. Stahura, R. Kreider, and A. Byars. *Perceived health status and side effects associated*

- with creatine supplementation of division I-A football players during 3-a-day training. **Research Quarterly for Exercise Science**. 72(1): A-29, 2001.
112. Kreider R, Greenwood M, Melton C, Rasmussen C, Cantler E, Milner P, Almada A. Long-term creatine supplementation during training/competition does not increase perceptions of fatigue or adversely affect health status. **Medicine & Science in Sports & Exercise**. 34:S146, 2002.
  113. \*Cowan PA, Cashion AK, Kreider R, Gaber AO, Hathaway DK. *Functional capacity and cardiovascular risk factors in kidney and kidney-pancreas transplant recipients*. **Medicine & Science in Sports & Exercise**. 34:S135, 2002.
  114. Greenwood M, Kreider R, Greenwood L, Earnest C, Farris J, Brown L. Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of collegiate baseball training/competition. **Medicine & Science in Sports & Exercise**. 34:S146, 2002.
  115. Greenwood L, Greenwood M, Kreider R, Earnest C, Brown L, Farris J, Byars A. Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of Division IA football training/competition. **Medicine & Science in Sports & Exercise**. 34:S146, 2002.
  116. Byars A, Greenwood M, Kreider R, Greenwood L. *Creatine supplementation patterns among select division I athletes*. **Medicine & Science in Sports & Exercise**. 34:S145, 2002.
  117. Chiu LZ, Fry AC, Schilling BK, Weiss LW, Kreider RB. *The relationship between EMG-time and isometric force-time curves*. **Medicine & Science in Sports & Exercise**. 34:IOC 22, 2002.
  118. Schilling BK, Fry AC, Chiu LZ, Kreider RB, Rasmussen CJ, Weiss LW. *Myosin heavy chain expression and dynamic strength and force variables in weight-trained females*. **Medicine & Science in Sports & Exercise**. 34:IOC 72, 2002.
  119. Greenwood M, Greenwood L, Kreider R, Stahura K. Creatine supplementation does not increase perceptions of fatigue or adversely affect health status during three a day training. **Journal of Athletic Training**. 37 (2S): S82, 2002.
  120. Greenwood L, Greenwood M, Kreider R. *Nutritional supplementation patterns among select division I male athletes*. **Journal of Athletic Training**. 37 (2S): S34, 2002.
  121. Greenwood M, Fry A, Brown L, Schilling B, Comeau M, Belzer S, Chiu L. *Kinetic comparison of the weight shift and pivot throwing techniques in a collegiate baseball catcher: A pilot study*. **Journal of Strength and Conditioning Research**. 16(3): 2002.
  122. Kreider R, Greenwood M, Greenwood L, Brown L, Stahura K, Byars A. *Creatine supplementation does not adversely affect health status of division IA football players*. **Journal of Strength and Conditioning Research**. 16(3): 2002.
  123. Greenwood L, Greenwood M, Kreider R, Byars A, Brown L, Stahura K. *Creatine supplementation does not adversely affect health status of division I baseball players*. **Journal of Strength and Conditioning Research**. 16(3): 2002.
  124. Kreider RB. Effective and ineffective nutritional strategies to promote weight gain and weight loss. **Medycyna Sportowa**. 18(7):244, 2002.
  125. Kreider RB. Recent developments in creatine research. **Medycyna Sportowa**. 18(7):255, 2002.
  126. Kreider RB. Some strategies in nutrition and supplementation in different sport disciplines including creatine. **Medycyna Sportowa**. 18(7):336, 2002.
  127. Rasmussen, C., R. Kreider, C. Kerkick, B. Leutholtz, M. Greenwood, M. Chandler, R. Wilson & C.P. Earnest. Effects of a non-ephedra containing thermogenic supplement on weight loss and medical safety. **FASEB Journal**. 17:LB 380, 2003.
  128. Kreider, R. D. Willoughby, M. Greenwood, E. Payne, G. Parise, M. Tarnopolsky. Creatine serum supplementation has no effect on muscle ATP, creatine, or phosphocreatine levels. **FASEB Journal**. 17:LB 380, 2003.
  129. Greenwood M, Greenwood L, Kreider R, Comeau M, Farris J, Fry A, Sjostrum T. *The effects of a combination botanical COX-2 inhibitor supplement on muscular pain and soreness*. **Medicine and Science in Sport and Exercise**. 35(5):S197, 2003.
  130. Greenwood L, Greenwood M, Kreider R, Comeau M, Farris J, Fry A, Sjostrum T. *The effects of a combination botanical COX-2 inhibitor supplement on muscular hematological markers of health*. **Medicine and Science in Sport and Exercise**. 35(5):S270, 2003.
  131. \*Kerkick C, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations I: Performance*. **Medicine and Science in Sport and Exercise**. 35(5):S395, 2003.
  132. Kreider R, Kerkick C, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations II: Body composition*. **Medicine and Science in Sport and Exercise**. 35(5):S395, 2003.
  133. Greenwood M, Greenwood L, Kreider R, Willoughby D. *The effects of a botanical COX-2 inhibitor supplement on knee range of motion following isokinetic performance*. **Journal of Athletic Training**. 38(2):S83, 2003.
  134. Greenwood L, Greenwood M, Kreider R, Willoughby D. *The effects of a botanical COX-2 inhibitor supplement on muscular soreness*. **Journal of Athletic Training**. 38(2):S83, 2003.
  135. Greenwood M, Greenwood L, Brown L, Kreider R, Comeau M, Sjostrum T. *The effects of a botanical Cox-2 inhibitor*

- on isokinetic performance after DOMS induction. **Journal of Strength and Conditioning Research**. 17(4):S7, 2003.
136. \*Wilborn, C, B Campbell, A Thomas, R Slonaker, A Vacanti, B Marcello, J Baer, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of methoxyisoflavone, ecdysterone, and sulfopolysaccharide (CSP3) supplementation during training on body composition and training adaptations.* **FASEB J**. LB:A90-91, 2004.
  137. \*Rohle D, C Mulligan, L Taylor, D Fogt, A Vacanti, C Wilborn, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, M Greenwood, C Earnest, R Kreider. *Effects of methoxyisoflavone, ecdysterone, and sulfopolysaccharide (CSP3) supplementation during training on markers of anabolism & catabolism.* **FASEB J**. LBA91, 2004.
  138. \*Campbell B, J Baer, A Thomas, R Slonaker, A Vacanti, B Marcello, C Wilborn, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of zinc magnesium-aspartate (ZMA) supplementation during training on body composition and training adaptations.* **FASEB J**. LBA91, 2004.
  139. \*Taylor L, C Mulligan, D Rohle, D Fogt, A Vacanti, J Baer, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, M Greenwood, C Earnest, R Kreider. *Effects of zinc magnesium-aspartate (ZMA) supplementation during training on markers of anabolism and catabolism.* **FASEB J**. LBA91, 2004.
  140. \*Kerksick C, C Rasmussen, T Magrans, B Campbell, J Baer, R Slonaker, M Grimstvedt, E Pfau, C Wilborn, A Thomas, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, M Greenwood, R Wilson, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program I: Body composition.* **FASEB J**. LBA57, 2004.
  141. \*Thomas A, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, R Slonaker, E Pfau, M Grimstvedt, C Wilborn, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, R Kreider, C Earnest. *Effects of the Curves® fitness & weight loss program II: Resting energy expenditure.* **FASEB J**. LBA57, 2004.
  142. Rasmussen C, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, M Grimstvedt, E Pfau, C Wilborn, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program III: Training adaptations.* **FASEB J**. LBA57, 2004.
  143. \*Slonaker B, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, E Pfau, M Grimstvedt, C Wilborn, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program IV: Health markers.* **FASEB J**. LBA58, 2004.
  144. \*Vacanti A, L Taylor, C Mulligan, D Rohle, D Fogt, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, M Grimstvedt, E Pfau, C Wilborn, B Marcello, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program V: Relationship of leptin to weight loss.* **FASEB J**. LBA58, 2004.
  145. \*Mulligan C, D Fogt, L Taylor, D Rohle, A Vacanti, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, C Wilborn, B Marcello, E Pfau, M Grimstvedt, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program VI: Insulin sensitivity.* **FASEB J**. LBA58, 2004.
  146. Bowden R, B Lanning, H Johnston, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, E Pfau, M Grimstvedt, C Wilborn, B Marcello, D Fogt, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program VII: Quality of life.* **FASEB J**. LBA58, 2004.
  147. Lanning B, R Bowden, H Johnston, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, E Pfau, M Grimstvedt, C Wilborn, B Marcello, D Fogt, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program VIII: Body image.* **FASEB J**. LBA58-59, 2004.
  148. Kreider, R. C. Rasmussen, C. Kerksick, B. Campbell, J. Baer, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, T. Magrans, B. Marcello, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson. *Effects of the Curves® Fitness & Weight Loss Program on Weight Loss and Resting Energy Expenditure.* **Medicine & Science in Sport & Exercise**. 36(5): S81, 2004.
  149. Greenwood, M. R. Kreider, C. Rasmussen, C. Kerksick, T. Magrans, B. Marcello, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S., B. Campbell, B. Slonaker, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, S. Ounpraseuth, P. Casey, R. Wilson. *Effects of the Curves® Fitness Program on Muscular Strength, Muscular Endurance, and Maximal Aerobic Capacity.* **Medicine & Science in Sport & Exercise**. 36(5): S80, 2004.
  150. Rasmussen, C., R. Kreider, C. Kerksick, B. Campbell, B. Slonaker, M. Greenwood, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, L. Autrey, T. Magrans, B. Marcello, C. Mulligan, D. Rohle, L. Taylor, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson. *Effects of the Curves® Fitness and Weight Loss Program on Markers of Health.* **Medicine & Science in Sport & Exercise**. 36(5): S81, 2004.
  151. Cowan, P.A., A. K. Cashion, R. Kreider, A. O. Gaber & D. K. Hathaway. *Heart Rate Variability and Exercise Capacity in Diabetic and Non-Diabetic Kidney Transplant Recipients.* **Medicine & Science in Sport & Exercise**. 36(5): S250-1, 2004.

152. \*Taylor L, Mulligan C, Rohle D, Vacanti A, Fogt D, Rasmussen C, Kerksick C, Magrans T, Campbell B, Baer J, Slonaker B, Wilborn C, Thomas A, Marcello B, Pfau E, Grimstvedt M, Opusunju J, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. *Analysis of the safety of the Curves™ fitness and weight loss program high protein diets.* **Sports Nutrition Review Journal.** 1(1):S8-9, 2004.
153. \*Kerksick C, Campbell B, Taylor L, Wilborn C, Rasmussen C, Vacanti T, Greenwood M, Bowden R, Wilson R, Kreider R. *Pharmokinetic profile of time released and non-time released oral arginine.* **Sports Nutrition Review Journal.** 1(1):S9-10, 2004.
154. \*Campbell B, Baer J, Roberts M, Vacanti T, Marcello B, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. *Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations.* **Sports Nutrition Review Journal.** 1(1):S10, 2004.
155. \*Vacanti T, Campbell B, Baer J, Roberts M, Marcello B, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. *Effects of arginine alpha-ketoglutarate supplementation on markers of catabolism and health status.* **Sports Nutrition Review Journal.** 1(1):S10-11, 2004.
156. \*Nassar EI, Bowden RG, Campbell B, Vacanti T, Kerksick C, Baer J, Roberts M, Marcello B, Thomas A, Taylor L, Wilborn C, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. *Effects of arginine alpha-ketoglutarate supplementation on quality of life.* **Sports Nutrition Review Journal.** 1(1):S12-13, 2004.
157. \*Wilborn C, J Baer, B Campbell, A Thomas, B Slonaker, T Vacanti, B Marcello, C Kerksick, C Rasmussen, L Taylor, C Mulligan, D Rohle, D Fogt, R Wilson, M Greenwood, R Kreider. *Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles.* **Sports Nutrition Review Journal.** 1(1):S13-14, 2004.
158. \*Harvey T, J Beckham, B Campbell, M Galbreath, C Kerksick, P LaBounty, C Rasmussen, D Fogt, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program I: Body composition.* **FASEB J.** LBA:54, 2005.
159. \*Thomas A, T Magrans, B Marcello, C Moulton, M Roberts, D Rohle, C Rasmussen, D Fogt, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program II: Resting Energy Expenditure.* **FASEB J.** LBA:55, 2005.
160. \*Campbell B, D Rohle, L Taylor, A Thomas, A Vacanti, C Wilborn, D Fogt, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program III: Training Adaptations.* **FASEB J.** LBA:55, 2005.
161. \*Galbreath M, C Wilborn, J Wismann, J Beckham, T Harvey, C Kerksick, D Fogt, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program IV: Health Markers.* **FASEB J.** LBA:56, 2005.
162. \*Nassar E, L Long, R Bowden, B Lanning, A Zimmerman, J Beckham, D Fogt, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program V: Quality of Life.* **FASEB J.** LBA:56, 2005.
163. \*Long L, B Lanning, R Bowden, E Nassar, A Zimmerman, B Campbell, D Fogt, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program VI: Body Image.* **FASEB J.** LBA:56, 2005.
164. \*Mulligan C, C Moulton, L Taylor, D Rohle, A Vacanti, D Willoughby, D Fogt, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program: Relationship of changes in resting energy expenditure to thyroid status.* **FASEB J.** LBA:56, 2005.
165. \*Magrans T, C Wilborn, J Wismann, J Beckham, B Campbell, M Galbreath, C Kerksick, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program: Body composition and resting energy expenditure.* **FASEB J.** LBA:56, 2005.
166. \*Wilborn C, T Harvey, P LaBounty, B Marcello, B Campbell, C Kerksick, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program: Training Adaptations.* **FASEB J.** LBA:57, 2005.
167. \*Wismann J, C Moulton, D Rohle, L Taylor, A Vacanti, C Kerksick, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program: Health outcomes.* **FASEB J.** LBA:57, 2005.
168. \*Kerksick CM, A Thomas, B Campbell, C Wilborn, M Roberts, P LaBounty, L Taylor, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Prediction of resting energy expenditure in sedentary, moderately overweight, healthy females.* **FASEB J.** LBA:56, 2005.
169. \*La Bounty P, Campbell B, Wismann J, Nassar E, Thomas A, Beckham J, Wieckowski M, Galbreath M, Harvey T, Greenwood M, Kreider R. *Blood markers of kidney function and dietary protein intake of resistance trained males.* **JISSN.** 2(1): S8, 2005.
170. \*Campbell B, La Bounty P, Wismann J, Nassar E, Thomas E, Beckham J, Wieckowski M, Galbreath M, Harvey T, Greenwood M, Kreider R. *Dietary protein and carbohydrate intake of resistance trained males.* **JISSN.** 2(1):S9, 2005.
171. Greenwood M, Kerksick C, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. *The effects of varying types creatine on strength measures and body composition.* **Journal of Strength and Conditioning Research.** 19(4): 2005.
172. Greenwood M, Kerksick C, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D,

- Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. Influence of varying creatine formulations on safety issues regarding whole body creatine retention. **Journal of Strength and Conditioning Research**. 19(4): 2005.
173. \*Kerksick C, Greenwood M, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. The effects of creatine and creatine with D-Pinitol on markers of health. **Journal of Strength and Conditioning Research**. 19(4): 2005.
  174. \*Campbell B, Kerksick C, Wilborn C, Marcello B, Lutz R, La Bounty P, Harvey T, Taylor L, Galbreath Rasmussen C, Greenwood M, Kreider R. Assessment of a learning curve for the Wingate anaerobic **Journal of Strength and Conditioning Research**. 19(4): 2005.
  175. \*Kerksick C, Grimstedt M, Rasmussen C, Mayhew J, Greenwood M, Almada A, Kreider R. *Regional body composition analysis using DEXA*. **Medicine & Science in Sport & Exercise**. 37(5): S300, 2005.
  176. Kreider RB, Kerksick C, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath Marcello B, Wismann J, M, Ferreira M, Li R, Parker A, Sharp K. *Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, and resting energy expenditure in obese females*. **Nutrition and Metabolism**. <http://www.nmsociety.org/postersdisplay06.htm>.
  177. \*Kerksick C, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath Marcello B, Wismann J, M, Ferreira M, Li R, Parker A, Sharp K, Kreider RB. *Acute effects of ingesting a high carbohydrate and high protein hypocaloric diets on body mass, body composition, and resting energy expenditure in obese females*. **Nutrition and Metabolism**. <http://www.nmsociety.org/postersdisplay06.htm>
  178. Rasmussen C, M Galbreath, B Campbell, B Marcello, J Beckham, J Opusunju, T Harvey, C Kerksick, P LaBounty, L. Taylor, E Nassar, S Ounpraseuth, M. Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program I: Body composition & bone density*. **FASEB J**. LB92, 2006.
  179. \*Wismann J, A Thomas, C Moulton, K Sharp, A Parker, M Iosia, M Ferreira, R Li, R Schoch, C Kerksick, S Ounpraseuth J Crixell, M Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program II: Resting energy expenditure*. **FASEB J**. LB92, 2006.
  180. \*Harvey T, C Wilborn, J Wismann, M Galbreath, B Campbell, M Ferreira, P LaBounty, M Roberts, S Ounpraseuth, J Crixell, C Rasmussen, M Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program III: Training adaptations*. **FASEB J**. LB92, 2006.
  181. \*Beckham J, M. Wooddy, K. Fredenburg, J. Opusunju, R Schoch, K Donahue, A Bachuss, M Galbreath, C Kerksick, S. Ounpraseuth, J Crixell, C Rasmussen, M Greenwood, R. Wilson, R Kreider (Sponsor: D Willoughby). *Effects of the Curves® fitness program on markers of health and fitness in middle school-aged children*. **FASEB J**. LB92, 2006.
  182. \*Wilborn C, J Beckham, T Harvey, C Kerksick, P LaBounty, B Marcello, J Wismann, C. Moulton, M. Roberts, B Campbell, C. Rasmussen, & R Kreider (Sponsor: D Willoughby). *Assessment of resting energy expenditure using a portable hand held analyzer vs. stationary unit*. **FASEB J**. LB92-93, 2006.
  183. \*La Bounty P, C Wilborn, B Marcello, B Campbell, M Faries, J Shim, C Rasmussen & R Kreider (Sponsor: D Willoughby). *Analysis of exercise intensities of women using the Curves® hydraulic training equipment*. **FASEB J**. LB93, 2006.
  184. \*Farris G, J Wismann, R Farris, N Gandy, L Long, E Pfau, B Campbell, P La Bounty, C Rasmussen, R Wilson & R Kreider (Sponsor: D Willoughby). *Exercise intensity and energy expenditure analysis of women participating in the Curves® exercise program*. **FASEB J**. LB93-94, 2006.
  185. \*Taylor L, B Campbell, C Kerksick, A Thomas, C Rasmussen, & R Kreider (Sponsor: D Willoughby). *Effects of hypoenergetic dieting with different macronutrients on thyroid hormones*. **FASEB J**. LB94, 2006.
  186. \*Campbell B, C Moulton, C Kerksick, M Roberts, C Rasmussen & R Kreider (Sponsor: D Willoughby). *Changes in clinical safety markers after one week of hypoenergetic dieting with different macronutrients*. **FASEB J**. LB81, 2006.
  187. \*Moulton C, L Taylor, B Campbell, C Kerksick, M Roberts, C Rasmussen, & R Kreider (Sponsor: D Willoughby). *Impact of hypoenergetic dieting with different types of macronutrients on ketone and leptin levels*. **FASEB J**. LB94, 2006.
  188. \*Kerksick C, L Taylor, C Moulton B Campbell, M. Roberts, C Rasmussen & R Kreider (Sponsor: D Willoughby). *Effects of hypoenergetic dieting with different macronutrients on lipid panels, glucose, and insulin kinetics*. **FASEB J**. LB94-95, 2006.
  189. \*Sharp K, E Nassar, C Kerksick, C Rasmussen, R Kreider. *Prediction of body fat in a large population of moderately overweight, sedentary females*. **FASEB J**. LB84, 2006.
  190. Iosia M, M Roberts, C Kerksick, B Campbell, T Harvey, C Wilborn, R Wilson, M. Greenwood, D Willoughby, and R Kreider. *Performance and body composition changes after 50 days of concomitant arachidonic acid supplementation and resistance training*. **Journal of the International Society of Sports Nutrition**. 3(1):S12, 2006.
  191. \*Kerksick C, Taylor L, Campbell B, Moulton C, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Iosia M, Roberts M, Rasmussen C, Wilson R, and Kreider R. *Effects of increased levels of energy intake after hypocaloric*

- dieting on metabolic indicators of fuel utilization in obese females. **Journal of the International Society of Sports Nutrition.** 3(1):S13, 2006.
192. \*Roberts M, Kerkick C, Taylor L, Iosia M, Campbell B, Wilborn C, Harvey T, Wilson R, Greenwood M, Willoughby D, and Kreider R. *Hormonal and intramuscular adaptations over 50 days of concomitant arachidonic acid supplementation and resistance training.* **Journal of the International Society of Sports Nutrition.** 3(1):S19, 2006.
  193. \*Taylor L, Campbell B, Kerkick C, Rasmussen C, and Kreider R. *Changes thyroid hormones and REE after one week of hypocaloric dieting followed by varying levels of dietary caloric intake.* **Journal of the International Society of Sports Nutrition.** 3(1):S24-25, 2006.
  194. \*Wilborn C, Roberts M, Kerkick C, Iosia M, Taylor L, Campbell B, Harvey T, Wilson R, Greenwood M, Willoughby D, and Kreider R. *Changes in whole blood and clinical safety markers over 50 days of concomitant arachidonic acid supplementation and resistance training.* **Journal of the International Society of Sports Nutrition.** 3(1):S25, 2006.
  195. \*Campbell B, Kerkick C, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Rasmussen C, Wilson R, and Kreider R. *Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, total body water, and resting energy expenditure in obese females.* **Journal of the International Society of Sports Nutrition.** 3(1):S29, 2006.
  196. \*Campbell, B., C. Kerkick, C. Wilborn, C. Rasmussen, M. Greenwood, & R. Kreider. *Body composition changes following an eight-week split-body periodized resistance training program in college-aged and middle-aged males.* **Journal of Strength & Conditioning Research.** 20(4): E30, 2006.
  197. \*Campbell, B., C. Wilborn, C. Kerkick, C. Rasmussen, M. Greenwood, & R. Kreider. *Strength changes following an eight-week split-body periodized resistance training program in college-aged and middle-aged males.* **Journal of Strength & Conditioning Research.** 20(4): E31, 2006.
  198. \*Kerkick C, M Roberts, L Taylor, C Moulton, C Rasmussen, R Kreider. *Impact of Increased Energy Intake After Acute Hypo-Energetic Dieting on Markers of Energy Balance, Satiety and Fuel Utilization in Obese Females.* **FASEB J.** 2007 21:681.1
  199. \*Galbreath M, B Campbell, C Kerkick, L Taylor, C Wilborn, A Thomas, J Beckham, J Wismann, C Rasmussen, R Kreider. *Effects of Calcium Supplementation in Post-Menopausal Women Participating in the Curves Fitness & Weight Loss Program.* **FASEB J.** 2007 21:681.2
  200. \*Magrans-Courtney T, R Li, B Campbell, E Nassar, M Ferreira, M Iosia, M Cooke, L Greenwood, C Rasmussen, M Greenwood, R Kreider. *Effects of glucosamine and chondroitin supplementation in women with knee osteoarthritis participating in a fitness and weight loss program.* **FASEB J.** 2007 21:lb224
  201. Cooke M, C Kerkick, B Campbell, C Wilborn, M Galbreath, R Li, M Ferreira, E Nassar, T Harvey, A Parker, K Sharp, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program I: body composition.* **FASEB J.** 2007 21:lb 225
  202. \*Li R, C Kerkick, B Campbell, C Wilborn, B Marcello, M Ferreira, J Wismann, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, K Sharp, A Parker, E Nassar, M Iosia, M Cooke, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program II: resting energy expenditure.* **FASEB J.** 2007 21:lb 226
  203. Iosia M, B Campbell, C Wilborn, J Wismann, K Sharp, E Nassar, J Beckham-Dove, M Galbreath, A Parker, T Harvey, C Kerkick, P La Bounty, B Marcello, M Cooke, M Ferreira, R Li, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program III: training adaptations.* **FASEB J.** 2007 21:lb 227
  204. \*Wismann J, M Galbreath, C Wilborn, L Taylor, B Campbell, E Nassar, J Beckham-Dove, T Harvey, C Kerkick, P La Bounty, A Parker, M Ferreira, M Cooke, M Iosia, R Chandran, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program IV: health markers.* **FASEB J.** 2007 21:lb 229
  205. \*Nassar E, L Taylor, C Kerkick, B Campbell, C Wilborn, T Buford, G Hudson, T Harvey, M Cooke, C Rasmussen, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program V: leptin & insulin.* **FASEB J.** 2007 21:lb 230
  206. \*Harvey T, E Nassar, R Bowden, M Davis, L Long, J Opusunju, B Lanning, J Beckham-Dove, J Wismann, M Galbreath, B Campbell, C Kerkick, P La Bounty, M Ferreira, C Wilborn, J Crixell, M Iosia, M Cooke, C Rasmussen, R Kreider. *Effects of the Curves® fitness & weight loss program VI: quality of life.* **FASEB J.** 2007 21:lb 231
  207. \*Davis M, B Lanning, E Nassar, L Long, J Opusunju, R Bowden, J Beckham-Dove, J Wismann, M Galbreath, B Campbell, T Harvey, C Kerkick, P La Bounty, M Ferreira, C Wilborn, J Crixell, M Iosia, M Cooke, C Rasmussen, R Kreider. *Effects of the Curves® fitness & weight loss program VII: body image & self-esteem.* **FASEB J.** 2007 21:lb 233
  208. \*Sharp K, C Kerkick, C Wilborn, B Campbell, J Wismann, M Galbreath, E Nassar, J Beckham-Dove, T Harvey, P La Bounty, A Parker, M Ferreira, M Cooke, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program on weight and fat loss.* **FASEB J.** 2007 21:lb 234
  209. \*Chandran R, J Jitomir, B Shelmadine, K Beavers, C Kerkick, C Wilborn, J Wismann, E Nassar, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, M Ferreira, M Cooke, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Effects of isoenergetic high carbohydrate and high protein diets on health outcomes in women with metabolic syndrome (MS) participating in the Curves® fitness program.* **FASEB J.** 2007 21:lb 235

210. \*Jitomir J, R Chandran, B Shelmadine, K Beavers, C Kerksick, C Wilborn, J Wismann, E Nassar, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, M Ferreira, M Iosia, M Cooke, C Rasmussen, M Greenwood, R Kreider. *Effects of diet and exercise interventions on health outcomes in women with and without metabolic syndrome (MS)*. **FASEB J.** 2007 21:lb 236.
211. \*Galbreath M, R Chandran, J Wismann, K Beavers, G Hudson, M Serra, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness and weight loss program in senior-aged women: body composition*. **FASEB J.** 2008;lb 779.
212. \*Serra M, J Wismann, M Galbreath, R Chandran, K Beavers, G Hudson, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness and weight loss program in senior-aged women: resting energy expenditure*. **FASEB J.** 2008;lb 782.
213. \*Parker A, M Galbreath, E Deike, T Buford, E Nassar, B Shelmadine, C Boulton, J Dove, R Chandran, K Beavers, J Wismann, G Hudson, M Serra, J Jitomir, R Li, B Campbell, P La Bounty, M Cooke, C Rasmussen, M Greenwood, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: training adaptations*. **FASEB J.** 2008;lb 783.
214. \*Shelmadine B, M Galbreath, R Chandran, K Beavers, G Hudson, M Serra, R Li, T Buford, J Jitomir, E Nassar, J Wismann, A Parker, E Deike, C Boulton, J Dove, B Campbell, P La Bounty, M Cooke, C Rasmussen, D Willoughby, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: health markers*. **FASEB J.** 2008: lb 785.
215. \*Hartman J, M Galbreath, R Chandran, K Beavers, G Hudson, M Serra, R Li, J Jitomir, B Shelmadine, E Nassar, J Wismann, A Parker, E Deike, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Bowden, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: quality of life*. **FASEB J.** 2008: lb 787.
216. \*Deike E, M Galbreath, J Hartman, M Serra, R Li, J Jitomir, B Shelmadine, T Buford, E Nassar, J Wismann, R Chandran, K Beavers, G Hudson, A Parker, C Boulton, J Dove, B Campbell, P La Bounty, M Cooke, C Rasmussen, B Lanning, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: body image & self-esteem*. **FASEB J.** 2008: lb 790.
217. \*Dove J, M Ferreira, M Galbreath, R Chandran, K Beavers, M Serra, R Li, J Jitomir, B Shelmadine, T Buford, E Nassar, J Wismann, G Hudson, A Parker, C Rasmussen, K Fredenburg, M Wooddy, R Wilson, R Kreider. *Effects of a multi-component school-based intervention on health markers, body composition, physical fitness, and psychological measures in overweight adolescent females*. **FASEB J.** 2008: lb pp 34.
218. \*Li R, M Ferreira, A Parker, J Jitomir, M Galbreath, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure*. **FASEB J.** 2008: lb pp 34.
219. \*Ferreira M, R Li, A Parker, M Galbreath, J Jitomir, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in women with medically managed conditions: training adaptations*. **FASEB J.** 2008: lb 792.
220. \*Jitomir J, R Chandran, B Shelmadine, K Beavers, C Kerksick, C Wilborn, J Wismann, E Nassar, J Dove, M Galbreath, T Harvey, P La Bounty, B Campbell, M Ferreira, M Cooke, M Iosia, C Rasmussen, R Bowden, R Wilson, R Kreider. *Medical profile of sedentary women with and without metabolic syndrome (MS)*. **FASEB J.** 2008: lb 788.
221. \*Beavers K, R Chandran, J Jitomir, B Shelmadine, C Kerksick, C Wilborn, J Wismann, E Nassar, J Dove, M Galbreath, P La Bounty, B Campbell, M Ferreira, M Cooke, M Iosia, C Rasmussen, R Bowden, R Wilson, R Kreider. *Relationship of uric acid to markers of metabolic syndrome (MS) and medical status*. **FASEB J.** 2008: lb 786.
222. Cooke M, M Iosia, T Buford, B Shelmadine, G Hudson, C Kerksick, C Rasmussen, M Greenwood, B Leutholtz, D Willoughby, Richard Kreider. *Effects of acute and chronic coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals*. **Medicine & Science in Sport & Exercise.** 40(5):S402, 2008.
223. \*Hudson G, M Galbreath, R Chandran, J Wismann, M Serra, J Dove, C Boulton, P LaBounty, M Cooke, C Rasmussen, R Wilson, D Willoughby, M Greenwood, and R Kreider. *Effects of a popular fitness and weight loss program in senior-aged women: leptin, ghrelin, & adiponectin levels*. **Journal of Strength & Conditioning Research.** 22(6):A7, 2008.
224. Kreider R, A Parker, J Moreillon, C Rasmussen, M Greenwood. *Energy expenditure analysis of women participating in a computerized hydraulic circuit training program*. **Journal of Strength & Conditioning Research.** 22(6):A69-70, 2008.
225. \*Hudson G, M Galbreath, R Chandran, J Wismann, M Serra, J Dove, C Boulton, P LaBounty, M Cooke, C Rasmussen, R Wilson, D Willoughby, M Greenwood, R Kreider. *Effects of a popular fitness and weight loss program in senior-aged women: glucose and insulin kinetics*. **Journal of Strength & Conditioning Research.** 22(6):A77-78, 2008.
226. \*Beavers K., M. Serra, J. Moreillon, G. Hudson, B. Shelmadine, J. Jitomir, C. Curts, E. Deike, M. Byrd, J. Culbertson, P. Leeke, F. Vela, C. Rasmussen, M. Greenwood, J. Campbell, J. Beiseigel, S. Jonnalagadda, R. Kreider. *Comparison of two 10-week diet and exercise programs for weight loss in women*. **FASEB J.** 720.7, 2009.

227. \*Serra M, K. Beavers, J. Moreillon, G. Hudson, B. Shelmadine, J. Jitomir, C. Curts, E. Deike, M. Byrd, J. Culbertson, P. Leeke, F. Vela, C. Rasmussen, M. Greenwood, J. Campbell, J. Beiseigel, S. Jonnalagadda, R. Kreider. *Comparison of two ready-to-eat cereals as partial meal replacements in a 2-week weight loss plan.* **FASEB J**, 720.8, 2009.
228. Kreider R, M. Serra, J. Moreillon, K. Beavers, G. Hudson, B. Shelmadine, J. Jitomir, C. Curts, E. Deike, M. Byrd, J. Culbertson, P. Leeke, F. Vela, C. Rasmussen, M. Greenwood, J. Campbell, J. Beiseigel and S. Jonnalagadda. *A comparison of two weight maintenance programs following weight loss in women.* **FASEB J**, LB458 II, 2009.
229. \*Culbertson J, M. Byrd, M. Cooke, C. Kerksick, B. Campbell, C. Wilborn, M. Galbreath, R. Li, M. Ferreira, E. Nassar, T. Harvey, A. Parker, T. Courtney, J. Dove, K. Beavers, M. Serra, J. Jitomir, J. Moreillon, s. Simbo, R. Chandran, G. Hudson, C. Curts, E. Deike, M. Iosia, C. Rasmussen, M. Greenwood, r. Kreider. *Effects of the Curves fitness & weight loss program on body composition & resting energy expenditure.* **FASEB J**, LB459 II, 2009.
230. \*Moreillon J, J. Culbertson, M. Byrd, J. Wismann, M. Galbreath, C. Wilborn, L. Taylor, B. Campbell, E. Nassar, J. Dove, T. Harvey, C. Kerksick, P. LaBounty, A. Parker, M. Ferreira, M. Cooke, M. Iosia, R. Chandran, K. Beavers, M. Serra, J. Jitomir, C. Curts, E. Deike, G. Hudson, T. Buford, B. Shelmadine, C. Rasmussen, M. Greenwood, D. Willoughby, R. Kreider. *Effects of the Curves fitness & weight loss program on markers of health & fitness.* **FASEB J**, LB461 II, 2009.
231. Rasmussen C, J. Culbertson, R. Li, M. Ferreira, A. Parker, J. Jitomir, M. Galbreath, M. Serra, K. Beavers, J. Dove, B. Shelmadine, G. Hudson, C. Curts, J. Moreillon, M. Byrd, E. Deike and R. Kreider. *Effects of the Curves fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure.* **FASEB J**, LB462 II, 2009.
232. \*Byrd M, M. Ferreira, R. Li, A. Parker, M. Galbreath, J. Jitomir, M. Serra, K. Beavers, J. Dove, J. Culbertson, G. Hudson, B. Shelmadine, C. Curts, J. Moreillon, E. Deike, C. Rasmussen and R. Kreider. *Effects of the Curves fitness & weight loss program in women with medically managed conditions: training adaptations.* **FASEB J**, LB463 II, 2009.
233. \*Kerksick C, K. Beavers, R. Chandran, J. Jitomir, M. Serra, B. Shelmadine, C. Wilborn, J. Wismann, E. Nassar, J. Dove, M. Galbreath, P. LaBounty, B. Campbell, M. Ferreira, M. Cooke, M. Iosia, C. Rasmussen, R. Wilson and R. Kreider. *Relationship of uric acid to body composition, heart disease risk factors and energy expenditure.* **FASEB J**, LB476 II, 2009.
234. \*Kerksick C, K. Beavers, R. Chandran, J. Jitomir, M. Serra, B. Shelmadine, C. Wilborn, J. Wismann, E. Nassar, J. Dove, M. Galbreath, T. Harvey, P. LaBounty, B. Campbell, M. Cooke, M. Iosia, C. Rasmussen, R. Wilson and R. Kreider. *Relationship of resting energy expenditure to body composition and clinical health markers.* **FASEB J**, LB482 II, 2009.
235. Kreider R., C. Rasmussen, J. Culbertson and M. Byrd. *Effects of a 30-day fitness challenge on body composition and markers of health in women.* **Medicine & Science in Sport & Exercise**. 41(5):S74, 2009.
236. \*Li R., M. Ferreira, M. Cooke, P. La Bounty, B. Campbell, M. Greenwood, D. Willoughby, R. Kreider. *Mysostatin gene expression in response to acute resistance exercise with amino acids and carbohydrate supplementation.* **Medicine & Science in Sport & Exercise**. 41(5):S25, 2009.
237. \*Ferreira, M., R Li, M. Cooke, B. Campbell, P. La Bounty, R. Kreider, D. Willoughby. *Irs1, Pkb, P70s6k, & Erk1/2 phosphorylation increased by acute resistance exercise but not BCAA/carbohydrate.* **Medicine & Science in Sport & Exercise**. 41(5):S112-3, 2009.
238. \*Wilborn C., L. Taylor, C. Foster, T. Swift, C. Burken, M. Florez, C. Poole, B. Bushey, R. Kreider, D. Willoughby. *Effects of fenugreek, cinnamon, & curcumin on post workout inflammatory response.* **Medicine & Science in Sport & Exercise**. 41(5):S365, 2009.
239. \*Taylor L., C. Wilborn, B. Bushey, C. Poole, C. Foster, B. Campbell, R. Kreider, D. Willoughby. *Fenugreek extract supplementation has no effect on the hormonal profile of resistance-trained males.* **Medicine & Science in Sport & Exercise**. 41(5):S365-6, 2009.
240. \*Campbell, B., P. La Bounty, A. Oetken, R. Kreider, M. Greenwood, D. Willoughby. *The effects of branched chain amino acid supplementation on total lower body workout volume.* **Medicine & Science in Sport & Exercise**. 41(5):S422, 2009.
241. \*La Bounty P., B. Campbell, A. Oetken, R. Lutz, R. Kreider, M. Greenwood, D. Willoughby. *The effect of leucine supplementation on total lower-body workout volume.* **Medicine & Science in Sport & Exercise**. 41(5):S424, 2009.
242. Kreider R, Jitomir J, Culbertson J, Byrd M, Simbo S, Curts C, Serra M, Beavers K, Moreillon J, Ferreira M, Li R, Shelmadine B, Rasmussen C, Greenwood M. *Effects of diet cycling during training on weight loss and resting energy expenditure: a preliminary analysis.* **Journal of the International Society of Sports Nutrition**. 6(Suppl 1):P17, 2009.
243. Lewing M, Pena E, Poole C, Dufour F, Consancio E, Jacobson H, Dugan K, Jones T, Ervin N, Foster C, Kreider R, Taylor L, Wilborn C. *Effects of BIOCREAT supplementation on strength and body composition during an 8-week resistance training program.* **Journal of the International Society of Sports Nutrition**. 6(Suppl 1):P11, 2009.
244. Poole C, Bushey B, Pena E, Constancio E, Jones T, Dufour F, Ervin N, Clemens B, Willoughby D, Kreider R, Foster C, Taylor L, Wilborn C. *Effects of TESTOSURGE supplementation on strength, body composition and hormonal profiles during an 8-week resistance training program.* **Journal of the International Society of Sports Nutrition**. 6(Suppl

- 1):P11, 2009.
245. \*Campbell B, La Bounty P, Oetken A, Greenwood M, Kreider R, Willoughby D. *The anabolic hormone response to a lower-body resistance exercise bout in conjunction with oral BCAA supplementation.* **Journal of the International Society of Sports Nutrition.** 6(Suppl 1):P11, 2009.
246. \*Campbell B, La Bounty P, Oetken A, Greenwood M, Kreider R, Willoughby D. *Response of serum IGF-1 after an acute bout of lower-body resistance exercise.* **J Strength Cond Res.** 24(1): 2010.
247. \*Harvey T, Shelmadine BD, Moreillon J, Liang J, Greenwood L, Greenwood M, Kreider R, Willoughby D. *Effects of concentric and eccentric muscle contractions on IL-6 signaling in human skeletal muscle and downstream regulation of HSP-72 gene expression.* **J Strength Cond Res.** 24(1): 2010.
248. \*Byrd M, J. Culbertson, C. Canon, J. Oliver, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of high carbohydrate and high protein diets on markers of metabolic syndrome (ms) in women participating in the Curves fitness program.* **FASEB Journal.** LB297 I, 2010.
249. \*Oliver J, J. Culbertson, C. Canon, M. Byrd, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of exercise and high carbohydrate and high protein diets on women with and without metabolic syndrome (MS).* **FASEB Journal.** LB298 II, 2010.
250. \*Mardock M, M. Byrd, S. Simbo, J. Oliver, J. Culbertson, C. Canon, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Clinical profiles of women with and without metabolic syndrome (MS).* **FASEB Journal.** LB299 I, 2010.
251. \*Culbertson J, M. Mardock, M. Byrd, S. Simbo, J. Oliver, C. Canon, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of diet cycling on weight loss and resting energy expenditure in women participating in the curves fitness program.* **FASEB Journal.** LB300 II, 2010.
252. \*Simbo S, J. Culbertson, M. Mardock, M. Byrd, J. Oliver, C. Canon, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of 30-day diet cycling on weight loss and resting energy expenditure in women participating in the Curves fitness program: a preliminary long-term analysis.* **FASEB Journal.** LB301 I, 2010.
253. \*Brabham B, T. Buford, B. Shelmadine, G. Hudson, M. McPheeters, J. Moreillon, M. Greenwood, R. Kreider, FACSM, D. Willoughby, TACSM, M. Cooke. *Effects of Creatine Supplementation and Resistance Training on Body Composition and Strength in Older Individuals.* **Medicine & Science in Sports & Exercise.** 42(5):S312, 2010.
254. Campbell B, J. Downing, M. Kilpatrick, P. LaBounty, A. Elkins, S. Williams, M. Gisele dos Santos, T. Chang, S. Willey, R. Kreider, FACSM. *The Effects of a Commercially Available Energy Drink on Resistance Training Performance.* **Medicine & Science in Sports & Exercise.** 42(5):S315, 2010.
255. Taylor L, C. Wilborn, C. Foster, R. Kreider. *Effects of Fenugreek, Cinnamon & Curcumin Supplementation on Post Workout IL6 and Cortisol Response.* **Medicine & Science in Sports & Exercise.** 42(5):S317, 2010.
256. \*Canon C, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. *Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women.* **Medicine & Science in Sports & Exercise.** 42(5):S458-9, 2010.
257. \*Shelmadine B, B. Brabham, G. Hudson, T. Buford, M. McPheeters, J. Moreillon, M. Greenwood, FACSM, R. Kreider, FACSM, D. Willoughby, FACSM, M. Cooke. *Effects of Creatine Supplementation and Resistance Training on Skeletal Muscle Hypertrophy in Older Individuals.* **Medicine & Science in Sports & Exercise.** 42(5):S534, 2010.
258. Parker, J. Gordon, A. Thornton, J. Lubker, M. Bartlett, R. Jäger, M. Purpura, M. Byrd, J. Oliver, S. Simbo, C. Rasmussen, R.B. Kreider. *The effects of phosphatidylserine supplementation on cognitive functioning prior and following an acute bout of resistance training in young males.* **Journal of the International Society of Sports Nutrition.** 2010, 7(Suppl 1):P2.
259. \*Oliver JM, J.Y. Kresta, M. Byrd, C. Canon, M. Mardock, S. Simbo, P. Jung, B. Lockard, D. Khanna, M. Koozehchian, C. Rasmussen, C. Kersick, R. Kreider. *Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum triglyceride levels above or below median values.* **Journal of the International Society of Sport Nutrition.** 2010, 7(Suppl 1):P9.
260. \*Canon C, J.Y. Kresta, M. Byrd, J.M. Oliver, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H.K. Kim, C. Rasmussen, R.B. Kreider. *Long-term efficacy of women participating in the curves fitness and weight loss program.* **Journal of the International Society of Sports Nutrition.** 2010, 7(Suppl 1):P11.
261. \*Kresta JY, M. Byrd, J.M. Oliver, C. Canon, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H.K. Kim, C. Rasmussen, R.B. Kreider. *Effects of diet Effects of diet cycling on weight loss, fat loss and resting energy expenditure in women cycling on weight loss, fat loss and resting energy expenditure in women.* **Journal of the International Society of Sports Nutrition.** 2010, 7(Suppl 1):P11.
262. \*Canon C, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider. *Effects of a 30-Day Fitness Challenge on Body Composition and Health Markers in Sedentary Women.* **Journal of Strength & Conditioning Research.** 25:S34-35, 2011.
263. Kreider RB, J. Culbertson, M. Byrd, S. Simbo, J. Oliver, M. Mardock, C. Canon, Y. Yung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen. *Maintaining a High Protein Diet While Participating in a*

*Resistance Training Program Does Not Affect Markers of Bone Health in Women. Journal of Strength & Conditioning Research.* 25:S71-72, 2011.

264. \*Oliver JM, Julie Y. Kresta, Claire N. Canon, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Majid Koozehchian, Chris Rasmussen, Richard B. Kreider, FACSM. *Comparison of Two Different Diet Programs on fasting Insulin Levels in Sedentary Obese Women Participation in Resistance training. Medicine & Science in Sports & Exercise.* 42(10): 46, 2010.
265. \*Jung YP, Julie Y. Kresta, Jonathan M. Oliver, Sunday Simbo, Claire N. Canon, Mike Byrd, Michelle Mardock, Brittanie Lockard, Chris Rasmussen, Richard B. Kreider, FACSM. *Effects of a High Protein Diet on Weight Loss and Body Composition in Sedentary Women with Normal Insulin Sensitivity and Insulin Resistance. Medicine & Science in Sports & Exercise.* 42(10):47-48: 2010.
266. \*Jagim A, Jonathan M. Oliver, Julie Y. Kresta, Claire N. Canon, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Chris Rasmussen, Richard B. Kreider, FACSM. *Effects of a High Protein Diet on Weight Loss and Leptin Levels in Sedentary Women with Normal and Elevated Leptin. Medicine & Science in Sports & Exercise.* 42(10): 48, 2010.
267. Kreider RB, Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, Claire N. Canon, Michelle Mardock, Sunday Simbo, Brittanie Lockard, Chris Rasmussen. *Effects of Exercise, Weight Loss and Diet Type on Leptin in Sedentary Women. Medicine & Science in Sports & Exercise.* 42(10):48-49, 2010.
268. \*Kresta KY, Jonathan M. Oliver, Mike Byrd, Claire N. Canon, Andrew Jagim, Brittanie Lockard, Michelle Mardock, Sunday Simbo, Chris Rasmussen, Richard B. Kreider, FACSM. *Relationship between Fasting Serum Leptin Levels and Markers of Bone, Fat and Health in Sedentary Women. Medicine & Science in Sports & Exercise.* 42(10): 54-55, 2010.
269. \*Simbo S, J. Oliver, JY Kresta, CN Cannon, M Byrd, M Mardock, P Jung, B Lockard, C Rasmussen, RB Kreider. *Effects of a high protein diet on weight loss and body composition in women with normal and elevated blood glucose levels. Medicine & Science in Sports & Exercise.* 42(10):62-63, 2010.
270. \*Byrd M, Mardock M, Lockard B, Simbo S, Jagim A, Kresta J, Baetge C, Jung Y, Koozehchian M, Khanna D, Oliver J, Kyul H, Greenwood M, Kreider R, Rasmussen C. *Comparative effectiveness of two popular weight loss programs in women III: fitness markers. The FASEB Journal* 2011;25(MeetingAbstracts):lb207.
271. \*Jagim A, Mardock M, Lockard B, Simbo S, Byrd M, Kresta J, Baetge C, Jung Y, Koozehchian m, Khanna D, Oliver J, Kyul H, Greenwood M, Rasmussen C, Kreider R. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life. The FASEB Journal* 2011;25(MeetingAbstracts):lb221.
272. \*Khanna D, Kreider RB, Tonkin P, Cowan P, Rasmussen C. *Relationship Between Exercise Capacity And Heart Rate Variability In Trained And Untrained Individuals. The FASEB Journal* 2011;25(MeetingAbstracts):lb471.
273. Kreider R, Oliver J, Kresta J, Byrd M, Baetge C, Mardock M, Simbo S, Lockard B, Jung Y, Koozehchian M, Khanna D, Kyul H, Jagim A, Rasmussen C. *Effects of diet type during an exercise and weight loss program on markers of metabolic syndrome in women with elevated uric acid levels. The FASEB Journal* 2011;25(MeetingAbstracts):lb246.
274. \*Lockard B, Mardock M, Byrd M, Simbo S, Jagim A, Kresta J, Baetge C, Jung Y, Koozehchian M, Khanna D, Oliver J, Kyul H, Greenwood M, Rasmussen C, Kreider R. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. The FASEB Journal* 2011;25(MeetingAbstracts):lb205.
275. \*Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, Kresta J, Baetge C, Jung Y, Koozehchian M, Khanna D, Kyul H, Oliver J, Greenwood M, Rasmussen C, Kreider R. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. The FASEB Journal* 2011;25(MeetingAbstracts):lb248.
276. \*Simbo S, Mardock M, Lockard B, Byrd M, Jagim A, Kresta J, Baetge C, Jung Y, Koozehchian M, Khanna D, Oliver J, Greenwood M, Rasmussen C, Kreider R, Kyul H. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program may influence weight loss success. The FASEB Journal* 2011;25:lb208.
277. \*Baetge C, Kresta J, Byrd M, Oliver J, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. *Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life: Medicine & Science in Sports & Exercise* 2011;43(5):470-1.
278. \*Byrd M, Kresta J, Oliver J, Baetge C, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider RB. *Effects of Intermittent Dieting During Resistance Training In Women III: Fitness: Medicine & Science in Sports & Exercise* 2011;43(5):472
279. Campbell BI, Myers B, Forsyth A, Parker B, Gomez B, Elkins A, Marcello B, Wilborn C, La Bounty P, Kreider R. *The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Performance Characteristics in Collegiate Softball Players: Medicine & Science in Sports & Exercise* 2011;43(5):587
280. Kerkick CM, Grimstvedt M, Mayhew JL, Greenwood M, Kreider R. *Effect Of Strength And Body Composition On Upper- And Lower-body Work Capacity In Adult Men: Medicine & Science in Sports & Exercise* 2011;43(5):402.
281. \*Kresta J, Byrd M, Oliver J, Baetge C, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. *Effects of Intermittent Dieting During Resistance Training in Women I: Weight Loss and Energy Expenditure: Medicine & Science in Sports & Exercise* 2011;43(5):471.
282. \*Mardock M, Kresta J, Byrd M, Oliver J, Baetge C, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton

- R, Kim H, Rasmussen C, Kreider R. *Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers*. **Medicine & Science in Sports & Exercise** 2011;43(5):471-2.
283. \*Mardock M, B Lockard, J Oliver, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure*. **Journal of the International Society of Sports Nutrition** 2011, 8(Suppl 1):P4 (7 November 2011)
284. \*Byrd M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers*. **Journal of the International Society of Sports Nutrition** 2011, 8(Suppl 1):P1 (7 November 2011)
285. \*Oliver J, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women III: health and fitness markers*. **Journal of the International Society of Sports Nutrition** 2011, 8(Suppl 1):P5 (7 November 2011)
286. \*Jagim A, M Mardock, B Lockard, J Oliver, M Byrd, S Simbo, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life and diet satisfaction*. **Journal of the International Society of Sports Nutrition** 2011, 8(Suppl 1):P3 (7 November 2011)
287. Greenwood M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success*. **Journal of the International Society of Sports Nutrition** 2011, 8(Suppl 1):P2 (7 November 2011)
288. \*Oliver J, M Mardock, A Jagim, A Sanchez, J Kresta, S Crouse, R Kreider. *Effectiveness of a dietary intervention on macronutrient intake, lean mass and strength gains in males participating in a supervised resistance training program*. **Journal of the International Society of Sports Nutrition** 2011, 8(Suppl 1):P20 (7 November 2011)
289. \* C Baetge, Lockard B, , J Oliver, M Mardock, M Byrd, S Simbo, Y Jung, D Khanna, M Koozehchian, R Dalton, H Kim, J Kresta, T Leopold, K Horrell, V Fan, C Rasmussen, M Greenwood, R.B. Kreider. *Exercise intensity and energy expenditure assessment of performing the Curves with Zumba workout*. **Journal of Strength and Conditioning Research**. 26(2):S41-2, 2012.
290. \*Oliver JM, A. R. Jagim, A. C. Sanchez, J. Y. Kresta, M. A. Mardock, S. F. Crouse, R. B. Kreider. *Comparative analysis of body composition, strength and power of U.S. soldiers participating in an enlisted to commissioning program and experience matched controls*. **Journal of Strength and Conditioning Research**. 26(2):S49, 2012.
291. \*Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women I: body composition and resting energy expenditure*. **The FASEB Journal** 2012, 26:lb372.
292. \*Galvan E, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein & liver status*. **The FASEB Journal**. 2012, 26:lb383.
293. \*Jung Y, Baetge C, Lockard B, Mardock M, Simbo S, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health & fitness markers*. **The FASEB Journal**. 2012, 26:lb375.
294. \*Khanna D, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Byrd M, Koozehchian M, Galvan E, Levers K, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women VI: quality of life*. **The FASEB Journal**. 2012, 26:lb407.
295. \*Koozehchian M, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose*. **The FASEB Journal**. 2012, 26:lb381.
296. \*Levers K, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Byrd M, Koozehchian M, Galvan E, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women V: perception of quality of diets*. **The FASEB Journal**. 2012, 26:lb404.
297. Campell BI, Raposo KA, Bullion A, Petchonka A, Pannoni N, Cloer B, Deignan S, Vyas T, Kreider RB. *Pre-exercise carbohydrate supplementation does not suppress rate of fatigue during resistance exercise in trained females*. **Medicine and Science in Sport and Exercise**. 44(5):S241, 2012.
298. \*Oliver JM, AR Jagim, AC Sanchez, K. Kelley, E. Galvan, J. Fluckey, S. Riechman, M. Greenwood, R. Jäger, M. Purpura, I. Pischel, RB Kreider. *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**. 9:S1/P24, 2012.
299. Greenwood, M. Oliver JM, AR Jagim, AC Sanchez, K. Kelley, E. Galvan, J. Fluckey, S. Riechman, M. Greenwood, R. Jäger, M. Purpura, I. Pischel, RB Kreider. *Effects of Short-Term Ingestion of Russian Tarragon Prior to Creatine*

Monohydrate Supplementation on Anaerobic Sprint Capacity: A Preliminary Investigation. **Journal of the International Society of Sports Nutrition**. 9:S1/P7, 2012.

300. \*Kresta KY, J Oliver, A Jagim, R Kreider, J Fluckey, S Reichman, S Talcott. *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**. 9:S1/P17.
301. \*Jagim AR, JM Oliver, A Sanchez, E Galvan, J Fluckey, S Riechman, S Talcott, K Kelly, C Meininger, C Rasmussen, RB Kreider. *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**. 9:S1/P11, 2012
302. \*Oliver JM, AR Jagim, AC Sanchez, JYKresta, MA Mardock, SF Crouse, RB Kreider. *Greater strength and power output after 12 week training program designed to elicit hypertrophy using intra-set rest intervals.* **Journal of Strength and Conditioning Research**. 27(4):S115-6, 2013.
303. \*Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs.* **FASEB Journal**, LB341, 2013.
304. \*Galvan E, B. Lockard, C. Baetge, K. Levers, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs.* **FASEB Journal**, LB340, 2013.
305. \*Simbo S, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women.* **FASEB Journal**, LB306, 2013.
306. \*Dalton R, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, D. Khanna, R. Dalton, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on insulin and leptin in women.* **FASEB Journal**, LB339, 2013.
307. \*Levers K, B. Lockard, C. Baetge, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides.* **FASEB Journal**, LB338, 2013.
308. \*Baetge, B. Lockard, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women.* **FASEB Journal**, LB342, 2013.
309. \*Jung Y, M. Byrd, C. Baetge, B. Lockard, K. Levers, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women.* **FASEB Journal**, LB33, 2013.
310. \*Jagim, M. Byrd, B. Lockard, C. Baetge, K. Levers, E.Galvan, S. Simbo, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in post-menopausal women.* **FASEB Journal**, LB336, 2013.
311. \*Byrd M, Y. Jung, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozechian, D. Khanna, R. Dalton, B. Sanchez, K. Horrell, T. Leopold, M. Cho, J. Fluckey, S. Riechman, M. Greenwood, J. Hart, K. Shimkus, W. Gapinski, M. Pere. *Effects of nutrient timing following resistance-exercise on changes in body composition in post-menopausal women participating in weight loss program.* **FASEB Journal**, LB335, 2013.
312. \*Majid Koozechchian, Farzad Nazem, and Richard B Kreider. *Impact of Exercise Training on Cardiovascular Risk and Anti-Risk Factors in Adolescent Boys.* **Experimental Biology**. FASEB J. 27:1132.28.
313. \*Dalton R, C Baetge, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, Y Jung, JM Oliver, M. Koozechchian, D Khanna, B. Sanchez, JY Kresta, K. Horrell, T. Leopold, M. Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. *Analysis of efficacy and cost effectiveness of popular weight loss and fitness programs.* **Journal of the International Society of Sports Nutrition**. 10(Suppl 1): p. P4, 2013.
314. \*Byrd M, S Simbo, YP Jung, B Sanchez, M Cho, CW Lee, B Lockard, C Baetge, K Levers, E Galvan, A Jagim, JM

- Oliver, R Dalton, B Bessire, K Horrell, T Leopold, M Koozehchian, D Khanna, K Shimkus, W Gapinsky, M Perez, J Hart, S Riechman, J Fluckey, M Greenwood, C Rasmussen, R Kreider. *Effects of immediate and delayed nutrient timing following resistance exercise on changes in mixed muscle fractional synthesis rate (FSR) in post-menopausal women participating in a weight loss program.* **Journal of the International Society of Sports Nutrition.**
315. \*Levers K, S Simbo, E Galvan, YP Jung, C Baetge, B Lockard, A Jagim, M Byrd, C Rasmussen, R Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation I: impact on body composition and markers of health and fitness.* **Journal of the International Society of Sports Nutrition.** 10(Suppl 1): p. P15., 2013
316. \*Simbo S, A Roque-Andrade, S Mertens-Talcott, C Rasmussen, R Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation II: impact on microRNA 21 and microRNA 146a expression and their regulatory role.* **Journal of the International Society of Sports Nutrition.** 10(Suppl 1): p. P24., 2013
317. \*Levers K, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Assessment of factors related to carbohydrate intolerance I: OGTT glucose AUC.* **FASEB J.** 28:LB299, 2014.
318. \*Galvan E, K Levers, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Assessment of factors related to carbohydrate intolerance II: OGTT glucose at 120 minutes.* **FASEB J.** 28:LB298, 2014.
319. \*Jung Y, B Lockard, C Baetge, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Chang, C Rasmussen, and R Kreider. *Comparative effectiveness of popular diet programs on changes in body composition and visceral adipose tissue in women.* **FASEB J.** 28:LB297, 2014.
320. \*Simbo S, A Coletta, M Mardock, B Lockard, B Bryd, A Jagim, JY Kresta, C Baetge, YP Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M Greenwood, C Rasmussen, and R Kreider. *Effects of two popular weight loss programs on changes in android and gynoid body composition in women.* **FASEB J.** 28:LB302, 2014.
321. \*O'Connor A, K Levers, E Galvan, A Coletta, R Dalton, YP Jung, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire.* **FASEB J.** 28:LB305, 2014.
322. \*Dalton R, K Levers, E Galvan, A Coletta, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Assessment of factors related to carbohydrate intolerance III: Fasting HOMA.* **FASEB J.** 28:LB300, 2014.
323. \*Springer S, B Lockard, C Baetge, Y Jung, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, J Oliver, M Koozehchian, R Dalton, D Khanna, J Kresta, B Sanchez, K Horrell, T Leopold, M Cho, A Rivera, C Cerda, C Chang, C Rasmussen, and R Kreider. *Comparative effectiveness of popular diet programs on changes in android and gynoid body composition in women.* **FASEB J.** 28:LB301, 2014.
324. \*Goodenough C, K Levers, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire II.* **FASEB J.** 28:LB304, 2014.
325. \*Coletta A, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, J Oliver, M Greenwood, C Rasmussen, and R Kreider. *Effects of two popular weight loss programs on changes in body composition and visceral adipose tissue in women.* **FASEB J.** 28:LB296, 2014.
326. \*Koozehchian M, K Levers, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire III.* **FASEB J.** 28:LB303, 2014.
327. \*Koozehchian MS, J Atae, RB Kreider, P Jung, L Zuo. *Effectiveness of Accommodation and Constant Resistance Training on Maximal Strength and Power in Young Athletes.* **Medicine & Science in Sport & Exercise.** 46(5S): 885-6, 2014.
328. \*Galvan E, K Levers, R Dalton, C Goodenough, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Effectively Reduces Markers of Catabolism and Perceptions of Muscle Soreness following an Acute Bout of Intense Endurance Exercise.* **Journal of the International Society of Sports Nutrition.** 11(1): P33, 2014.
329. \*Goodenough C, K Levers, R Dalton, Galvan E, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Mitigates the Post-Exercise Immune Response with Reduction in Total Antioxidant Status and Serum Triglyceride Levels following an Acute Bout of Intense Endurance Exercise.* **Journal of the International Society of Sports Nutrition.** 11(1): P34, 2014.
330. \*Levers K, R Dalton, E Galvan, C Goodenough, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *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.** 11(1): P31, 2014.

331. \*Jung YP, C Goodenough, M Cho, A O'Connor, R Dalton, K Levers, E Galvan, N Barringer, F Ayadi, J Carter, MKoozechian, S Simbo, A Reyes, B Sanchez, A Coletta, C Rasmussen, R Kreider. *Thermogenic and Hemodynamic Effects of Ingesting a Pre-Workout Supplement with and without Synephrine.* **Journal of the International Society of Sports Nutrition.** 11(1): P35, 2014.
332. \*Cho M, YP Jung, C Goodenough, A O'Connor, R Dalton, K Levers, E Galvan, N Barringer, F Ayadi, J Carter, M Koozechian, S Simbo, A Reyes, B Sanchez, A Coletta, C Rasmussen, R Kreider. *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.** 11(1):P36, 2014.
333. \*Dalton R, K Levers, E Galvan, C Goodenough, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozechchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Moderates Post-Exercise Immunosuppression, Total Cholesterol, and Antioxidant Status with No Effect on Performance Recovery following an Acute Bout of Intense Lower Body Resistance Exercise.* **Journal of the International Society of Sports Nutrition.** 11(1): P32, 2014.
334. \*Barringer N, T Elliott, S. Carroll, R. Kotwa, R. Dalton, S. Crouse, M. Greenwood, R. Kreider. *Fatty acid blood levels, Vitamin D status, and physical performance and its relationship to resiliency and mood in active duty soldiers.* **Journal of Strength & Conditioning Research.** 28(12):46-47, 2014.
335. \*Carter JG, J.M. Oliver, A.R. Jagim, AC Sanchez, MA Mardock, KA Kelly, HJ Meredith, GL Smith, M. Greenwood, JL Parker, SE Riechman, JD Fluckey, SF Crouse, RB Kreider. *The effects of various resistance training on body composition and body weight, fat mass, body fat, and visceral adipose tissue in physically active males.* **Journal of Strength & Conditioning Research.** 28(12):13-14, 2014.
336. Jagim AR, K Levers, E Galvan, D Joubert, C Rasmussen, R Kreider. *Effects of an ultra-endurance event on energy balance, body composition and training adaptations: a case study.* **Journal of Strength & Conditioning Research.** 28(12):25-26, 2014.
337. \*Koozechchian M, R Kreider, L Zuo. *Antioxidant preconditioning strengthens the skeletal muscle function during hypoxia.* **Journal of Strength & Conditioning Research.** 28(12):114, 2014.
338. \*E Galvan E, A O'Connor, YC Goodenough, R Dalton, K Levers, N Barringer, M Cho, P Jung, M Greenwood, C Rasmussen, PS Murano, CP Earnest, R Kreider. *Effects of 28 days of two creatine nitrate based dietary supplements on bench press power in recreationally active males.* **Journal of the International Society of Sports Nutrition.** 12:S1:P17, 2015.
339. H Kim, S Simbo, J Chown, L McAlister, A Roque, N Banerjee, S Talcott, R Kreider, S Mertens-Talcott. *The consumption of acai beverage (Euterpe oleracea Mart.) improves biomarkers for inflammation in individuals with the metabolic syndrome.* **The FASEB Journal.** 29:S259.4, 2015.
340. S Simbo, H Kim, J Chrown, A Roque, N Banerjee, S Talcott, R Kreider, S Mertens-Talcott. *Consumption of Acai Beverage (Euterpe oleracea Mart.) in Cardio-metabolic Syndrome.* **The FASEB Journal.** 29:1 Supplement 602.8, 2015.
341. \*Y Jung, M Cho, A O'Connor, C Chang, M Koozechchian, C Goodenough, N Barringer, F Ayadi, D Walker, S Simbo, E Galvan, R Dalton, K Levers, E Garcia, C Mitchell, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of Pre-Workout Supplement on Strength, Anaerobic Power, and Body Composition.* **The FASEB Journal.** 29:1 Supplement LB238, 2015.
342. \*M Koozechchian, A Moosakhani, R Soori, L Zuo, M Shariatzadeh, F Moosakhani, R Kreider. *Impact of Arginine Supplementation on Hormonal Levels in Trained Endurance Athletes during Recovery Period.* **The FASEB Journal.** 29:1 Supplement LB249, 2015.
343. \*K Levers, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, M Koozechchian, B Sanchez, C Rasmussen, M Greenwood, C Earnest, R Kreider. *Analysis of Correlational Validity Between OGTT Results and a Carbohydrate Intolerance Questionnaire.* **The FASEB Journal.** 29:1 Supplement LB236, 2015.
344. \*K Levers, C Rasmussen, M Greenwood, C Earnest, R Kreider. *Establishing Regression Parameters to Simplify Determination of Carbohydrate Intolerance.* **The FASEB Journal.** 29:1 Supplement LB237, 2015.
345. \*A Coletta, B Sanchez, A O'Connor, R Dalton, S Springer, M Koozechchian, Y Jung, S Simbo, M Cho, C Goodenough, A Reyes, E Galvan, K Levers, K Wilkins, C Rasmussen, R Kreider. *Influence of Obesity-Related Genotype on Weight Loss Success and Body Composition Changes While Participating in an a 3-Month Exercise and Weight Loss Program: Preliminary Findings.* **The FASEB Journal.** 29:1 Supplement LB241, 2015.
346. \*E Galvan, Y Jung, M Cho, A O'Connor, C Chang, M Koozechchian, C Goodenough, N Barringer, F Ayadi, D Walker, S Simbo, R Dalton, K Levers, E Garcia, C Mitchell, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Acute Hemodynamic, Hematologic and Dose Effects of Ingesting Two Creatine Nitrate Based Dietary Supplements.* **The FASEB Journal.** 29:1 Supplement LB250, 2015.
347. \*B Sanchez, A Coletta, E Galvan, R Dalton, A O'Connor, M Koozechchian, A Reyes, C Goodenough, M Cho, Y Jung, K Levers, S Simbo, S Springer, L Wilkins, C Rasmussen, R Kreider. *Influence of Metabolic Genotyping on Weight Loss and Body Composition in Women Participating in a 6 Month Diet and Exercise Program: Preliminary Findings.* **The FASEB Journal.** 29:1 Supplement LB240, 2015.

348. \*Y Jung, M Cho, A O'Connor, C Chang, M Koozehchian, C Goodenough, N Barringer, F Ayadi, D Walker, S Simbo, E Galvan, R Dalton, K Levers, E Garcia, C Mitchell, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of 8 Weeks Ingestion of a Pre-Workout Supplement With and Without Synephrine on Cognitive Function, and Perceptions of Readiness to Perform.* **The FASEB Journal.** 29:1 Supplement LB239, 2015.
349. \*E Galvan, D Walker, S Simbo, A O'Connor, C Goodenough, R Dalton, K Levers, N Barringer, M Cho, M Koozehchian, F Ayadi, Y Jung, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of 28 Days of Two Creatine Nitrate Based Dietary Supplements on Body Composition and Exercise Performance in Recreationally Active Males.* **The FASEB Journal.** 29:1 Supplement LB248, 2015.
350. \*Khanna D, E Galvan, C Baetge, K Levers, S Simbo, M Byrd, P Jung, M Koozehchian, C Rasmussen, M Greenwood, R Kreider. *Effects of an Exercise and Diet-Induced Weight Loss Program on Resistin and Visfatin in Sedentary Obese Women.* **The FASEB Journal.** 29:1 Supplement LB254, 2015.
351. \*Goodenough C, C Earnest, B Lockhart, J Oliver, R Kreider, C Rasmussen. *Effect of Carbohydrate and Protein Focused Diets on Metabolic Syndrome Prevalence in Overweight and Obese Women Combined with Exercise.* **The FASEB Journal.** 29:1 Supplement 595.30, 2015.
352. \*Dalton R, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Safety and efficacy of a pre-workout dietary supplement with and without synephrine.* **Journal of the International Society of Sports Nutrition.** 12: Suppl 1:P5, 2015.
353. \*Jung YP, R Dalton, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Effects of 8 weeks pre-workout dietary supplement ingestion with and without synephrine on blood chemistry panel.* **Journal of the International Society of Sports Nutrition.** 12: Suppl 1:P4, 2015.
354. \*Coletta A, B Sanchez, A O'Connor, R Dalton, S Springer, M Koozehchian, YP Jung, S Simbo, M Cho, C Goodenough, A Reyes, R Sowinski, L Wilkins, C Rasmussen, RB Kreider. *Effects of matching diet type to obesity-related genotype on body composition changes in women during a six-month resistance-exercise training and walking program.* **Journal of the International Society of Sports Nutrition.** 12: Suppl 1:P16, 2015.
355. \*O'Connor A, K Levers, R Dalton, E Galvan, C Goodenough, S Simbo, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Short-term powdered tart cherry supplementation encircling an acute endurance challenge potentially increases running performance and attenuates post-race markers of inflammation.* **Journal of the International Society of Sports Nutrition.** 12: Suppl 1:P7, 2015.
356. \*Coletta A, C Baetge, P Murano, E Galvin, C Rasmussen, M Greenwood, K Levers, B Lockard, SY Simbo, YP Jung, M Koozehchian, M Cho, M Mardock, J Kresta, J Oliver, B Sanchez, M Byrd, D Khanna, A Jagim, CP Earnest, RB Kreider. *Efficacy of Commercial Weight Loss Programs on Metabolic Syndrome.* **The FASEB Journal.** vol. 30 no. 1 Supplement lb216, 2016.
357. \*Koozehchian M, E Falah, A Daneshfar, M Kaveh, BK Sanchez, G Owlia, A Moosakhani, G Nazem, NMoradi, RB Kreider. *The Effects of Resistance Training with L-carnitine Supplementation on Total Antioxidant Capacity and Lipid Peroxidation in Untrained Men.* **The FASEB Journal.** vol. 30 no. 1 Supplement 682.3, 2016.
358. \*Jung YP, B Sanchez, RB Kreider. *Genes and sequence variants in weight loss in response to diet and exercise: Meta-analysis.* **The FASEB Journal.** vol. 30 no. 1 Supplement 912.8, 2016.
359. \*Koozehchian MS, PB Collins, A O'Connor, SY Shin, R Dalton, T Grubic, R Sowinski, YP Jung, BK Sanchez, A Coletta, M Cho, A Reyes, C Rasmussen, CP Ernest, PS Murano, M Greenwood, RB Kreider. *Dose Dependent Safety Study of a Pre-workout Dietary Supplement in Resistance Training Participants.* **Med Sci Sports Exerc.** 48(5 Suppl 1):58-9, 2016.
360. \*Jung YP, M Koozechian, A O'Connor, S Shin, PB Collins, R Dalton, T Grubic, R Sowinski, BK Sanchez, A Coletta, M Cho, A Reyes, C Rasmussen, PS Murano, M Greenwood, CP Earnest, RB Kreider. *Effects of Short-term Pre-workout Supplement Ingestion at Different Dosages on Exercise Performance.* **Med Sci Sports Exerc.** 48(5 Suppl 1):254, 2016.
361. \*Koozehchian MS, PB Collins, R Sowinski, T Grubic, R Dalton, A O'Connor, SY Shin, YP Jung, BK Sanchez, A Coletta, M Cho, A Reyes, C Rasmussen, CP Earnest FACSM, PS Murano, M Greenwood, RB Kreider. *Effect of a multi-ingredient preworkout supplement on cognitive function and perceptions of readiness to perform.* **Journal of the International Society of Sports Nutrition.** 13(Suppl 1):33, P56, 2016.
362. \*Dalton R, R Sowinski, T Grubic, PB Collins, A Coletta, A Reyes, B Sanchez, M Kozehchain, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Seven days of high and low dose creatine nitrate supplementation I: hepatornal, glucose, and muscle enzyme function.* **Journal of the International Society of Sports Nutrition.** 13(Suppl 1):33, P49, 2016.
363. \*Grubic T, R Dalton, R Sowinski, PB Collins, A Coletta, A Reyes, B Sanchez, M Kozehchain, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Seven days of high and low dose creatine nitrate supplementation II: performance.* **Journal of the International Society of Sports Nutrition.** 13(Suppl 1):33, P50, 2016.
364. \*Sowinski R, Dalton R, T Grubic, PB Collins, A Coletta, A Reyes, B Sanchez, M Kozehchain, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Seven days of high and low dose creatine nitrate supplementation III: hemodynamics.* **Journal of the International Society of Sports Nutrition.** 13(Suppl 1):33, P51, 2016.

365. Earnest CP, B Lockard, C Baetge, M Greenwood, RB Kreider. *Retrospective Analysis of Weight Loss Relative to Protein Intake during Short-term Exercise Training in Women*. **Med Sci Sports Exerc.** 49(5 S1):987, 2017.
366. \*Koozehchian MS, A Daneshfar, M Hassanzadeh, M Kaveh, E Fallah, CP Earnest, G Owlia, M Greenwood, RB Kreider. *Effects of chronic L-carnitine supplementation on exercise performance and blood lactate in resistance-trained males*. **Journal of the International Society of Sports Nutrition.** 14(Suppl 2):31, P14, 2017.
367. \*Koozehchian MS, A Daneshfar, M Hassanzadeh, M Kaveh, E Fallah, CP Earnest, G Owlia, M Greenwood, RB Kreider. *Effects of chronic L-carnitine supplementation on on exercise-induced oxidative stress markers in resistance-trained males*. **Journal of the International Society of Sports Nutrition.** 14(Suppl 2):31, P15, 2017.
368. \*Grubic TJ, RB Kreider, R Sowinski, R Dalton, C Favot, M Greenwood, CP Earnest, A Reyes, C Rasmussen. *Glycemic and insulinemic response to ingestion of a novel food bar containing whey protein and isomalto-oligosaccharides*. **FASEB J.** 32:S1:LB371, 2018.
369. Vargas S, Romance R, Petro JL, Bonilla DA, Galancho I, Espinar S, Kreider RB, Benítez-Porres J. *Efficacy of ketogenic diet on body composition during resistance training in trained men*. **Medicine & Science in Sport & Exercise.** 49:S138, 2018.
370. \*Grubic T, R Sowinski, R Dalton, C Favot, B Sanchez, PB Collins, A Reyes, C Rasmussen, M Greenwood, CP Earnest, RB Kreider. *Glycemic and insulinemic response to a commercial food bar containing a whey protein blend with isomalto-oligosaccharides plant fiber as the carbohydrate source*. **Journal of the International Society of Sports Nutrition.** 15:256, A76, 2018.
371. \*Collins PB, CP Earnest, RL Dalton, RJ Sowinski, TJ Grubic, BK Sanchez, CJ Favot, AG Reyes, AM Coletta, C Rasmussen, M Greenwood, PS Murano, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Skeletal Muscle Strength and Endurance*. **Journal of the International Society of Sports Nutrition.** 15:256, A78, 2018.
372. \*Collins PB, RJ Sowinski, CP Earnest, RL Dalton, TJ Grubic, BK Sanchez, CJ Favot, AG Reyes, AM Coletta, C Rasmussen, M Greenwood, PS Murano, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Hematological Response to Postural Challenge*. **Journal of the International Society of Sports Nutrition.** 15:256, A79, 2018.
373. \*Collins PB, CJ Favot, CP Earnest, RL Dalton, RJ Sowinski, TJ Grubic, BK Sanchez, AG Reyes, AM Coletta, C Rasmussen, M Greenwood, PS Murano, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Blood Chemistry and Self-Reported Side Effects*. **Journal of the International Society of Sports Nutrition.** 15:256, A77, 2018.
374. \*Grubic TJ, R Sowinski, BE Nevares, SL Williamson, VM Pizzitola, AG Reyes, C Rasmussen, PS Murano, M Greenwood, CP Earnest, RB Kreider. *Short-term effects of ingesting a food bar containing whey protein and isomalto-oligosaccharides on glycemic and insulinemic responses to an acute resistance-exercise bout and sprint conditioning: I*. **Journal of the International Society of Sports Nutrition.** 15:256, A73, 2018.
375. \*Grubic TJ, R Sowinski, BE Nevares, SL Williamson, VM Pizzitola, AG Reyes, C Rasmussen, PS Murano, M Greenwood, CP Earnest, RB Kreider. *Short-term effects of ingesting a food bar containing whey protein and isomalto-oligosaccharides on glycemic and insulinemic responses to an acute resistance-exercise bout and sprint conditioning: II*. **Journal of the International Society of Sports Nutrition.** 15:256, A74, 2018.
376. Vargas S, Petro JL, Ramón R, Bonilla DA, Florido MA, Kreider RB, Schoenfeld BJ, Benítez-Porres J. *Effect of two resistance training protocols in trained individuals on body composition and strength: High versus low loads*. **Journal of Sports Sciences.** 36:S1, 1-94, 2018. DOI: 10.1080/02640414.2018.1521633.
377. T Grubic, R Sowinski, B Nevares, V Jenkins, S Williamson, A Reyes, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *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*. **The FASEB Journal.** 33 (1\_supplement), 534.1-534.1, 2019.
378. Vargas S, R Ramón, J Petro, E Sergio, D Bonilla, B Schoenfeld, RB Kreider, J. Benítez-Porres. *Effects of oral-contraceptive use on strength, power and body composition in trained women*. **Medicine & Science in Sports & Exercise.** 51 (6), 906-907, 2019.
379. Sowinski R, T. Grubic, R. Dalton, J. Schlaffer, AG. Reyes, V. Jenkins, S. Williamson, C. Rasmussen, P. Murano, M. Greenwood, C.P. Earnest, R.B. Kreider. *An examination of a novel weight loss formula on measurements of body composition*. **Journal of the International Society of Sports Nutrition.** 17:S1:A59, 2020.
380. Jenkins V, R. Sowinski, T. Grubic, R. Dalton, J. Schlaffer, AG. Reyes, S. Williamson, C. Rasmussen, P. Murano, M. Greenwood, CP. Earnest, and RB. Kreider. *An examination of a novel weight loss formula on measurements of resting energy expenditure*. **Journal of the International Society of Sports Nutrition.** 17:S1:A60, 2020.
381. Bonilla DA, S Vargas, JL Petro, R Romance, M García, BJ Schoenfeld, RB Kreider, J Benítez-Porres. *Effects of creatine monohydrate plus beef protein on body composition and strength levels after 8-weeks of a cluster-based resistance training; a pilot study*. **Journal of the International Society of Sports Nutrition.** 17:S1:A57, 2020.
382. Vargas S, R Romance, BJ Schoenfeld, M García, JL Petro, DA Bonilla, RB Kreider, F Martin, J Benítez-Porres. *Effects*

- of three cluster-based resistance training protocols on strength and body composition in trained men maintaining a high protein diet. **Journal of the International Society of Sports Nutrition**. 17:S1:A58, 2020.
383. \*Yoo C, J Kim, S Kyan, R Kreider, K Lim. Exogenous lactate increases fat oxidation in resting rats. **The FASEB Journal**. 34:S1, 2020.
  384. Vargas-Molina S, M García-Sillero, R Romance, I Medina, D Bonilla, B Schoenfeld, J Petro, R Kreider, J Benítez-Porres. Effects of undulating vs. linear periodization on body composition in untrained older adults. **Medicine & Science in Sports and Exercise**. 52:7, Abstract #137, 2020.
  385. Bonilla DA, Javier Benítez-Porres, Ramón Romance, Ignacio Medina, Jorge L Petro, Brad J Schoenfeld, Manuel García-Sillero, Richard B Kreider, Salvador Vargas-Molina. Effects of a non-linear resistance training program on biochemical and physiological health parameters in elderly. **Medicine & Science in Sports & Exercise**: 52(7S): 749.
  386. \*Xing D, C Yoo, CJ Rasmussen, M Purpura, R Jäger, RB Kreider. Acute ashwagandha supplementation improves cognitive function. **Journal of the International Society of Sports Nutrition**. 17(59): A10, 2020.
  387. \*Leonard M, C Yoo, D Xing, T Jenkins, K Nottingham, B Dickerson, J Ko, D Gonzalez, M Faries, W Kephart, M Purpura, R Jäger, SD Wells, R Sowinski, C Rasmussen, RB Kreider. Paraxanthine ingestion improves cognition, short-term memory, and helps to sustain attention. **Journal of the International Society of Sports Nutrition**. In press, 2021.
  388. \*Dickerson B, C Yoo, D Xing, T Jenkins, K Nottingham, J Ko, D Gonzalez, M Leonard, M Faries, W Kephart, M Purpura, R Jäger, SD Wells, R Sowinski, C Rasmussen, RB Kreider. Dose-ranging study of paraxanthine ingestion on cognition, executive function, and psychomotor vigilance. **Journal of the International Society of Sports Nutrition**. In press, 2021.
  389. \*Xing D, C Yoo, D Gonzalez, T Jenkins, K Nottingham, B Dickerson, J Ko, M Humphries, M Leonard, M Faries, W Kephart, M Purpura, R Jäger, SD Wells, R Sowinski, C Rasmussen, RB Kreider. Paraxanthine provides greater improvement in cognitive function and psychomotor vigilance prior to and following running than caffeine. **Journal of the International Society of Sports Nutrition**. In press, 2021.
  390. \*Gonzalez D, R Sowinski, D Xing, C Yoo, T Jenkins, K Nottingham, B Dickerson, J Ko, M Humphries, M Leonard, M Faries, W Kephart, C Rasmussen, RB Kreider. Effects of Arginine Silicate and Inositol Ingestion on Cognitive and Executive Function in Gamers. **Journal of the International Society of Sports Nutrition**. In press, 2021.

#### Conference Abstracts (\* represents mentored student)

1. Kreider, R.B., D.E. Cundiff, J.B. Hammett, C.W. Cortes, and K.W. Williams. Cardiovascular, hemodynamic, and blood lactate responses during the bike-run transition in male triathletes. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 13:30, 1986.
2. Kreider, R.B. and T. Boone. Effects of two bicycle ergometer intensities on the cardiovascular system prior to two treadmill running intensities. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 13:31, 1986.
3. Kreider, R.B., W.R. Thompson, W.T. Boone, and J. Bailey. Effects of pedaling rate on actual and predicted VO<sub>2</sub> responses in cycling. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 14:34, 1987.
4. Cortes, C.W., R.B. Kreider, and T. Boone. Reliability of exercise responses during submaximal exercise. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 14:36, 1987.
5. Kreider, R.B., T. Boone, W.R. Thompson, S. Burkes, and C.W. Cortes. Cardiovascular and thermal responses of triathlon performance. **U.S. Olympic Festival Congress on Sports Medicine and Science Conference Abstracts**. 1:38, 1987.
6. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, J. Lamberth, K.D. Johnson, W.R. Johnson, and H. Anderson. Lactate clearance during active and passive recovery. **U.S. Olympic Festival Congress on Sports Medicine and Science Conference Abstracts**. 1:39, 1987.
7. Boone, T., R. Cooper, C.W. Cortes, and R.B. Kreider. Effects of deep muscular massage on performance. **U.S. Olympic Festival Congress on Sports Medicine and Science**. 1:40, 1987.
8. Kreider, R.B. Ventilatory threshold in swimming, cycling, and running in triathletes. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 15:20, 1988.
9. Cortes, C., R. Kreider, W. Thompson, K. Johnson, S. Al-Mandalawi, and J. Lamberth. Respiratory Efficiency between trained and untrained males. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 15:57, 1988.
10. Johnson, K.D., W.R. Thompson, J.G. Lamberth, S. Al-Mandalawi, R.B. Kreider, and C.W. Cortes. Plasma lactate and ventilation thresholds in untrained and trained non-cyclists. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 15:58, 1988.
11. \*Miller, G.W., R.B. Kreider, M.H. Williams, T. Somma, and T. Nasser. Analysis of ventilatory thresholds as a limiting factor in five-mile performance. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 16:3, 1989.
12. \*Barrett-Friend, M. and R.B. Kreider. Effects of an eight-week low impact aerobic dance class on adult women. **Southeast American College of Sports Medicine Meeting Conference Abstracts**. 16:26, 1989.

13. Kreider, R.B., G.W. Miller, M.H. Williams, T. Somma, and T. Nasser. *Effects of three or six day sodium phosphate regimens on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 16:47, 1989.
14. Williams, M.H., R.B. Kreider, D. Hunter, C.T. Somma, L.M. Shall, M.L. Woodhouse, and L. Rokitski. *Effect of oral inosine supplementation on performance in a 3-mile treadmill run and VO<sub>2</sub> peak.* **First International Olympic Committee World Congress on Sports Sciences.** 1:95, 1989.
15. \*Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, L.M. Shall, and M.L. Woodhouse. *Effects of post-event massage therapy on repeated ultraendurance cycling.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 17:10, 1990.
16. \*Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, L. Shall, and M.L. Woodhouse. *Chronotropic and Inotropic adaptations to repeated ultraendurance cycling.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 17:11, 1990.
17. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, L. Shall, and M. Woodhouse. *Effects of repeated ultraendurance cycling on pulmonary function.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 17:12, 1990.
18. Cortes, C.W., T. Boone, D.R. Redondo, and R.B. Kreider. *Effects of prior hydrotherapy on cardiovascular responses to exercise.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 17:56, 1990.
19. Kreider, R.B., B. Drinkard, T. Drews, C.W. Cortes, S.R. Sechrist, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Evidence of hemolysis, altered hormonal and vitamin status, fecal blood loss, and anemia in response to multi-stage ultraendurance cycling.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 18:16, 1991.
20. \*Drinkard, B., R.B. Kreider, T. Drews, and C.W. Cortes. *Fluid homeostasis and thermoregulation during a multi-stage ultraendurance cycling event.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 18:13, 1991.
21. \*Schenck, D., R.B. Kreider, G.W. Miller, C.W. Cortes, C. Turner, and P. Rowland. *Evaluation of metabolic, cardiovascular, and myocardial adaptations to competitive endurance cycling.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 18:7, 1991.
22. \*Drews, T., R.B. Kreider, B. Drinkard, and C.W. Jackson. *Effects of multi-stage ultraendurance cycling on psychological profiles of exertion, feeling, and mood.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 18:32, 1991.
23. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, C. Turner, and P. Rowland. *Effects of muscular anaerobiosis on substrate availability and myocardial compliance to exercise.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 18:53, 1991.
24. Kreider, R.B., G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance.* **I World Congress on Sports Nutrition Conference Abstracts.** 1:9-10, 1991.
25. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling.* **I World Congress on Sports Nutrition Conference Abstracts.** 1:11-12, 1991.
26. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance.* **I World Congress on Sports Nutrition Conference Abstracts.** 1:13-14, 1991.
27. Kreider, R.B., M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, T. Somma, and S. Sechrist. *Bioenergetic and nutritional analysis of an ultraendurance triathlon.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 19:17, 1992.
28. \*Miriel, V., R.B. Kreider, M. Mitchell, G.W. Miller, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Analysis of electrolyte intake and serum electrolyte levels during an ultraendurance triathlon.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 19:2, 1992.
29. \*Bertun, E., R.B. Kreider, M. Mitchell, G.W. Miller, V. Miriel, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Effects of ultraendurance triathlon performance on serum enzyme levels.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 19:1, 1992.
30. Redondo, D. R.B. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist, and T. Somma. *Analysis of temperature regulation and fluid homeostasis during an ultraendurance triathlon.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 19:24, 1992.
31. Dowling, E., R. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist and T. Somma. *Effects of ultraendurance triathlon performance on psychological profiles of exertion, feeling, and mood.* **Southeast American College of Sports Medicine Meeting Conference Abstracts.** 19:12, 1992.
32. Kreider, R., V. Miriel, E. Bertun, T. Somma, and S. Sechrist. *Effects of amino acid and carnitine supplementation on markers of protein catabolism and body composition during 25 weeks of swim training.* **Southeast American**

**College of Sports Medicine Meeting Conference Abstracts. 20:45, 1993.**

33. \*Bertun, E., R.B. Kreider, R.E. Ratzlaff and J. Edwards. *Effects of 25 weeks of competitive swim training on immune function.* **Southeast American College of Sports Medicine Meeting Conference Abstracts. 20:26, 1993.**
34. Kreider, R.B., D. Hill, G. Horton, M. Downes, S. Smith and B. Anders. *Effects of carbohydrate supplementation during intense field hockey training on dietary patterns, psychological status, and performance.* **Southeast American College of Sports Medicine Meeting Conference Abstracts. 21:88, 1994.**
35. \*Hensley, S., B. Leutholtz, R.B. Kreider, E. Hooker, and H. Jewett. *The reliability of bioelectrical impedance for assessing body composition during the menstrual cycle.* **Southeast American College of Sports Medicine Meeting Conference Abstracts. 21:31, 1994.**
36. Kreider, R.B., R. Ratzlaff, E. Bertun, and J. Edwards. *Effects of gender on immunological responses to 25 weeks of intercollegiate swim training.* **Southeast American College of Sports Medicine Conference Abstracts. 23:84, 1995.**
37. \*Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, M. Walling, and Y. Li. *Relationship of psychological profiles of mood, exertion, and feeling on isokinetic strength performance.* **Southeast American College of Sports Medicine Conference Abstracts. 23:74, 1995.**
38. \*Wood, L. R. Kreider, L. Weiss, A. Fry, P. Grindstaff, D. Bullen, M. Miyaji and L. Ramsey. *Comparison of fatigue curves between upper and lower extremity muscle groups performing isokinetic strength testing.* **Southeast American College of Sports Medicine Conference Abstracts. 23:65, 1995.**
39. \*Bullen, D., K. Harmon, L. Ramsey, P. Grindstaff, M. Miyaji, R. Klesges, R. Kreider, A. Fry, and L. Weiss. *Comparison of bioelectrical impedance analysis (BIA) to dual energy x-ray absorptiometry (DEXA) measurements in weight trained males.* **Southeast American College of Sports Medicine Conference Abstracts. 23:55, 1995.**
40. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-Rx™ supplementation during off-season college football training on body composition and strength.* **Southeast American College of Sports Medicine Conference Abstracts. 24:34, 1996.**
41. \*Wilson, M., R. Kreider, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashita, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of intercollegiate swim training on fasting immune status.* **International Conference on Overtraining in Sport Conference Abstracts. 1:73, 1996.**
42. Kreider, R., V. Miriel, D. Tulis, and E. Bertun. *Effects of amino acid supplementation during a 25-week intercollegiate swim season on leukocytic response to swimming.* **International Conference on Overtraining in Sport Conference Abstracts. 1:75, 1996.**
43. \*Taylor, T., R. Kreider, L. Ramsey, H. Yamashita, V. Miriel, D. Tulis, and E. Bertun. *Effects of amino acid supplementation during a 25-week intercollegiate swim season on fasting immunoglobulins and leukocytes.* **International Conference on Overtraining in Sport Conference Abstracts. 1:75, 1996.**
44. Ferreira, M., R. Kreider, V. Miriel, D. Tulis, and E. Bertun. *Relationship of exercise-induced changes in the neutrophil/lymphocyte ratio to serum cortisol during and intercollegiate swim season.* **International Conference on Overtraining in Sport Conference Abstracts. 1:76, 1996.**
45. \*Grindstaff, P., R. Kreider, R. Bishop, M. Wilson, L. Wood, C. Alexander, A. Almada, and D. Hannum. *Effects of creatine supplementation on performance times and anaerobic capacity in competitive swimmers.* **International Conference on Overtraining in Sport Conference Abstracts. 1:82, 1996.**
46. Okwumabua, J., R. Kreider, and C. Cobel. *Health promotion for African American senior citizens.* **Sport in the City Conference Abstracts. 1:38, 1996**
47. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of creatine monohydrate supplementation on hematological responses to resistance training.* **Southeast American College of Sports Medicine Conference Abstracts. 25:.. 1997.**
48. Ferreira, M., R. Kreider, M. Wilson, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashita, and Taylor. *Effects of a 3-week taper period following 22-weeks of swim training on immunological responses to exercise.* **Southeast American College of Sports Medicine Conference Abstracts. 25: 1997.**
49. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Hematological and metabolic effects of calcium HMB supplementation during resistance-training.* **Southeast American College of Sports Medicine Conference Abstracts. 26: 88, 1998.**
50. Kreider, R.B., C. Rasmussen, J. Ransom, C. Melton, J. Hunt, A.L. Almada, R. Tutko, and P. Milnor. *Relationship between creatine supplementation history and markers of clinical status in college football players.* **Southeast American College of Sports Medicine Conference Abstracts. 27: 30, 1999.**
51. Almada, A.L., R.B. Kreider, J. Ransom, C. Rasmussen, R. Tutko, and P. Milnor. *Day-to-day reliability of spine, hip, and whole body DEXA scans in men and women.* **Southeast American College of Sports Medicine Conference Abstracts. 27: 36, 1999.**
52. Kreider, R., C. Rasmussen, J. Ransom, C. Melton, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, A. Almada, and P. Greenhaff. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **Southwest American College of Sports Medicine Conference Abstracts. 1999.**
53. Almada, A., R. Kreider, J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and

- C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes*. **Southwest American College of Sports Medicine Conference Abstracts**. 1999.
54. Greenwood, M., R. Kreider, C. Melton, L. Greenwood, C. Rasmussen, and A. Almada. *Creatine supplementation does not increase the incidence of cramping or injury for two division IA football teams training/competing in similar climates*. **Proceedings of the 4<sup>th</sup> Annual American Society of Exercise Physiologists**. 2001. Available: <http://www.css.edu/ASEP/ASEP4thNationalMeetingPresentations.pdf>
  55. \*Kerksick, C., B. Leutholtz, R. Bowden, C. Rasmussen, R. Muse, J. Hanson, M. Greenwood, C. Earnest, & R. Kreider. *Effects of Ribose Supplementation Prior to and Following Intense Exercise on Anaerobic Capacity and Metabolic Markers*. **Proceedings of the 5<sup>th</sup> American Society of Exercise Physiologists**. April 2003.
  56. \*Magrans T, Greenwood M, Rasmussen C, Kerksick C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey L, Campbell B, Slonaker R, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Ounpraseuth S. Casey P, Wilson R, Kreider R. *Effects of the Curves Fitness Programs on Muscular Strength, Muscular Endurance and Maximal Aerobic capacity*. **Texas ACSM Annual Proceedings**. 18, 2004.
  57. \*Thomas A, Rasmussen C, Kerksick, C, Campbell B, Baer J, Slonaker R, Pfau E, Grimstvedt M, Wilborn C, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey L, Ounpraseuth S. Casey P, Greenwood M, Wilson R, Kreider R. *Effects of the Curves Fitness and Weight Loss Program on weight loss and energy expenditure*. **Texas ACSM Annual Proceedings**, 10, 2004.
  58. \*Slonaker R, Rasmussen C, Kerksick C, Campbell B, Greenwood M, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Autrey L, Magrans T, Marcello B, Mulligan C, Rohle D, Taylor L, Vacanti T, Ounpraseuth S. Casey P, Wilson R, Kreider R. *Effects of the Curves Fitness and Weight Loss Program on markers of health*. **Texas ACSM Annual Proceedings**, 33, 2004.
  59. \*Roberts M, Taylor L, Mulligan C, Rohle D, Kerksick C, Campbell B, Vacanti A, Fogt D, Rasmussen C, Magrans T, Thomas A, Slonaker B, Wilborn C, Marcello B, Wilson R, Greenwood M, Earnest C, Kreider R, Willoughby D. *Relationships between fasting serum triglycerides and leptin fat free mass and REE in sedentary, overweight females participating in a 14-week weight loss program*. **Texas ACSM Annual Proceedings**. 15, 2005.
  60. \*Long L, Nassar E, Bowden R, Lanning B, Zimmerman A, Beckham J, Campbell B, Harvey T, Kerksick C, La Bounty P, Marcello B, Roberts M, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Rasmussen C, Fogt D, Moulton C, Greenwood M, Wilson R, Kreider R. *Effects of the Curves fitness and weight loss program: Quality of life and body image*. **Texas ACSM Annual Proceedings**. 20, 2005.
  61. \*Beavers K.M., Serra M.C., Beavers D.P., & Kreider R.B. Analysis of the ability to comply to high carbohydrate and high protein diet prescription. **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
  62. \*Serra M.C., Beavers K.M., Beavers D.P., & Kreider R.B. *Effects of varying macronutrient and total calorie concentrations on dietary compliance among sedentary, obese women*. **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
  63. \*Beavers KM, MC Serra, B Marcello, CM Kerksick, CJ Rasmussen, DP Beavers, RB Kreider. *Body composition data on Division I athletes using dual energy x-ray absorptiometry: body fat percentage*. **2008 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
  64. \*Serra MC, Beavers KM, B Marcello, CM Kerksick, CJ Rasmussen, DP Beavers, RB Kreider. *Body Composition Data on Division I Athletes Using Dual Energy X-ray Absorptiometry: Bone Mineral Density & T-Scores*. **2008 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
  65. Kreider R. *Nutritional Strategies to Optimize Performance*. **2011 Korean International Sport Science Congress Conference Abstracts: Exercise Nutrition**. p. 507.
  66. \*Jung YP, JM Oliver, C Rasmussen, RB Kreider. *Effects of a High Protein Energy-restricted Diet on Body Composition and Markers of Health in Obese Women*. **2011 Korean International Sport Science Congress Conference Abstracts: Exercise Nutrition**. p. 507.
  67. Sanchez B, A Coletta, E Galvan, P Jung, R Dalton, K Levers, M Koozehchian, S Simbo, A O'Connor, A Reyes, S Springer, C Goodenough, M Cho, C Rasmussen, RB Kreider. *Influence of five obesity related gene SNP's on body composition and health markers in sedentary obese women*. **SEC Symposium on Obesity Conference Abstracts**. p. 49.
  68. Lockard B., J Oliver, E Galvin, K Levers, V Jagim, A Rivera, M Cho, A Jagim, C Baetge, YP Jung, M Koozehchian, S Springer, J Rhodes, J Waltersheid, CH Chang, A Machac, C Kerksick, C Wilborn, L Taylor, T Magrans-Courtney, M Galbreath, R Li, M Ferreira, C Rasmussen, RB Kreider. *Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome I*. **SEC Symposium on Obesity Conference Abstracts**. p. 56.
  69. Colletta, A. Lockard B., J Oliver, E Galvin, K Levers, V Jagim, A Rivera, M Cho, A Jagim, C Baetge, YP Jung, M Koozehchian, S Springer, J Rhodes, J Waltersheid, CH Chang, A Machac, C Kerksick, C Wilborn, L Taylor, T Magrans-Courtney, M Galbreath, R Li, M Ferreira, C Rasmussen, RB Kreider. *Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome II*. **SEC Symposium on Obesity Conference Abstracts**. p. 52.
  70. Kreider R. *Creatine in Sport*. **2015 Creatine in Health, Sport, and Medicine Conference Abstracts**.

71. Jung YP, M Koozehchian, R Dalton, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Effects of Acute Pre-Workout Dietary Supplement Ingestion with and without Synephrine on Serum Creatine*. **28<sup>th</sup> International Conference on Sport Sciences Conference Abstracts** (South Korea). August, 2016.
72. Jäger R, R Kreider, S. Wells. Emerging sports ingredients. **SupplySide West Conference Abstracts**. October, 2016.
73. Kreider, RB. Uses and Application of  $\beta$ -Alanine in Sport Nutrition. **International Conference on Carnosine and Anserine Conference Abstracts**. September, 2017.
74. Kreider, RB. Beyond Carbohydrate: Role of Protein in Exercise, Training and Medicine. **2017 International Society of Nutraceuticals and Functional Foods Conference Abstracts**. Gunsan, South Korea. October 23, 2017.
75. Vargas, S. R Romance, JL Petro, DA Bonilla, BJ Schoenfeld, RB Kreider, J Benítez-Porres. *A pilot study examining the effects of menstrual cycle-based training versus traditional undulating program on body composition and strength in resistance-trained women*. XII Simposio Internacional de Fuerz y Proyeto IronFemm. **NSCA Spain National Conference**. Madrid, SPAIN. December 14, 2019.

---



---

## PROFESSIONAL PRESENTATIONS

### INVITED PRESENTATIONS

#### Conferences (Lectures/Tutorial/Symposia)

1. Kreider, R.B., J. Hammett, and D.E. Cundiff. *Acute and Chronic Biochemical and Physiological Responses to Triathlon Performance*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, Georgia. January 23, 1986.
2. Kreider, R.B. and D.E. Cundiff. *Physiological Aspects of Triathlon Performance*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, South Carolina. January 27, 1987.
3. Kreider, R.B. *Therapeutic Intervention of Exercise for Diabetic Populations*. **Mississippi Conference on Diabetes**. Hattiesburg, Mississippi. June 20, 1987.
4. Kreider, R.B. *Steroids and Strength Conditioning*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Norfolk, Virginia. December 6, 1987.
5. Kreider, R.B. *The Spine: Anatomy and Kinesiology as it Relates to Therapy*. **American Academy of Orthopedic Surgeons**. Virginia Beach, Virginia. April 21, 1988.
6. Kreider, R.B. *Strength Training*. **Cardiopulmonary Exercise Testing/Sports Medicine Annual Conference**. Virginia Beach, Virginia. August 18, 1988.
7. Kreider, R.B. and G.W. Miller. *Ergogenic Aid Update: Effects of Sodium Phosphate Supplementation on Human Performance*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, Georgia. January 20, 1989.
8. Kreider, R.B. *Principles of Exercise Prescription*. **Mid-Atlantic Annual Nurse Practitioner Conference**. Williamsburg, Virginia. April 13, 1989.
9. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1989 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 8, 1989.
10. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1989 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 10, 1989.
11. Kreider, R.B. *Nutrition for Optimal Performance*. **Virginia High School League Coaches Association Clinic**. Lynchburg, Virginia. July 9, 1989.
12. Kreider, R.B. *Nutritional Concerns for Track, Cross Country, Wrestling, and Football Athletes*. **Virginia High School League Coaches Association Clinic**. Lynchburg, Virginia. July 10, 1989.
13. Kreider, R.B. *Nutrition for Optimal Performance*. **Sentara Leigh Hospital 1989 Annual Sports Medicine Conference**. Norfolk, Virginia. November 4, 1989.
14. Kreider, R.B. *Standards in Cardiovascular Rehabilitation*. **American Heart Association Cardiac Rehabilitation Professionals Group**. Norfolk, Virginia. December 7, 1989.
15. Kreider, R.B., M.H. Williams, C.W. Cortes, T. Drews, and B. Drinkard. *Physiology of Ultraendurance Cycling: The "Tour De Norfolk" Ultraendurance Cycling Study*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
16. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1990 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 7, 1990.
17. Kreider, R.B. *Metabolic Calculations I and II*. **1990 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 8 and 10, 1990.
18. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1990 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11, 1990.

19. Kreider, R.B. *Phosphate loading and exercise performance*. **1990 Quaker Oats Sports Medicine Conference: Ergogenics: The Enhancement of Sport Performance**. Maui, Hawaii. June 18, 1990.
20. Kreider, R.B., G.W. Miller, and M. Mitchell. *Role of protein oxidation during exercise*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, Kentucky. February 1, 1991.
21. Kreider, R.B. *Physiological considerations of ultraendurance exercise*. **Exceed of Sports Nutrition Conference**. Orlando, Florida, March 8, 1991.
22. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1991 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 13, 1991.
23. Kreider, R.B. *Metabolic Calculations I and II*. **1991 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 14 and 16, 1991.
24. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1991 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 15, 1991.
25. Kreider, R.B. *Risk Factor Identification*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11, 1992.
26. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11, 1992.
27. Kreider, R.B. *Metabolic Calculations I and II*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 12 and 14, 1992.
28. Kreider, R.B. *Low Back Care*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 13, 1992.
29. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 14, 1992.
30. Kreider, R.B. *Nutrition, fatigue and the overtraining syndrome: The role of nutrition on physiological, immunological, and psychological responses to exercise*. **20th Annual Southeast American College of Sports Medicine Meeting**. Norfolk, Virginia. January 28, 1993.
31. Kreider, R.B. *Functional Anatomy and Kinesiology*. **1993 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 10, 1993.
32. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1993 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 10, 1993.
33. Kreider, R.B. *Metabolic Calculations I and II*. **1993 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11 and 13, 1993.
34. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1993 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 13, 1993.
35. Kreider, R.B. *Update on Ergogenic Aids in Athletics*. **11th Annual Sport and Cardiovascular Nutritionists (SCAN) Symposium**. Atlanta, Georgia. April 23, 1994.
36. Kreider, R.B. and A.C. Fry. *Central Fatigue And The Overtraining Syndrome: Current Theories And Research Directions*. **Current Research into Sport Sciences International Conference**. St. Petersburg, RUSSIA. July 30, 1994.
37. Kreider, R.B. *Current Research In Sport Nutrition*. **23rd Annual Southeast American College of Sports Medicine Meeting**. Lexington, KY. February 3, 1995.
38. Kreider, R.B., A.C. Fry, and M. Stone. *Current Physiological Concepts Of Overtraining: Implications For Resistance Exercise*. **23rd Annual Southeast American College of Sports Medicine Meeting**. Lexington, KY. February 3, 1995.
39. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion*. **National Strength and Conditioning Association Annual Meeting**. Atlanta, GA. June 22, 1996.
40. Kreider, R. *Central fatigue Hypothesis and Overtraining*. **International Conference on Overtraining in Sport**. Memphis, TN. July 17, 1996.
41. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion During Resistance-Training*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
42. Ferreira, M. and R. Kreider. *Developing a Sport Nutrition Performance Enhancement Program*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
43. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion During Resistance-Training*. **Tiger Strength Clinic**. Memphis, TN. February 15, 1997.
44. Kreider, R. *Effects of Creatine Supplementation on Strength and Body Composition*. **Dallas Sports Medicine Roundtable**. Dallas, TX. May 5, 1997.
45. Kreider, R. *Creatine Supplementation - The Case For it*. **41st Annual American Osteopathic Association Research Conference**. San Antonio, TX. October 21, 1997.
46. Kreider, R. *Creatine Supplementation*. **26th Annual Southeast American College of Sports Medicine Meeting**. San Destin, FL., January 31, 1998.

47. Kreider, R., M. O'Toole, A. Fry, B. Kibler, D. Nieman, and J. Whelan. *Current Issue: Overtraining in Sport*. **45<sup>th</sup> Annual American College of Sports Medicine Meeting**. Orlando, FL. June 5, 1998.
48. Kreider, R., P. Lemon, E. Larson, J. Volek, and M. Stone. *Creatine: Scientific Information and Practical Guidelines*. **NSCA Pre-Conference Symposia**. Nashville, TN. June 24, 1998.
49. Kreider, R. *Nutritional Strategies to Promote Muscle Growth*. **IV International Symposium on Actualization on Sport Sciences**. Rosario, Argentina. October 4 and 5, 1998.
50. Kreider, R. *Creatine Supplementation: Ergogenic Value and Medical Safety*. **IV International Symposium on Actualization on Sport Sciences**. Rosario, Argentina. October 4, 1998.
51. Kreider, R. *Nutritional Considerations to Prevent Overtraining*. **IV International Symposium on Actualization on Sport Sciences**. Rosario, Argentina. October 5, 1998.
52. Kreider, R. *Creatine: New Data on Special Uses in American Football*. **National Strength and Conditioning Association's Sport Specific Training Conference**. Nashville, TN. January 9, 1999.
53. Kreider, R. *Creatine: Contemporary Issues in Baseball*. **National Strength and Conditioning Association's Sport Specific Training Conference**. Nashville, TN. January 9, 1999.
54. Kreider, R.B., M.H. Williams, M. Stone, A.L. Almada. *To Supplement or Not? Ethical and Legal Considerations of Nutritional Supplementation in Sport*. **27<sup>th</sup> Annual Southeast American College of Sports Medicine Meeting**. Norfolk, VA. February 5, 1999.
55. Pace, D. A. Cashion, K. Engelhardt, P. Cowan, J. Milstead, M. Wicks, R. Winsett, D. Hathaway, and R. Kreider. *Defining health status in women through analysis of cardiac autonomic function*. **Southern Regional Nursing Research Conference**. Charleston, SC. February 1999.
56. Kreider, R.B. *Nutritional Guidelines for Health and Performance*. **Culver Academy**. Culver, IN. March 17, 1999.
57. Kreider, R.B. *Creatine Supplementation*. **Jimmy Stewart L.A. Relay Marathon Sports Medicine Conference**. Santa Monica, CA. April 10, 1999.
58. Kreider, R.B. *Creatine: Why And How To Use It*. **American College Swimming Coaches Association Annual Meeting**. Cancun, Mexico. May 20, 1999.
59. Kreider, R.B. *Overtraining and Nutrition in Swimming*. **American College Swimming Coaches Association Annual Meeting**. Cancun, Mexico. May 22, 1999.
60. Kreider, R.B. *Creatine supplementation: Update on the ergogenic value and medical safety*. **American College Health Association Annual Meeting**. Philadelphia, PA. June 2, 1999.
61. Almada, A.L., R. Kreider, C. Earnest, J. Evans, B. Nickoloff. *The True Role of Real Science in the Future of the Natural Products Industry*. **National Nutrition and Foods Association Annual Meeting**. Las Vegas, NV. July 8 and 11, 1999.
62. Kreider, R.B. *Creatine Supplementation: What Exercise Physiologists Need to Know*. **2<sup>nd</sup> Annual American Society of Exercise Physiology Annual Meeting**. Albuquerque, New Mexico. October 15, 1999.
63. Almada, A.L., R. Kreider, C. Earnest. *Creatine Supplementation: How does it Work?* **Southwest American College of Sports Medicine Annual Meeting**. November 12, 1999.
64. Kreider, R.B. *Dietary Supplementation For Growth And Strength*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Pesaro, Italy. April 15, 2000.
65. Kreider, R.B. *Nutrition In To Prevent Overtraining*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Pesaro, Italy. April 16, 2000.
66. Kreider, R.B. *Nutrition And Ergogenic Aids*. **ACSM Exercise Leader Workshop**. Tupelo, MS. October 27, 2000.
67. Kreider, R.B. *Performance Enhancement Nutrition: Analysis of Effective and Ineffective Nutritional Ergogenic Aid*. **NACSM Scholar Lecture Series**. Omaha, NE. February 27, 2001.
68. Kreider, R.B. *Performance Enhancement Nutrition: Analysis of Effective and Ineffective Nutritional Ergogenic Aid*. **NACSM Scholar Lecture Series**. Sioux Falls, SD. February 27, 2001.
69. Kreider, R.B. *Proteins in Athlete's Diet: Quantitative And Qualitative Angles*. **Italian Fitness Federation**. Parma, Italy. March 3, 2001.
70. Kreider, R.B. *Is Common Nourishment Suitable For Athletes Requirements?* **Italian Fitness Federation**. Parma, Italy. March 3, 2001.
71. Kreider, R.B. *Obesity: Natural bioactives on the horizon. Promises vs. Research*. **Nutricon Annual Meeting**. San Diego, CA. June 9, 2001.
72. Kreider, R.B. *Creatine supplementation: What athletic trainers need to know*. **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 22, 2001.
73. Kreider, R.B. *Effects of Creatine Supplementation on Performance and Training Adaptations*. **6<sup>th</sup> International Meeting on Guanidino Compounds in Biology and Medicine**. Cincinnati, OH. September 1, 2001.
74. Kreider, R.B. *Considerations In Developing A Productive Research Program*. **4<sup>th</sup> Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 28, 2001.
75. Kreider, R.B. and T. Ziegenfuss. *Roundtable Discussion: Insights on Establishing Research Collaborations With Industry*.

- 4<sup>th</sup> **Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 28, 2001.
76. Kreider, R.B. *ASEP Presidential Address: Directions for the Future*. **4<sup>th</sup> Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 28, 2001.
77. Coulston, A.M., Kreider, R.B., Applegate, E.A. *The Role of Sweeteners In A Healthful Diet And Exercise Plan*. **American Dietetic Association Annual Meeting**. St. Louis, MO. October 21, 2001.
78. Kreider RB. Performance enhancement nutrition. **XXV International Congress of the Polish Society of Sport Medicine**. Warsaw, Poland. September 12, 2002.
79. Kreider RB. Effective and ineffective nutritional strategies to promote weight gain and weight loss. **XXV International Congress of the Polish Society of Sport Medicine**. Warsaw, Poland. September 13, 2002.
80. Kreider RB. Recent developments in creatine research. **XXV International Congress of the Polish Society of Sport Medicine**. Warsaw, Poland. September 13, 2002.
81. Kreider RB. Performance enhancement nutrition. **Kotowice Academy of Physical Education**. Kotowice, Poland. September 16, 2002.
82. Kreider RB *Effective and ineffective weight gain and weight loss strategies*. **Big 12 and Friends Annual Recreation Conference**. Waco, TX. October 17, 2002.
83. Kreider RB *Exercise programming for health and fitness*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 2, 2002.
84. Kreider RB *Advanced methods of strength and conditioning*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 2, 2002.
85. Kreider RB *Effective and ineffective weight gain and weight loss strategies*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 2, 2002.
86. Kreider RB *Exercise programming for special populations*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 3, 2002.
87. Kreider RB *Performance enhancement nutrition*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 3, 2002.
88. Kreider RB *Effective and ineffective nutritional strategies to promote weight gain and weight loss*. **Society of Italian Fitness and Motor Science**. Rimini, Italy. December 7, 2002.
89. Kreider RB *Performance enhancement nutrition: nutritional strategies to optimize performance and prevent overtraining*. **Society of Italian Fitness and Motor Science**. Rimini, Italy. December 8, 2002.
90. Kreider RB. *Bridging exercise science and sports nutrition: research to support athletic protocols*. **SCAN Symposium 2003: Advancing the Practice of Sports Nutrition**. Chicago, IL. March 14, 2003.
91. Kleiner S, Kreider RB. *Build muscle, gain energy, lose fat*. **SCAN Symposium 2003: Advancing the Practice of Sports Nutrition**. Chicago, IL. March 15, 2003.
92. Kreider RB. *Weight gain and loss supplements*. **2003 State NSCA Clinic**. Denton, TX. April 26, 2003.
93. Kreider RB. *Performance enhancement nutrition*. **2003 Big 12 Team Physician Conference**. San Antonio, TX, June 7, 2003.
94. Kreider RB. *Sports nutrition supplements: On the ball or out of bounds?* **Council for Responsible Nutrition Annual Meeting**. Tucson, AZ. September 15, 2003.
95. Kreider RB. *The Curves fitness and diet program promotes weight loss and improves markers of fitness and health*. **Curves Annual National Convention**. Las Vegas, NV. November 7, 2003.
96. Kreider RB. *Nutrition for strength & power*. 2004 Illinois Dietetic Association Annual Meeting. April 2, 2004.
97. Kreider RB. *An overview of collegiate sports nutrition*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV, June 18, 2004.
98. Kreider RB. *The Science Behind Curves – We Got the Data!* **Curves Annual National Convention**. Las Vegas, NV. November 5, 2004.
99. Kreider, R.B. *Creatine Supplementation: Hype or Help*. Wheaton University's Center for Applied Christian Ethics Dialogue Workshop. **Wheaton University**. Chicago, IL. March 16, 2005.
100. Kreider, R.B. *Performance Enhancement Nutrition*. Wheaton University's Athletic Department. **Wheaton University**. Chicago, IL. March 16, 2005.
101. Kreider, R.B. *Ethics of Ergogenic Aids in Human Performance*. Wheaton University's Center for Applied Christian Ethics Dialogue Workshop. **Wheaton University**. Chicago, IL. March 16, 2005.
102. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Las Vegas, NV. November 11, 2005.
103. Kreider, R.B. *Obesity & Weight Management*. **Texas Nurse Practitioner's Annual Conference**. Waco, TX February 25, 2006.
104. Kreider R.B. *Overtraining in Endurance Sports*. **Central America and Caribbean Congress of Medicine and Sports Sciences**. Cartagena, Columbia, South America. March 8, 2006.
105. Kreider R.B. *Nutrition for Endurance Sports*. **Central America and Caribbean Congress of Medicine and Sports Sciences**. Cartagena, Columbia, South America. March 8, 2006.

106. Kreider, R.B. Protein and Amino Acids. **ISSN Sport Nutrition Conference**. Virginia Beach, VA. March 30, 2006.
107. Kreider, R.B. *JISSN Update*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 16, 2006.
108. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Las Vegas, NV. November 4, 2006.
109. Kreider, RB. Academic and Professional Preparation for Careers in Sport Nutrition. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 12, 2007.
110. Kreider RB. *Optimizing health, fitness, and wellness in women*. **Nutrition & Food Update: Women's health issues across the life cycle**. Lincoln, NE. September 6, 2007.
111. Kreider RB. *Strength training: Practical applications to fit any lifestyle*. **Nutrition & Food Update: Women's health issues across the life cycle**. Lincoln, NE. September 6, 2007.
112. Kreider RB. *Curves Research Update*. Lincoln, NE. September 6, 2007.
113. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Orlando, FL. November 9, 2007.
114. Kreider RB. *Nutritional strategies to optimize muscle hypertrophy*. **2008 Arnold Classic Strength Summit**. Cincinnati, OH, March 1, 2008.
115. Kreider, RB, Jitomir J, Thomas PR. *The Golfer: Training, Diet & Psychological Performance Considerations*. **World Congress on Golf V**. Phoenix, AZ. March 24, 2008.
116. Kreider, RB. *Sport Nutrition*. **Pharmacy Development Series: Vitamins, Minerals, & Dietary Supplements**. New York, NY. May 16, 2008.
117. Kreider, RB. *Nutritional strategies to optimize performance and reduce overtraining*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 9, 2008.
118. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Orlando, FL. October 11, 2008.
119. Kreider R. *Preventing Overtraining*. **Strength Pro Strength Summit**. Columbus, OH. March 6, 2009.
120. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Nashville, TN. November 6, 2009.
121. Kreider RB. *Curves Health & Fitness Initiative*. **Austin Curves**. Austin, TX. January 21, 2010.
122. Chodzko-Zajko, W and R.B. Kreider. *The Department Chair as a bearer of bad news*. **American Kinesiology Association Workshop**. Dallas, TX. February 1, 2010.
123. C. Canon, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women. Texas ACSM. Houston, TX. February 5, 2010.
124. Kreider RB. *Nutrition, Fitness, & Weight Management: Gender Differences and Similarities*. **NIH Women's Health Lecture Series. National Institutes of Health**. Bethesda, MD, March 26, 2010.
125. Kreider RB, Jäger R, Purpura M, Shao A, Inoue T. *Analysis of the efficacy, safety, and regulatory status of novel forms of creatine*. **Cambridge Creatine Conference**. July 9, 2010, Cambridge UK.
126. Poortmans, J., Kreider R, Rawson E. *Creatine in Health and Medicine*. **Cambridge Creatine Conference**. July 10, 2010, Cambridge UK.
127. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Videotaped September 28, 2010. Presented at Curves Conventions in Atlantic City, Atlanta, Chicago, and Las Vegas during October - November, 2010.
128. Kreider R. *Energy drinks: Analysis of the ergogenic value and guidelines for appropriate use*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011
129. Kreider R, R Harris, D Willoughby. *Creatine and protein/amino acid roundtable*. **International Society of Sport Nutrition**. Las Vegas, NV. June 24, 2011.
130. Kreider R. *Nutritional Strategies to Optimize Performance*. **23rd International Sport Science Congress: Korean Society of Exercise Nutrition**. Keimyung University. Daegu, South Korea. August 26, 2011.
131. Kreider RB. *Curves Research Update*. **Curves Annual National Conventions**. Videotaped October 21, 2011. Presented at Curves Conventions in Atlantic City, Atlanta, Chicago, and Las Vegas during November, 2011.
132. Ziegenfuss T, R Kreider, H Lopez, R Wildam, R Jäger. *Roundtable discussion: Supplements that promote fat loss, muscle gain, and performance enhancement*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 22, 2012.
133. Kreider RB. *The power of combining a modest exercise program and nutrition manipulations to impact health, body composition and fitness in an overweight and obese population*. **National Strength & Conditioning Annual Meeting**. Providence, RI. July 13, 2012.
134. Kreider RB. *Role of nutrition in mitigating overtraining and exercise-induced immunosuppression*. **National Strength & Conditioning Annual Meeting**. Providence, RI. July 14, 2012.
135. Kreider RB. *Curves Research Update*. **Curves Annual National Conventions**. Videotaped October 10, 2012. Presented at Curves National Convention Las Vegas during October, 2012.
136. Kreider RB. *Creatine supplementation in exercise, sport, and medicine*. **Advances in Nutrition and Training in Soccer. Italian Society of Sport Nutrition and Wellness**. Florence, Italy, October 27, 2012.

137. Kreider RB. *Role of fruits and vegetables in sports medicine and athletic performance*. **5<sup>th</sup> International Symposium on Human Health Effects of Fruits and Vegetables**. Dharwad, Kamataka, India, January 8, 2013.
138. Kreider RB (moderator), SA Snipes, RJ Paxton, LR Reitzel, LL Strong. *Training the next generation of health disparities and Kellogg's scholars*. **Disparities in America: Working Towards Social Justice**. Houston, TX. June 20, 2013.
139. Kreider RB. *Safety and efficacy of energy drinks: implications on health and performance*. **American College of Nutrition**. San Diego, CA. November 16, 2013.
140. Kreider RB. *Energy density – an effective strategy for weight loss*. **American Heart Association**. Dallas, TX. November 19, 2013.
141. Kreider RB. *Strategies for obtaining external funding from non-governmental agencies*. **American Association of Health Behavior**. Charleston, SC. March 16, 2014.
142. Kreider RB. *Creatine in Sport*. **2015 Creatine in Health, Sport, and Medicine Conference**. Leufen, Germany. April 23, 2015.
143. R Kreider, A Mendez-Villanueva, X Valle, A Boldon. *Examining Sports Performance with a Global Study*. **Doha Goals Forum**. Los Angeles, CA, July 27, 2015.
144. R Kreider. *Role of Amino Acids in Reducing Fatigue and Overtraining*. **1<sup>st</sup> Annual International Society of Sport Nutrition Brazil**. Brasilia, Brazil, November 21, 2015.
145. R Kreider. *New Insights on Creatine in Health & Sport*. **Texas American College of Sports Medicine Annual Meeting**. College Station, TX. March 4, 2016.
146. Kreider RB. *Current trends in sport nutrition research and practice*. **28<sup>th</sup> International Sports Science Congress**. Hanyang, South Korea, August 26, 2016.
147. Jäger R, R Kreider, S. Wells. *Emerging sports ingredients*. **SupplySide West**, Las Vegas, NV. October 7, 2016.
148. Kreider, RB. *Uses and Application of  $\beta$ -Alanine in Sport Nutrition*. **International Conference on Carnosine and Anserine**. Louisville, KY. September 13, 2017.
149. Kreider, RB. *Beyond Carbohydrate: Role of Protein in Exercise, Training and Medicine*. **2017 International Society of Nutraceuticals and Functional Foods**. Gunsan, South Korea. October 23, 2017.
150. Kreider, RB. *Role of protein in exercise, training, and health*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 15, 2018.
151. Kreider RB, C Peña, Mayol L. *Panel Discussion*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 16, 2018.
152. Kreider RB. *Emerging Nutritional Ingredients*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 16, 2018.
153. Kreider RB, G Bustamante, F Pradas. *Panel Discussion*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 16, 2018.
154. Kreider RB. *Exercise, Nutrition and Kinesiology*. **National Academy of Kinesiology**. Chicago, IL. September 21, 2018.
155. Kreider RB. *Cognitive and neuroprotective effects of creatine, citicoline, and omega 3-fatty acids*. **2018 International Society of Nutraceuticals and Functional Foods**. Vancouver, BC Canada. October 15, 2018.
156. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training**, Medellín, Colombia, November 10, 2018.
157. Kreider RB. *Classification and the industry of dietary supplements*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, Medellín, Colombia, November 12, 2018.
158. Kreider RB. *Nutritional strategies to enhance performance*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, Medellín, Colombia, November 12, 2018.
159. Kreider R. *The state of the science of sport nutrition*. **Sport Nutrition Summit**. San Diego, CA, January 23, 2019.
160. Kreider R. *Nutritional strategies to prevent overtraining*. **2019 International Congress on Academia and Fitness**. Medellín, Colombia. February 25, 2019.
161. Kreider R. *Role of energy drinks and pre-workout supplements on performance and training*. **2019 International Congress on Academia and Fitness**. Medellín, Colombia. February 26, 2019.
162. Wildman R, C Kerksick, B Schoenfeld, RB Kreider. *Nutrition Special Interest Group roundtable discussion: Assessment of energy intake*. **National Strength and Conditioning Association Annual Meeting**. Washington, DC, July 12, 2019.
163. Kreider RB. *Strength, Conditioning & Nutritional Considerations for the High-level Performer*. **National Academy of Kinesiology Annual Meeting**. Bellevue, WA, September 13, 2019.
164. Kreider R. *Ingredients shown to enhance cognitive performance and neuroprotection for active consumers, athletes, military and gamers*. **SupplySide West**, Las Vegas, NV. October 18, 2019.
165. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, San Jose, Costa Rica, October 25, 2019.

166. Kreider RB. *Emerging sports ingredients*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, San Jose, Costa Rica, October 26, 2019.
167. Kreider RB. *Supplementation: selection, dosages, and recommendations*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, San Jose, Costa Rica, October 27, 2019.
168. Kreider RB. *Mental attitude during training*. **ATP Science Health Summit**, Gold Coast, Australia. November 2, 2019.
169. Kreider RB. *Fueling your brain*. **ATP Science Health Summit**, Gold Coast, Australia. November 2, 2019.
170. Kreider RB. *Panel discussion*. **ATP Science Health Summit**, Gold Coast, Australia. November 3, 2019.
171. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2019 Leadership Institute Webinar**. November 13, 2019.
172. Kreider RB. *American Kinesiology Association Leadership Institute Workshop Mentor*. **American Kinesiology Association Annual Meeting**. Tampa, FL. January 23 – 24, 2020.
173. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2020 Leadership Institute Webinar**. June 30, 2020.
174. Kreider RB and S. Arent. *Tribute to Dr. Mike Greenwood*. **International Society of Sports Nutrition Annual Meeting**. Daytona Beach, FL. September 12, 2020.
175. Kreipke V, Persaud H, RB Kreider, H Lopez, C Lockwood. *Proven Performance: Developing a Highly Efficient, Cost-Effective Research Program*. **American Herbal Products Association Virtual Sports Nutrition Congress**. October 21, 2020. (Webinar)
176. Lorenzo D, E Harvey, RB Kreider, S Perez Ojalvo. *How supplement brands can win at esports*. **Nutrition 21 Webinar**. December 9, 2020. (Webinar)
177. Kreider RB, DA Bonilla. *Emergent nutrients to optimize sport performance*. **Sports Nutrition International Conference: from Evaluation to Monitoring (SNIC)**. Mexico City, Mexico, February 6, 2021. (Webinar).
178. Kreider RB. *Nutrition to optimize body composition, performance, and health*. **Fivestars 15<sup>th</sup> International Congress on Sport Nutrition**. Madrid, Spain. February 7, 2021 (Webinar).
179. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2020 Leadership Institute Webinar**. March 24, 2021 (Webinar).
180. Kreider RB. *JISSN update*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 12, 2021.
181. Kreider RB. *Mike Greenwood Memorial Research Session*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 12, 2021.

#### **Invited Presentations for Universities/Industry**

1. Kreider, R.B. *Role of Amino Acids and Phosphate On Exercise*. **Pepsico All Sport Medical Advisory Board Meeting**. San Diego, CA. July 8, 1992.
2. Kreider, R.B. *Strategies for Developing Health Promotion Programs*. **United States Air Force Process Action Team**. Hampton, VA. March 30, 1993.
3. Kreider, R.B. *Health Promotion Programs at the Worksite*. **City of Norfolk, City College**. Norfolk, VA. April 8, 1993.
4. Kreider, R.B. *Employee Risk Factor Identification*. **American Heart Association - Tidewater Affiliate, Heart at Work Committee**. Virginia Beach, VA. April 21, 1993.
5. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **West Virginia University Medical School**. Morgantown, WV. May 17, 1993.
6. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **Florida Atlantic University**. Boca Raton, FL. July 8, 1993.
7. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **Memphis State University**. Memphis, TN. October 13, 1993.
8. Kreider, R.B. *Nutritional Guidelines for Athletes*. **Arkansas State University**. Jonesboro, AR. March 8, 1999.
9. Kreider, R.B. *The Future of Exercise Science*. **The University of Delaware**. Newark, DE. April 6, 1999.
10. Kreider, R.B. *Analysis Of Effective And Ineffective Nutritional Ergogenic Aids*. **GNC Sport Summit**. Park City, Utah. June 6, 2000.
11. Kreider, R.B. *Considerations In Developing A Productive Research Program*. **University of Mississippi**. Oxford, MS. October 27, 2000.
12. Kreider, R.B. *Effects Of Intact Colostrum And Turbo ATP Supplementation During Training On Body Composition, Strength, And Anaerobic Power*. **GNC Sport Summit**. Boca Raton, FL. January 26, 2001.
13. Kreider, R.B. *Effects Of Intact Colostrum And Turbo ATP Supplementation During Training On Body Composition, Strength, And Anaerobic Power*. **Royal Numico Research Department**. Wageningen, Netherlands. March 5, 2001.
14. Kreider, R.B. *Nutrition & Performance Enhancement*. **Proctor & Gamble Future Work Conference**.

Cincinnati, OH. April 28, 2003.

15. Kreider, R.B. *Curves Women's Health Initiative*. Department of Kinesiology, **University of Texas**. Austin, TX. November 16, 2004.
16. Kreider R.B. *Promoting weight loss and maintenance in women: The Curves Women's Health & Fitness Initiative*. **Southwestern Medical Center Obesity Conference**. Fort Worth, TX. November 19, 2008.
17. Kreider R. Bridging the translational research gap through exercise and nutrition research. **Intercollegiate Faculty of Nutrition Seminar**. Texas A&M University. February 14, 2011.
18. Kreider R. *Exercise and Sport Nutrition Lab: Research Overview*. **3rd Annual VPX Science Summit**. Fort Lauderdale, FL. September 17, 2011.
19. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Grand Rounds**. College Station, TX. January 17, 2012.
20. Kreider R. *Potential use of fruits and vegetables in sports nutrition*. **Science for Foods for Health Seminar**. Department of Nutrition Sciences, Texas A&M University. College Station, TX. March 6, 2012.
21. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Summer Research Program Seminar Series**. College Station, TX. June 5, 2012.
22. Kreider R. *Grant writing: corporate and private agencies*. **CEHD Council of Principal Investigators**. College Station, TX. November 6, 2013.
23. Kreider R. *Roles of fruits and vegetables in sports medicine and athletic performance*. **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference**. College Station, TX. February 25, 2014.
24. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Summer Research Program Seminar Series**. College Station, TX. June 17, 2014.
25. Kreider R. *Safety and efficacy of energy drinks: Implications on health and performance*. **Nutraceutical Short-Course on Functional Beverages**. Texas A&M University. August 26, 2014.
26. Kreider R. *Optimizing weight loss and management: The Women's Health & Fitness Initiative*. **Department of Exercise Science**, University of South Carolina. Columbia, SC. August 29, 2014.
27. Kreider R. *Optimizing weight loss and maintenance through exercise and nutrition: Perspectives from 10 years of experience conducting the Curves Women's Health & Fitness Initiative*. **Texas A&M Nutrition Obesity Research Mini-Symposium**. Texas A&M University, College Station, TX. October 31, 2014.
28. Kreider R. *Exercise, nutrition and health research: Translation of science into practice*. **School of Kinesiology**. Auburn University. Auburn, AL. November 7, 2014.
29. Kreider R. *Nutrition in Sports: Ergogenic nutrients and potential Applications of Vegetables and Fruit Bioactives*. **Science for Foods for Health Seminar**. Department of Nutrition Sciences, Texas A&M University. College Station, TX. November 20, 2014.
30. R Kreider. *Research Opportunities*. **University of Baja California**, Tijuana, Mexico, November 15, 2015.
31. R. Kreider and International Panel. *Exercise Science Roundtable*. **University of Baja California**, Tijuana, Mexico, November 15, 2015.
32. R Kreider. *Exercise, Nutrition and Health Research Overview*. **University of Baja California**, Tijuana, Mexico, November 15, 2015.
33. R Kreider. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Texas ACSM Spring Scholar Lecture Tour**. West Texas A&M University, Canyon, TX. April 4, 2016.
34. R Kreider. *Exercise and Nutritional Strategies to Optimize Weight Loss*. **Texas ACSM Spring Scholar Lecture Tour**. UT Rio Grande Valley, Brownsville, TX. April 5, 2016.
35. R Kreider. *Nutritional Strategies to Optimize Performance*. **Texas ACSM Spring Scholar Lecture Tour**. UT El Paso, El Paso, TX. April 6, 2016.
36. R Kreider. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Texas ACSM Spring Scholar Lecture Tour**. Rice University, Houston, TX. April 7, 2016.
37. R Kreider. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Texas ACSM Spring Scholar Lecture Tour**. Tarelton State University, Stephenville, TX. April 8, 2016.
38. Choudhury M and RB Kreider. *Alternative Funding Sources - Foundations/Private Sources*. **TAMHSC 2016 Research Career Development Symposium for Underrepresented Groups and Women**. Texas A&M University, College Station, TX, August 4, 2016.
39. Kreider R. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **TAMHSC School of Rural Public Health**. College Station, TX, May 3, 2016.
40. Bergman M and RB Kreider. *ADVANCE STRIDE Workshop*. **Texas A&M University**, College Station, TX, August 18, 2016.
41. Kreider R. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Institute for Oriental Medicine**. Danjung, South Korea. August 29, 2016.
42. Kreider R. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Chonnam National**

**University**, Gwangju, South Korea. August 30, 2016.

43. Kreider R. *Role of fruits and vegetables in athlete's diet*. **Vegitable & Fruit Innovation Center Lecture**. College Station, TX. September 27, 2016.
44. Wu B and RB Kreider. *ADVANCE STRIDE Workshop*. **Texas A&M University**, College Station, TX, December 8, 2016.
45. Cote' G and RB Kreider. *ADVANCE STRIDE Workshop*. Texas A&M University, College Station, TX, February 6, 2017.
46. Bergman M and RB Kreider. *ADVANCE STRIDE Workshop*. Texas A&M University, College Station, TX, September 7, 2017.
47. Kreider, RB. *Influence of Diet and Exercise on Weight Loss and Markers of Metabolic Syndrome and Diabetes in Women*. **Center for Diabetes and Obesity. University of Louisville Medical School**. Louisville, KY. September 12, 2017.
48. Kreider, RB. *Role of Protein in Exercise, Training and Medicine*. **CJ Blossom Park - Food Research Institute**. Seoul, South Korea. October 25, 2017.
49. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **Universidad Santos Tomas**, Bogota, Colombia, February 18, 2019.
50. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **School of Public Health Lunch Series. Texas A&M University**, College Station, TX, March 1, 2019.
51. Kreider RB. *Essentials of exercise and sport nutrition*. **School of Health Sciences. Swineburne University**, Melbourne, Australia. November 4, 2019.
52. Kreider RB. *Nutrition to optimize body composition, performance, and health*. **The Bountiful Company**. April 20, 2021 (Webinar).
53. Kreider RB. *Exercise & Nutrition Science Research: Reflections in developing an impactful research program and academic career*. **Exercise Physiology Graduate Seminar**. Texas A&M University. College Station, TX, September 17, 2021.
54. Kreider RB. *Impact of Liberty University on exercise science and sport nutrition*. **School of Health Sciences, Department of Allied Health, Liberty University**. Lynchburg, VA. October 8, 2021.

#### Refereed Conference Research Presentations (\* represents mentored student)

1. Kreider, R.B. and T. Boone. *Effects of two bicycle ergometer intensities on the cardiovascular system prior to two treadmill running intensities*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, GA. January 24, 1986.
2. Kreider, R.B., D.E. Cundiff, J. Hammett, C.W. Cortes, and K.W. Williams. *Cardiovascular, hemodynamic, and blood lactate responses during the bike-run transition in male triathletes*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, GA. January 24, 1986.
3. Kreider, R.B., W.R. Thompson, T. Boone, and J. Bailey. *Effects of pedaling rate on actual and predicted VO<sub>2</sub> responses in cycling*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, SC. January 28, 1987.
4. Cortes, C.W., R.B. Kreider, and T. Boone. *Reliability of exercise responses during submaximal exercise*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, SC. January 28, 1987.
5. Kreider, R.B., T. Boone, W.R. Thompson, S. Burkes, and C.W. Cortes. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
6. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, J. Lamberth, K.D. Johnson, W.R. Johnson, and H. Anderson. *Lactate clearance during active and passive recovery*. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
7. Boone, T., R. Cooper, C.W. Cortes, and R.B. Kreider. *Effects of deep muscular massage on performance*. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
8. Kreider, R.B. and M.H. Williams. *Physiological and nutritional considerations in ultraendurance performance*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 29, 1988.
9. Kreider, R.B. *Ventilatory threshold in swimming, cycling, and running in triathletes*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 30, 1988.
10. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, K.D. Johnson, J. Lamberth, and W.R. Thompson. *Ventilatory equivalent in trained and untrained cyclists*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 29, 1988.
11. Johnson, K.D., W.R. Thompson, J. Lamberth, S. Al-Mandalawi, R.B. Kreider, and C.W. Cortes. *Plasma lactate and ventilation thresholds in untrained and trained non-cyclists*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 30, 1988.
12. \*Miller, G.W. and R.B. Kreider. *Effects of Sodium Phosphate Supplementation on Human Performance*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Roanoke, VA. December 2, 1988.
13. \*Miller, G.W., R.B. Kreider, M.H. Williams, C.T. Somma, and T. Nasser. *Analysis of ventilatory thresholds as a limiting factor in five-mile performance*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Roanoke, VA. December 2, 1988.

14. \*Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Roanoke, VA. December 4, 1988.
15. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of three or six day sodium phosphate regimens on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 20, 1989.
16. \*Miller, G.W., R.B. Kreider, M.H. Williams, C.T. Somma, and T. Nasser. *Analysis of ventilatory thresholds as a limiting factor in five-mile performance*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 20, 1989.
17. \*Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 21, 1989.
18. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit following maximal and five-mile run performance*. **37th Annual American College of Sports Medicine Meeting**. Baltimore, MD. June 1, 1989.
19. \*Miller, G.W., R.B. Kreider, G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on maximal and five-mile run performance*. **37th Annual American College of Sports Medicine Meeting**. Baltimore, MD. June 1, 1989.
20. Williams, M.H., R.B. Kreider, D. Hunter, C.T. Somma, L.M. Shall, M.L. Woodhouse, and L. Rokitski. *Effect of oral inosine supplementation on performance in a 3-mile treadmill run and VO<sub>2</sub> peak*. **First International Olympic Committee World Congress on Sports Sciences**. Colorado Springs, CO. October 29, 1989.
21. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, L. Shall, and M. Woodhouse. *Effects of repeated ultraendurance cycling on pulmonary function*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
22. \*Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, L. Shall, and M.L. Woodhouse. *Chronotropic and Inotropic adaptations to repeated ultraendurance cycling*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
23. \*Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, L.M. Shall, and M.L. Woodhouse. *Effects of post-event massage therapy on repeated ultraendurance cycling*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
24. Cortes, C.W., T. Boone, D. Redondo, and R.B. Kreider. *Effects of prior hydrotherapy on cardiovascular responses to exercise*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 3, 1990.
25. Kreider, R., C. Cortes, T. Drews, B. Drinkard, S. Sechrist, T. Somma, C. Lester, M. Woodhouse, and L. Shall (Sponsor: J.O. Holloszy). *Protein gluconeogenesis in repeated ultraendurance cycling*. **74th Annual Federation of American Societies of Experimental Biology Meeting**. Washington, D.C. April 3, 1990.
26. Cortes, C., R. Kreider, B. Drinkard, T. Drews, L. Shall, and M. Woodhouse (Sponsor: J.O. Holloszy). *Ventilatory compliance to repeated ultraendurance cycling*. **74th Annual Federation of American Societies of Experimental Biology Meeting**. Washington, D.C. April 4, 1990.
27. Cortes, C.W., R.B. Kreider, B. Drinkard, T. Drews, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Electrolyte levels during repeated ultraendurance cycling*. **38th Annual American College of Sports Medicine Meeting**. Salt Lake City, UT. May 22, 1990.
28. \*Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of post-event massage therapy on muscle recovery and performance in repeated ultraendurance cycling*. **38th Annual American College of Sports Medicine Meeting**. Salt Lake City, UT. May 24, 1990.
29. \*Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of repeated ultraendurance cycling on muscle injury*. **38th Annual American College of Sports Medicine Meeting**. Salt Lake City, UT. May 25, 1990.
30. Kreider, R.B., B. Drinkard, T. Drews, C.W. Cortes, S.R. Sechrist, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Evidence of hemolysis, altered hormonal and vitamin status, fecal blood loss, and anemia in response to multi-stage ultraendurance cycling*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. Jan 31, 1991.
31. \*Drinkard, B., R.B. Kreider, T. Drews, and C.W. Cortes. *Fluid homeostasis and thermoregulation during a multi-stage ultraendurance cycling event*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. January 31, 1991.
32. \*Schenck, D., R.B. Kreider, G.W. Miller, C.W. Cortes, C. Turner, and P. Rowland. *Evaluation of metabolic, cardiovascular, and myocardial adaptations to competitive endurance cycling*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. January 31, 1991.
33. \*Drews, T., R.B. Kreider, B. Drinkard, and C.W. Jackson. *Effects of multi-stage ultraendurance cycling on psychological profiles of exertion, feeling, and mood*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. February 1, 1991.

34. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, C. Turner, and P. Rowland. *Effects of muscular anaerobiosis of substrate availability and myocardial compliance to exercise.* **18th Annual Southeast American College of Sports Medicine Meeting.** Louisville, KY. February 2, 1991.
35. Kreider, R.B., G.W. Miller, D. Schenck, C. Cortes, V. Miriel, P. Rowland, C. Turner, and J.O. Holloszy. *Effects of phosphate loading on myocardial adaptations to endurance exercise.* **75th Annual Federation of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 25, 1991.
36. \*Miller, G.W., R.B. Kreider, D. Schenck, C. Cortes, V. Miriel, P. Rowland, C. Turner, and J.O. Holloszy. *Effects of phosphate loading on myocardial adaptations to endurance exercise.* **75th Annual Federation of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 25, 1991.
37. Kreider, R.B., M. Mitchell, G.W. Miller, C.W. Cortes, and V. Miriel. *Effects of protein supplementation on substrate usage during ultraendurance triathlon performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 29, 1991.
38. \*Mitchell, M., R.B. Kreider, G.W. Miller, C.W. Cortes, and V. Miriel. *Effects of protein supplementation on ultraendurance triathlon performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 29, 1991.
39. Cortes, C.W., R.B. Kreider, D. Schenck, G.W. Miller, V. Miriel, and D. Crosson. *Effects of phosphate loading on maximal cycling performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 30, 1991.
40. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, V. Miriel, and D. Crosson. *Effects of phosphate loading on anaerobic threshold.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 30, 1991.
41. \*Schenck, D., R.B. Kreider, G.W. Miller, G.W. Cortes, V. Miriel and D. Crosson. *Effects of phosphate loading on 40 KM cycling performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 30, 1991.
42. \*Drews, T., R.B. Kreider, B. Drinkard, and C.J. Jackson. *Effects of post-event massage therapy on psychological profiles of exertion, feeling, and mood.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 31, 1991.
43. Kreider, R.B., G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance.* **I World Congress on Sports Nutrition.** Barcelona, Spain. June 17, 1991.
44. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance.* **I World Congress on Sports Nutrition.** Barcelona, Spain. June 17, 1991.
45. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling.* **I World Congress on Sports Nutrition.** Barcelona, Spain. June 17, 1991.
46. \*Miriel, V., R.B. Kreider, M. Mitchell, G.W. Miller, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Analysis of electrolyte intake and serum electrolyte levels during an ultraendurance triathlon.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. January 30, 1992.
47. \*Bertun, E., R.B. Kreider, M. Mitchell, G.W. Miller, V. Miriel, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Effects of ultraendurance triathlon performance on serum enzyme levels.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. January 30, 1992.
48. Dowling, E., R. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist and T. Somma. *Effects of ultraendurance triathlon performance on psychological profiles of exertion, feeling, and mood.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. January 30, 1992.
49. Kreider, R.B., M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, T. Somma, and S. Sechrist. *Bioenergetic and nutritional analysis of an ultraendurance triathlon.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. February 1, 1992.
50. Redondo, D. R.B. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist, and T. Somma. *Analysis of temperature regulation and fluid homeostasis during an ultraendurance triathlon.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. February 1, 1992.
51. \*Bertun, E., R.B. Kreider, R. Ratzlaff, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status I: Lymphocyte subpopulations.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 28, 1992.
52. Kreider, R.B., R. Ratzlaff, E. Bertun, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status II: Response to mitogen stimulation.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 28, 1992.
53. \*Lloyd, G., E. Dowling, D. Redondo, R. Kreider, G. Miller, M. Williams, and J. Gentry. *Effects of a commercial supplement containing sodium phosphate and bicarbonate on hematological responses to swim performance.* **40th Annual**

**American College of Sports Medicine Meeting.** Dallas, TX. May 29, 1992.

54. Kreider, R., V. Miriel, E. Bertun, T. Somma, and S. Sechrist. *Effects of amino acid and carnitine supplementation on markers of protein catabolism and body composition during 25 weeks of swim training.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. January 29, 1993.
55. \*Bertun, E., R.B. Kreider, R.E. Ratzlaff and J. Edwards. *Effects of 25 weeks of competitive swim training on immune function.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. January 30, 1993.
56. Kreider, R., R. Ratzlaff, E. Bertun, J. Edwards, V. Miriel, G. Lloyd, and J. Gentry. *Effects of amino acid and carnitine supplementation on immune status during and intercollegiate swim season.* **40th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1993.
57. \*Hensley, S., B. Leutholtz, R.B. Kreider, E. Hooker, and H. Jewett. *The reliability of bioelectrical impedance for assessing body composition during the menstrual cycle.* **21st Annual Southeast American College of Sports Medicine Meeting.** Greensboro, NC. January 21, 1994.
58. Kreider, R.B., D. Hill, G. Horton, M. Downes, S. Smith and B. Anders. *Effects of carbohydrate supplementation during intense field hockey training on dietary patterns, psychological status, and performance.* **21st Annual Southeast American College of Sports Medicine Meeting.** Greensboro, NC. January 22, 1994.
59. Leutholtz, B., R.B. Kreider, and S. Newsome. *Effects of menstrual cycle on body composition measurements determined by bioelectrical impedance.* **41st Annual American College of Sports Medicine Meeting.** Indianapolis, IN. June 1, 1994.
60. Kreider, R.B. and C.W. Jackson. *Effects of amino acid supplementation on psychological status during and intercollegiate swim season.* **41st Annual American College of Sports Medicine Meeting.** Indianapolis, IN. June 3, 1994.
61. Kreider, R.B., R. Ratzlaff, E. Bertun, and J. Edwards. *Effects of gender on immunological responses to 25 weeks of intercollegiate swim training.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 4, 1995.
62. \*Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, M. Walling, and Y. Li. *Relationship of psychological profiles of mood, exertion, and feeling on isokinetic strength performance.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 4, 1995.
63. \*Wood, L. R. Kreider, L. Weiss, A. Fry, P. Grindstaff, D. Bullen, M. Miyaji and L. Ramsey. *Comparison of fatigue curves between upper and lower extremity muscle groups performing isokinetic strength testing.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 3, 1995.
64. \*Bullen, D., K. Harmon, L. Ramsey, P. Grindstaff, M. Miyaji, R. Klesges, R. Kreider, A. Fry, and L. Weiss. *Comparison of bioelectrical impedance analysis (BIA) to dual energy x-ray absorptiometry (DEXA) measurements in weight trained males.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 4, 1995.
65. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, A. Almada, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li (SPON: S. Brown). *Effects of ingesting supplements designed to promote lean tissue accretion on whole and regional body composition alterations during resistance-training.* **79th Annual Federations of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 13, 1995.
66. Almada, A., R. Kreider, K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li (SPON: S. Brown). *Effects of ingesting a nutritional supplement containing chromium picolinate and boron on body composition during resistance-training.* **79th Annual Federations of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 13, 1995.
67. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, Y. Li and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition.* **42nd Annual American College of Sports Medicine Meeting.** Minneapolis, MN. June 2, 1995.
68. \*Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, Y. Li and A. Almada. *Effects of ingesting a supplement containing creatine monohydrate for 7 days on isokinetic performance.* **42nd Annual American College of Sports Medicine Meeting.** Minneapolis, MN. June 1, 1995.
69. Almada, A., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, P. Grindstaff, L. Ramsey, and Y. Li. *Effects of ingesting a supplement containing creatine monohydrate for 28 days on isokinetic performance.* **42nd Annual American College of Sports Medicine Meeting.** Minneapolis, MN. June 1, 1995.
70. Kreider, R., L. Wood, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingestion a supplement containing creatine monohydrate on isokinetic performance.* **NSCA Annual Meeting.** Phoenix, AZ. June 23, 1995.
71. \*Wood, L., R. Kreider, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingesting a supplement containing chromium and boron on isokinetic performance.* **NSCA Annual Meeting.** Phoenix, AZ. June 23, 1995.
72. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition during off-season intercollegiate football training.* **International Sport Nutrition Conference.** Minneapolis, MN, September 23, 1995.
73. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, L. Wood, P. Grindstaff, and A. Almada. *Effects of ingesting*

nutritional supplements on isotonic strength performance during resistance-training. **Canadian Society for Exercise Physiology**. Quebec City, Canada. October 22, 1995.

74. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-Rx™ supplementation during off-season college football training on body composition and strength*. **24th Annual Southeast American College of Sports Medicine Meeting**. Chattanooga, TN. February 2, 1996.
75. Kreider, R. *Effects of creatine supplementation on anaerobic power and body composition*. **Southeast American College of Sports Medicine Meeting**. Chattanooga, TN. February 2, 1996.
76. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-Rx™ supplementation during off-season college football training on body composition and strength*. **24th Annual Southeast American College of Sports Medicine Meeting**. Chattanooga, TN. February 3, 1996.
77. Kreider, R., P. Grindstaff, L. Wood, D. Bullen, R. Klesges, D. Lotz, M. Davis, E. Cantler, and A. Almada. *Effects of ingesting a lean mass promoting supplement during resistance training on isokinetic performance*. **43rd Annual American College of Sports Medicine Meeting**. Cincinnati, OH. May, 29, 1996.
78. Kreider, R., P. Grindstaff, L. Wood, B. Bullen, M. Wilson, D Lotz, M. Davis, E. Cantler, and A. Almada. *Effects of ingesting a lean mass promoting supplement on isokinetic bench press performance*. **NSCA Annual Meeting**. Atlanta, GA. June 22, 1996.
79. \*Wilson, M., R. Kreider, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashito, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of intercollegiate swim training on fasting immune status*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
80. Kreider, R., V. Miriel, D. Tulis, and E. Bertun. *Effects of amino acid supplementation during a 25-week intercollegiate swim season on leukocytic response to swimming*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
81. \*Taylor, T., R. Kreider, L. Ramsey, H. Yamashito, V. Miriel, D. Tulis, and E. Bertun. *Effects of amino acid supplementation during a 25-week intercollegiate swim season on fasting immunoglobulins and leukocytes*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
82. Ferreira, M., R. Kreider, V. Miriel, D. Tulis, and E. Bertun. *Relationship of exercise-induced changes in the neutrophil/lymphocyte ratio to serum cortisol during and intercollegiate swim season*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
83. \*Grindstaff, P., R. Kreider, R. Bishop, M. Wilson, L. Wood, C. Alexander, A. Almada, and D. Hannum. *Effects of creatine supplementation on performance times and anaerobic capacity in competitive swimmers*. **International Conference on Overtraining in Sport**. Memphis, TN. July 17, 1996.
84. Okwumabua, J., R. Kreider, and C. Cobel. *Health promotion for African American senior citizens*. **Sport in the City Conference**. Memphis, TN. October 13, 1996.
85. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of creatine monohydrate supplementation on hematological responses to resistance training*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
86. Ferreira, M., R. Kreider, M. Wilson, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashita, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of swim training on immunological responses to exercise*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
87. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada (SPON: S. Brown). *Effects of calcium  $\beta$ -HMB supplementation with or without creatine during training on body composition alterations*. **81st Annual Experimental Biology Meeting**. New Orleans, LA. April 8, 1997.
88. Almada, A., R. Kreider, M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, and E. Cantler (SPON: S. Brown). *Effects of calcium  $\beta$ -HMB supplementation with or without creatine during training on strength and sprint capacity*. **81st Annual Experimental Biology Meeting**. New Orleans, LA. April 8, 1997.
89. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of ingesting a supplement designed to enhance creatine uptake on body composition during training*. **44th Annual American College of Sports Medicine Meeting**. Denver, CO. May 29, 1997.
90. Ferreira, M., R. Kreider, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of ingesting a supplement designed to enhance creatine uptake on strength and sprint capacity*. **44th Annual American College of Sports Medicine Meeting**. Denver, CO. May 29, 1997.
91. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of creatine supplementation with and without glucose on body composition in trained and untrained men and women*. **1997 NSCA Annual Meeting**. Las Vegas, NV. June 27, 1997.
92. Ferreira, M., R. Kreider, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid supplementation during resistance training on body composition and strength*. **1997 NSCA Annual Meeting**. Las Vegas, NV. June 27, 1997.
93. Kreider, R. *Effects of conjugated linoleic acid supplementation on body composition and strength*. **1997 CLA Forum**.

Madison, WI. August 14, 1997.

94. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of creatine supplementation with and without glucose on repetitive sprint performance in trained and untrained men and women.* **International Sport Nutrition Conference.** Williamsburg, VA. September 26, 1997.
95. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of calcium B-HMB supplementation during training on body composition and strength.* **4<sup>th</sup> International Olympic Committee World Congress on Sport Sciences.** Monte Carlo, Principality of Monaco. October 23, 1997.
96. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid (CLA) supplementation during resistance-training on bone mineral content, bone mineral density, and markers of immune stress.* **82<sup>nd</sup> Annual Experimental Biology Meeting.** San Francisco, CA. April 19, 1998.
97. Kreider, R., P. Koh, M. Ferreira, P. Cowan, and A. Almada. *Effects of pyruvate supplementation during training on body composition and metabolic responses to exercise.* **45<sup>th</sup> Annual American College of Sports Medicine Meeting.** Orlando, FL. June 3, 1998.
98. \*Koh, P., R. Kreider, M. Ferreira, P. Cowan, and A. Almada. *Effects of pyruvate supplementation during training on hematologic and metabolic profiles.* **45<sup>th</sup> Annual American College of Sports Medicine Meeting.** Orlando, FL. June 3, 1998.
99. Kreider, R.B., C. Rasmussen, J. Ransom, and A.L. Almada. *Effects of creatine supplementation during training on incidence of muscle cramping, injuries, and GI distress.* **NSCA Annual Meeting.** Nashville, TN. June 24, 1998.
100. \*Wood, L.E., L.W. Weiss, A.C. Fry, R.B. Kreider, D. Bullen, P. Grindstaff, and G. Relyea. *The effect of pre-performance training abstinence on maximal bench press strength and power.* **NSCA Annual Meeting.** Nashville, TN. June 24, 1998.
101. \*Cowan, P.A., D.K. Hathaway, and R. Kreider. *The effect of moderate exercise intervention on heart rate variability and exercise capacity in women.* **International Autonomic Society Annual Meeting.** Fort Myers, FL, October 1998.
102. \*Cowan, P., R. Kreider, and D. Hathaway. *Heart rate variability and exercise capacity in women.* **Nonlinear Dynamics in Nursing Conference.** November 1998.
103. Kreider, R.B., C. Rasmussen, J. Ransom, C. Melton, J. Hunt, A.L. Almada, R. Tutko, and P. Milnor. *Relationship between creatine supplementation history and markers of clinical status in college football players.* **27<sup>th</sup> Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
104. Almada, A.L., R.B. Kreider, J. Ransom, C. Rasmussen, R. Tutko, and P. Milnor. *Day-to-day reliability of spine, hip, and whole body DEXA scans in men and women.* **27<sup>th</sup> Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
105. Kreider, R., J. Ransom, C. Rasmussen, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect markers of renal function.* **83<sup>rd</sup> Annual Experimental Biology Meeting.** Washington, D.C. April 19, 1999.
106. \*Melton, C., R. Kreider, C. Rasmussen, J. Ransom, J. Hunt, T. Stroud, E. Cantler and P. Milnor. *Effects of ingesting creatine containing supplements during training on blood lipid profiles.* **83<sup>rd</sup> Annual Experimental Biology Meeting.** Washington, D.C. April 19, 1999.
107. Kreider, R., C. Melton, J. Hunt, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training I.* **46<sup>th</sup> Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1999.
108. \*Hunt, J., R. Kreider, C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training II.* **46<sup>th</sup> Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1999.
109. \*Rasmussen, C., R. Kreider, J. Ransom, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect fluid or electrolyte status.* **46<sup>th</sup> Annual American College of Sports Medicine Meeting.** Seattle, WA. June 3, 1999.
110. \*Ransom, J., R. Kreider, FACSM, J. Hunt, C. Melton, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Effects of creatine supplementation during training on markers of catabolism and muscle and liver enzymes.* **46<sup>th</sup> Annual American College of Sports Medicine Meeting.** Seattle, WA. June 4, 1999.
111. \*Cowan, P., D.K. Hathaway, R. Kreider, FACSM, J. Soberman, P. Jordan, M.N. Wicks, K. Englehardt, A.K. Cashion, J. Milstead and A.O. Gaber. *Exercise capacity and cardiac autonomic function in recent kidney and kidney-pancreas transplant recipients.* **46<sup>th</sup> Annual American College of Sports Medicine Meeting.** Seattle, WA. June 4, 1999.
112. Kreider, R., C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training I.* **22<sup>nd</sup> Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 25, 1999.
113. Greenwood, M., R. Kreider, J. Ransom, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training II.* **22<sup>nd</sup> Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 25, 1999.
114. \*Ransom, J., R. Kreider, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of*

- long-term creatine supplementation during training on markers of catabolism and enzyme efflux. **22nd Annual National Strength and Conditioning Association Meeting**. Kansas City, MO. June 25, 1999.
115. \*Rasmussen, C., R. Kreider, C. Melton, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Long-term creatine supplementation during football training does not affect markers of renal stress*. **22nd Annual National Strength and Conditioning Association Meeting**. Kansas City, MO. June 24, 1999.
  116. \*Melton, C., R. Kreider, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of creatine supplementation during in-season college football training on markers of clinical status*. **22nd Annual National Strength and Conditioning Association Meeting**. Kansas City, MO. June 25, 1999.
  117. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, A.K. Cashion, and A.O. Gaber. *Exercise capacity, cardiac autonomic function (CAF), and quality of life (QOL) in kidney transplant recipients*. **8th Annual International Transplant Nurses Society Symposium and General Assembly**. Toronto, Canada. September 9-11, 1999.
  118. \*Cowan, P.A., D.K. Hathaway, J. Soberman, P. Jordan, M.N. Wicks, R. Kreider, and A.O. Gaber. *Cardiac autonomic function and exercise in diabetic kidney pancreas recipients*. **7th World Congress of the International Pancreas and Islet Transplant Association**. Sydney, Australia. August 22-25, 1999.
  119. Almada, A.L., R.B. Kreider, J. Ransom, C. Rasmussen, R. Tutko, P. Milnor. *Comparison to the reliability of repeated whole body DEXA scans to repeated hip and spine scans*. **21st Annual Meeting of the American Society of Bone Mineral Research**. St. Louis, MO. October 2, 1999.
  120. Kreider, R., C. Rasmussen, J. Ransom, C. Melton, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, A. Almada, and P. Greenhaff. *Long-term creatine supplementation does not affect markers of renal stress in athletes*. **Southwest American College of Sports Annual Meeting**. San Jose, CA. November 12, 1999.
  121. Almada, A., Kreider, R., J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes*. **Southwest American College of Sports Annual Meeting**. San Jose, CA. November 12, 1999.
  122. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R.B. Kreider, A.K. Cashion, and A.O. Gaber. *Exercise capacity, cardiac autonomic function (CAF) and quality of life (QOL) in kidney transplant recipients*. **Proceedings of the Tennessee Nurses Association Convention**, Memphis, TN. November 19-21, 1999.
  123. \*Cowan, P.A., D.K. Hathaway, and R. Kreider. *The effect of moderate exercise on heart rate variability and exercise capacity in healthy women*. **Proceedings of the Tennessee Nurses Association Convention**, Memphis, TN. November 19-21, 1999.
  124. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, K. Engelhardt, and A.O. Gaber. *Relationships between functional capacity, quality of life, and cardiac autonomic function in kidney transplant recipients*. **Proceedings of the Sigma Theta Tau Beta Theta Chapter Research Day Conference**. Memphis, TN. March 31, 2000.
  125. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, K. Engelhardt, and A.O. Gaber. *Effect of exercise training on functional capacity, quality of life, and cardiac autonomic function in kidney transplant recipients*. **Proceedings of the Sigma Theta Tau Beta Theta Chapter Research Day Conference**. Memphis, TN. March 31, 2000.
  126. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Exercise rehabilitation for kidney and kidney-pancreas transplant recipients*. **31st Annual American Nephrology Nurses Association Symposium**. Nashville, TN. April 10, 2000.
  127. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Functional capacity correlates with heart rate variability and quality of life in kidney and kidney-pancreas transplant recipients*. **31st Annual American Nephrology Nurses Association Symposium**. Nashville, TN. April 11, 2000.
  128. R. Kreider, C. Rasmussen, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Effects of ingesting carbohydrate gels on glucose, insulin and perception of hypoglycemia*. **84th Annual Experimental Biology Meeting**. San Diego, CA. April 17, 2000.
  129. \*Rasmussen, C., R. Kreider, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Analysis of the glycemic index and insulin response index of various carbohydrate gels*. **84th Annual Experimental Biology Meeting**. San Diego, CA. April 17, 2000.
  130. \*Cowan, P.A., D.K. Hathaway, R. Kreider, M.N. Wicks, J. Soberman, P. Jordan, R. Stratta, and A.O. Gaber. *Exercise improves cardiac autonomic functional and functional capacity in kidney and kidney-pancreas transplant recipients*. **Transplantation 2000: Joint Conference of the American Society of Transplant Physicians and Surgeons**. Chicago, IL. May 14-17, 2000.
  131. Kreider, R. C. Rasmussen C. Melton, M. Greenwood, T. Stroud, J., Ransom, E. Cantler, P. Milnor, and A. Almada. *Long-term creatine supplementation does not adversely affect markers of clinical status*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 2-5, 2000.
  132. \*Cowan, P., D.K Hathaway, R. Kreider, M.N. Wicks, A.O. Gaber, J. Soberman, and P. Jordan. *Effect of exercise training on functional capacity and quality of life of kidney transplant recipients*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 2-5, 2000.
  133. Greenwood, M., R. Kreider, L. Greenwood, and J. Farris. *Effects of creatine supplementation on injury rates during 3-a-day football training*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 2-5, 2000.

134. Greenwood, L., M. Greenwood, R. Kreider, and J. Farris. *Effects of creatine supplementation on injury rates during 5-weeks of fall college baseball training.. American College of Sports Medicine Annual Meeting.* Indianapolis, IN. June 2-5, 2000.
135. Greenwood, M., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, T. Stroud, E. Cantler, P. Milnor, and A. Almada. *Short and long-term creatine supplementation does not affect hematological markers of health. 22nd Annual National Strength and Conditioning Association Meeting.* Orlando, FL. June 22-24, 2000.
136. Almada, A., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, J. Ransom, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and J. Fox. *Long-term creatine supplementation does not affect markers of renal stress in athletes. 22nd Annual National Strength and Conditioning Association Meeting.* Orlando, FL. June 22-24, 2000.
137. Kreider, R., J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, C. Earnest and A. Almada. *Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of catabolism. 22nd Annual National Strength and Conditioning Association Meeting.* Orlando, FL. June 22-24, 2000.
138. Earnest, C., R. Kreider, J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, and A. Almada. *Effects of pre-exercise carbohydrate feedings on glucose and insulin responses during and following resistance exercise. 22nd Annual National Strength and Conditioning Association Meeting.* Orlando, FL. June 22-24, 2000.
139. Greenwood, L., M. Greenwood, R. Kreider, and R. Carroll. *Effects of creatine supplementation on the incidence of cramping/injury during a college football season. National Athletic Trainers Association Annual Meeting.* Nashville, TN. June 29-July 2, 2000.
140. Greenwood, M., R. Kreider, and L. Greenwood. *Creatine supplementation patterns and perceived effects among division I athletes. National Athletic Trainers Association Annual Meeting.* Nashville, TN. June 29-July 2, 2000.
141. Hathaway, D.K., P.A. Cowan, R.B. Kreider, M.N. Wicks, and A.O. Gaber. *Effect of exercise on heart rate variability and functional capacity in kidney and kidney-pancreas transplant recipients. World Congress of Transplantation.* Rome, Italy. August 2000.
142. \*Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Effect of exercise training on functional capacity, quality of life, and cardiac autonomic function in kidney transplant recipients. Proceedings of the International Transplant Nurses Society.* Las Vegas, NV. September 2000.
143. Kreider, R.B. *Performance enhancement nutrition: analysis of effective and ineffective nutritional ergogenic aid. NACSM Scholar Lecture Series.* Omaha, NE. February 27, 2001.
144. Kreider, R.B. *Performance enhancement nutrition: analysis of effective and ineffective nutritional ergogenic aid. NACSM Scholar Lecture Series.* Sioux Falls, SD. February 27, 2001.
145. \*Melton C., R. Kreider, C. Rasmussen, J. Lundberg, M. Greenwood, A. Almada, and C.P. Earnest. *Effects of oral D-ribose supplementation on anaerobic capacity and markers of metabolism. 85th Annual Experimental Biology Annual Meeting.* Orlando, FL. April 3, 2001.
146. \*Lancaster, S., R. Kreider, C. Rasmussen, C. Kerkick, M. Greenwood, A. Almada, and C.P. Earnest. *Effects of honey supplementation on glucose, insulin, and endurance cycling performance. 85th Annual Experimental Biology Annual Meeting.* Orlando, FL. April 4, 2001.
147. Kreider, R., C. Rasmussen, C. Kerkick, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations I: body composition. 85th Annual Experimental Biology Annual Meeting.* Orlando, FL. April 4, 2001.
148. Kreider, R., C. Rasmussen, C. Kerkick, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations II: performance. 85th Annual Experimental Biology Annual Meeting.* Orlando, FL. April 4, 2001.
149. Kreider, R.B. *Dietary supplementation for growth and strength. The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation.* Rome, Italy. April 14, 2001.
150. Kreider, R.B. *Nutrition in to prevent overtraining. The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation.* Rome, Italy. April 15, 2001.
151. Kreider, R. C. Melton, C. Rasmussen, M. Greenwood, E. Cantler, P. Milnor, and A. Almada. *Effects of long-term creatine supplementation on renal function and muscle and liver enzyme efflux. American College of Sports Medicine Annual Meeting.* Baltimore, MD. June 1, 2001.
152. Rasmussen, C., M. Greenwood, R. Kreider, C. Earnest, and A. Almada. *Influence of D-Pinitol on whole body creatine retention. American College of Sports Medicine Annual Meeting.* Baltimore, MD. June 1, 2001.
153. Almada, A., M. Greenwood, R. Kreider, C. Rasmussen, and C. Earnest. *Analysis of various nutritional formulation strategies on whole body creatine retention. American College of Sports Medicine Annual Meeting.* Baltimore, MD. June 1, 2001.
154. Cowan, P.A., A.K. Cashion, R.B. Kreider, D.K. Hathaway and A.O. Gaber. *Exercise results in sustained improvement in cardiac autonomic function in kidney and kidney-pancreas transplant recipients. American College of Sports Medicine Annual Meeting.* Baltimore, MD. May 31, 2001.
155. Greenwood, M., J. Farris, R. Kreider, L. Greenwood, and A. Byars. *Perceived health status and side effects associated*

- with creatine supplementation during the collegiate baseball season of division I athletes. **American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 1, 2001.
156. Greenwood, L., M. Greenwood, J. Farris, R. Kreider, and A. Byars. *Perceived health status and side effects associated with creatine supplementation of division IA football players during the competitive season.* **American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 1, 2001.
  157. Greenwood M, R. Kreider, and L. Greenwood. *Effects of creatine supplementation on the incidence of cramping/injury during the collegiate baseball season.* **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 19, 2001.
  158. Kreider R., M. Greenwood, A. Byars, and L. Greenwood. *Perceived fatigue associated with creatine supplementation during the fall collegiate baseball season of division I players.* **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 19, 2001.
  159. Greenwood L, M. Greenwood, R. Kreider, and A. Byars. *Perceived fatigue associated with creatine supplementation of division IA football players during 3-a-day training.* **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 19, 2001.
  160. Kreider, R., M. Greenwood, C. Rasmussen, C. Earnest and A. Almada. *Effects of creatine loading on hydration, whole body creatine retention, and urinary creatinine excretion.* **23rd Annual National Strength and Conditioning Association Meeting**. Spokane, WA. July 12, 2001.
  161. Greenwood, M., R. Kreider, L. Greenwood, A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation of division IA football players.* **23rd Annual National Strength and Conditioning Association Meeting**. Spokane, WA. July 12, 2001.
  162. Greenwood, L., M. Greenwood, R. Kreider, L., A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation during the collegiate baseball season of division IA players.* **23rd Annual National Strength and Conditioning Association Meeting**. Spokane, WA. July 12, 2001.
  163. Kreider, R.B., C. Melton, C.J. Rasmussen, M. Greenwood, S. Lancaster, E.C. Cantler, P. Milnor, and A.L. Almada. *Long-term creatine supplementation does not significantly affect clinical markers of health in athletes.* **6<sup>th</sup> International Meeting on Guanidino Compounds in Biology and Medicine**. Cincinnati, OH. September 1, 2001.
  164. Greenwood, M., R.B. Kreider, C. Melton, C. Rasmussen, S. Lancaster, E. Cantler, P. Milnor and A. Almada. *Creatine supplementation during college football training does not increase the incidence of cramping or injury.* **6<sup>th</sup> International Meeting on Guanidino Compounds in Biology and Medicine**. Cincinnati, OH. September 2, 2001.
  165. Greenwood, M., R. Kreider, C. Melton, L. Greenwood, C. Rasmussen, and A. Almada. *Creatine supplementation does not increase the incidence of cramping or injury for two division IA football teams training/competing in similar climates.* **4<sup>th</sup> Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 29, 2001.
  166. Kreider R, Greenwood M, Melton C, Rasmussen C, Cantler E, Milner P, Almada A. *Long-term creatine supplementation during training/competition does not increase perceptions of fatigue or adversely affect health status.* **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
  167. Cowan PA, Cashion AK, Kreider R, Gaber AO, Hathaway DK. *Functional capacity and cardiovascular risk factors in kidney and kidney-pancreas transplant recipients.* **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
  168. Greenwood M, Kreider R, Greenwood L, Earnest C, Farris J, Brown L. *Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of collegiate baseball training/competition.* **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
  169. Greenwood L, Greenwood M, Kreider R, Earnest C, Brown L, Farris J, Byars A. *Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of Division IA football training/competition.* **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
  170. Byars A, Greenwood M, Kreider R, Greenwood L. *Creatine supplementation patterns among select division I athletes.* **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
  171. Chiu LZ, Fry AC, Schilling BK, Weiss LW, Kreider RB. *The relationship between EMG-time and isometric force-time curves.* **Sixth IOC World Congress on Sport Sciences**. St. Louis, MO. May 28, 2002.
  172. Schilling BK, Fry AC, Chiu LZ, Kreider RB, Rasmussen CJ, Weiss LW. *Myosin heavy chain expression and dynamic strength and force variables in weight-trained females.* **Sixth IOC World Congress on Sport Sciences**. St. Louis, MO. May 28, 2002.
  173. Greenwood M, Kreider R., Greenwood L, Stahura K. *Creatine supplementation during college football does not increase perceptions of fatigue or adversely affect health status.* **National Athletic Trainers Association Annual Conference**, Dallas, TX. June 14-18, 2002.
  174. Greenwood L, Greenwood M, Kreider R. *Nutritional supplementation patterns among select division I male athletes.* **National Athletic Trainers Association Annual Conference**, Dallas, TX. June 14-18, 2002.
  175. Kreider RB. *The search for an ephedra substitute in the sport nutrition market.* **Sport Nutrition 2002**. San Diego, CA. June 25, 2002.

176. Kreider RB. Effective ergogenic/nutritional aids to promote muscle gain and fat loss. **National Strength & Conditioning Association Pre-Conference Symposium: Sport Nutrition for the New Millennium.** Las Vegas, NV. July 10, 2002.
177. Kreider R, Greenwood M, Greenwood L, Brown LE, Stahura K, Byars A. *Creatine supplementation does not adversely affect health status of division IA football players.* **25<sup>th</sup> Annual National Strength & Conditioning Association Meeting.** Las Vegas, NV. July 11, 2002.
178. Greenwood L, Greenwood M, Kreider R, Byars A, Brown LE, Stahura K. *Creatine supplementation does not adversely affect health status of division IA baseball players.* **25<sup>th</sup> Annual National Strength & Conditioning Association Meeting.** Las Vegas, NV. July 11, 2002.
179. Byars A, Greenwood M, Kreider R, Greenwood L. *Creatine supplementation patterns among select division I athletes.* **25<sup>th</sup> Annual National Strength & Conditioning Association Meeting.** Las Vegas, NV. July 11, 2002.
180. Kerksick, C., B. Leutholtz, R. Bowden, C. Rasmussen, R. Muse, J. Hanson, M. Greenwood, C. Earnest, & R. Kreider. *Effects of Ribose Supplementation Prior to and Following Intense Exercise on Anaerobic Capacity and Metabolic Markers.* **American Society of Exercise Physiologists National Meeting.** Sacramento, CA. April 5, 2003.
181. Kreider R., M. Greenwood, R. Robergs, T. Ziegenfuss. *Dietary Supplementation in Exercise & Sport: A Roundtable Discussion of Issues and Controversies.* **American Society of Exercise Physiologists National Meeting.** Sacramento, CA. April 5, 2003.
182. Rasmussen, C., R. Kreider, C. Kerksick, B. Leutholtz, M. Greenwood, M. Chandler, R. Wilson & C.P. Earnest. *Effects of a non-ephedra containing thermogenic supplement on weight loss and medical safety.* **Experimental Biology Annual Meeting.** San Diego, CA April 15, 2003.
183. Kreider, R. D. Willoughby, M. Greenwood, E. Payne, G. Parise, M. Tarnopolsky. *Creatine serum supplementation has no effect on muscle ATP, creatine, or phosphocreatine levels.* **Experimental Biology Annual Meeting.** San Diego, CA April 15, 2003.
184. Greenwood M, Greenwood L, Kreider R, Comeau M, Farris J, Fry A, Sjostrum T. *The effects of a combination botanical COX-2 inhibitor supplement on muscular pain and soreness.* **American College of Sports Medicine Annual Meeting.** San Francisco, CA. May 30, 2003.
185. Greenwood L, Greenwood M, Kreider R, Comeau M, Farris J, Fry A, Sjostrum T. *The effects of a combination botanical COX-2 inhibitor supplement on muscular hematological markers of health.* **American College of Sports Medicine Annual Meeting.** San Francisco, CA. May 30, 2003.
186. Kreider R, Kerksick C, Rasmussen C, Lancaster S, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations I: Body composition.* **American College of Sports Medicine Annual Meeting.** San Francisco, CA. May 30, 2003.
187. \*Kerksick C, Kreider R, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations II: Performance.* **American College of Sports Medicine Annual Meeting.** San Francisco, CA. June 1, 2003.
188. Greenwood M, Greenwood L, Kreider R, Willoughby D. *The effects of a botanical COX-2 inhibitor supplement on knee range of motion following isokinetic performance.* **National Athletic Trainers Association Annual Conference.** St. Louis, MO. June 24-28, 2003.
189. Greenwood L, Greenwood M, Kreider R, Willoughby D. *The effects of a botanical COX-2 inhibitor supplement on muscular soreness.* **National Athletic Trainers Association Annual Conference.** St. Louis, MO. June 24-28, 2003.
190. Greenwood M, Greenwood L, Brown L, Kreider R, Comeau M, Sjostrum T. *The effects of a botanical Cox-2 inhibitor on isokinetic performance after DOMS induction.* **NSCA National Meeting.** Indianapolis, IN. July 17, 2003.
191. \*Wilborn, C, B Campbell, A Thomas, R Slonaker, A Vacanti, B Marcello, J Baer, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of methoxyisoflavone, ecdysterone, and sulfopolysaccharide (CSP3) supplementation during training on body composition and training adaptations.* **Experimental Biology Annual Meeting.** Washington, DC, April 21, 2004.
192. \*Rohle D, C Mulligan, L Taylor, D Fogt, A Vacanti, C Wilborn, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, M Greenwood, C Earnest, R Kreider. *Effects of methoxyisoflavone, ecdysterone, and sulfopolysaccharide (CSP3) supplementation during training on markers of anabolism & catabolism.* **Experimental Biology Annual Meeting.** Washington, DC, April 21, 2004.
193. \*Campbell B, J Baer, A Thomas, R Slonaker, A Vacanti, B Marcello, C Wilborn, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of zinc magnesium-aspartate (ZMA) supplementation during training on body composition and training adaptations.* **Experimental Biology Annual Meeting.** Washington, DC, April 21, 2004.
194. \*Taylor L, C Mulligan, D Rohle, D Fogt, A Vacanti, J Baer, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, M Greenwood, C Earnest, R Kreider. *Effects of zinc magnesium-aspartate (ZMA) supplementation during training on markers of anabolism and catabolism.* **Experimental Biology Annual Meeting.** Washington, DC, April 21, 2004.
195. \*Kerksick C, C Rasmussen, T Magrans, B Campbell, J Baer, R Slonaker, M Grimstvedt, E Pfau, C Wilborn, A Thomas, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, M Greenwood, R Wilson,

- C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program I: Body composition*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
196. \*Thomas A, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, R Slonaker, E Pfau, M Grimstvedt, C Wilborn, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, R Kreider, C Earnest. *Effects of the Curves® fitness & weight loss program II: Resting energy expenditure*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  197. \*Rasmussen C, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, M Grimstvedt, E Pfau, C Wilborn, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program III: Training adaptations*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  198. \*Slonaker B, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, E Pfau, M Grimstvedt, C Wilborn, B Marcello, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program IV: Health markers*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  199. \*Vacanti A, L Taylor, C Mulligan, D Rohle, D Fogt, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, M Grimstvedt, E Pfau, C Wilborn, B Marcello, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program V: Relationship of leptin to weightloss*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  200. \*Mulligan C, D Fogt, L Taylor, D Rohle, A Vacanti, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, C Wilborn, B Marcello, E Pfau, M Grimstvedt, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program VI: Insulin sensitivity*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  201. Bowden R, B Lanning, H Johnston, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, E Pfau, M Grimstvedt, C Wilborn, B Marcello, D Fogt, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program VII: Quality of life*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  202. Lanning B, R Bowden, H Johnston, C Rasmussen, C Kerksick, T Magrans, B Campbell, J Baer, A Thomas, R Slonaker, E Pfau, M Grimstvedt, C Wilborn, B Marcello, D Fogt, L Taylor, C Mulligan, D Rohle, A Vacanti, S Ounpraseuth, P Casey, R Wilson, M Greenwood, C Earnest, R Kreider. *Effects of the Curves® fitness & weight loss program VIII: Body image*. **Experimental Biology Annual Meeting**. Washington, DC, April 21, 2004.
  203. Kreider, R. C. Rasmussen, C. Kerksick, B. Campbell, J. Baer, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, T. Magrans, B. Marcello, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson. *Effects of the Curves® Fitness & Weight Loss Program on Weight Loss and Resting Energy Expenditure*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 2, 2004.
  204. Greenwood, M. R. Kreider, C. Rasmussen, C. Kerksick, T. Magrans, B. Marcello, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S., B. Campbell, B. Slonaker, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, S. Ounpraseuth, P. Casey, R. Wilson. *Effects of the Curves® Fitness Program on Muscular Strength, Muscular Endurance, and Maximal Aerobic Capacity*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 2, 2004.
  205. Rasmussen, C., R. Kreider, C. Kerksick, B. Campbell, B. Slonaker, M. Greenwood, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, L. Autrey, T. Magrans, B. Marcello, C. Mulligan, D. Rohle, L. Taylor, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson. *Effects of the Curves® Fitness and Weight Loss Program on Markers of Health*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 2, 2004.
  206. Cowan, P.A., A. K. Cashion, R. Kreider, A. O. Gaber & D. K. Hathaway. *Heart Rate Variability and Exercise Capacity in Diabetic and Non-Diabetic Kidney Transplant Recipients*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN. June 4, 2004.
  207. \*Taylor L, Mulligan C, Rohle D, Vacanti A, Fogt D, Rasmussen C, Kerksick C, Magrans T, Campbell B, Baer J, Slonaker B, Wilborn C, Thomas A, Marcello B, Pfau E, Grimstvedt M, Opusunju J, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. *Analysis of the safety of the Curves™ fitness and weight loss program high protein diets*. **ISSN Annual Meeting**. Las Vegas, NV. June 19, 2004.
  208. \*Kerksick C, Campbell B, Taylor L, Wilborn C, Rasmussen C, Vacanti T, Greenwood M, Bowden R, Wilson R, Kreider R. *Pharmokinetic profile of time released and non-time released oral arginine*. **ISSN Annual Meeting**. Las Vegas, NV. June 19, 2004.
  209. \*Campbell B, Baer J, Roberts M, Vacanti T, Marcello B, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. *Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations*. **ISSN Annual Meeting**. Las Vegas, NV. June 19, 2004.
  210. \*Vacanti T, Campbell B, Baer J, Roberts M, Marcello B, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. *Effects of arginine alpha-ketoglutarate supplementation on markers of*

*catabolism and health status. ISSN Annual Meeting.* Las Vegas, NV. June 19, 2004.

211. \*Nassar EI, Bowden RG, Campbell B, Vacanti T, Kerksick C, Baer J, Roberts M, Marcello B, Thomas A, Taylor L, Wilborn C, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. *Effects of arginine alpha-ketoglutarate supplementation on quality of life. ISSN Annual Meeting.* Las Vegas, NV. June 19, 2004.
212. \*Wilborn C, J Baer, B Campbell, A Thomas, B Slonaker, T Vacanti, B Marcello, C Kerksick, C Rasmussen, L Taylor, C Mulligan, D Rohle, D Fogt, R Wilson, M Greenwood, R Kreider. *Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles. ISSN Annual Meeting.* Las Vegas, NV. June 19, 2004.
213. \*Harvey T, J Beckham, B Campbell, M Galbreath, C Kerksick, P LaBounty, C Rasmussen, D Fogt, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program I: Body composition. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
214. \*Thomas A, T Magrans, B Marcello, C Moulton, M Roberts, D Rohle, C Rasmussen, D Fogt, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program II: Resting Energy Expenditure. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
215. \*Campbell B, D Rohle, L Taylor, A Thomas, A Vacanti, C Wilborn, D Fogt, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program III: Training Adaptations. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
216. \*Galbreath M, C Wilborn, J Wismann, J Beckham, T Harvey, C Kerksick, D Fogt, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program IV: Health Markers. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
217. \*Nassar E, L Long, R Bowden, B Lanning, A Zimmerman, J Beckham, D Fogt, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program V: Quality of Life. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
218. \*Long L, B Lanning, R Bowden, E Nassar, A Zimmerman, B Campbell, D Fogt, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program VI: Body Image. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
219. \*Mulligan C, C Moulton, L Taylor, D Rohle, A Vacanti, D Willoughby, D Fogt, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program: Relationship of changes in resting energy expenditure to thyroid status. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
220. \*Magrans T, C Wilborn, J Wismann, J Beckham, B Campbell, M Galbreath, C Kerksick, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program: Body composition and resting energy expenditure. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
221. \*Wilborn C, T Harvey, P LaBounty, B Marcello, B Campbell, C Kerksick, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program: Training Adaptations. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
222. \*Wismann J, C Moulton, D Rohle, L Taylor, A Vacanti, C Kerksick, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program: Health outcomes. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
223. \*Kerksick CM, A Thomas, B Campbell, C Wilborn, M Roberts, P LaBounty, L Taylor, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Prediction of resting energy expenditure in sedentary, moderately overweight, healthy females. Experimental Biology Annual Meeting. San Diego, CA, April 5, 2005.*
224. \*Kerksick C, Grimstedt M, Rasmussen C, Mayhew J, Greenwood M, Almada A, Kreider R. *Regional body composition analysis using DEXA. American College of Sports Medicine Annual Meeting. Nashville, TN. June 2, 2005.*
225. \*La Bounty P, Campbell B, Wismann J, Nassar E, Thomas A, Beckham J, Wieckowski M, Galbreath M, Harvey T, Greenwood M, Kreider R. *Blood markers of kidney function and dietary protein intake of resistance trained males. ISSN Annual Meeting. New Orleans, LA. June 17, 2005*
226. \*Campbell B, La Bounty P, Wismann J, Nassar E, Thomas E, Beckham J, Wieckowski M, Galbreath M, Harvey T, Greenwood M, Kreider R. *Dietary protein and carbohydrate intake of resistance trained males. ISSN Annual Meeting. New Orleans, LA. June 17, 2005*
227. Greenwood M, Kerksick C, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. *The effects of varying types creatine on strength measures and body composition. National Strength & Conditioning Association Annual Meeting. Las Vegas, NV. July 7, 2005.*
228. Greenwood M, Kerksick C, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. *Influence of varying creatine formulations on safety issues regarding whole body creatine retention. National Strength & Conditioning Association Annual Meeting. Las Vegas, NV. July 7, 2005.*

229. \*Kerksick C, Greenwood M, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. *The effects of creatine and creatine with D-Pinitol on markers of health*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 7, 2005.
230. \*Campbell B, Kerksick C, Wilborn C, Marcello B, Lutz R, La Bounty P, Harvey T, Taylor L, Galbreath Rasmussen C, Greenwood M, Kreider R. *Assessment of a learning curve for the Wingate anaerobic test*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 7, 2005.
231. Kreider R. *Creatine in Sport*. **International Society of Sport Nutrition Regional Conference**. Baylor University, Waco TX. December 3, 2005.
232. Greenwood M. Kreider. R, Willoughby D. Stout J. Kalman D. Ivy J. *Round Table Discussion for Sport and Exercise Nutrition Guidelines*. **International Society of Sport Nutrition Regional Conference**. Baylor University, Waco TX. December 3, 2005.
233. Kreider RB, Kerksick C, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath Marcello B, Wismann J, M, Ferreira M, Li R, Parker A, Sharp K. *Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, and resting energy expenditure in obese females*. **Nutrition and Metabolism Conference on Carbohydrate Restriction**. Brooklyn, NY. January 20, 2006.
234. \*Kerksick C, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath Marcello B, Wismann J, M, Ferreira M, Li R, Parker A, Sharp K, Kreider RB. *Acute effects of ingesting a high carbohydrate and high protein hypocaloric diets on body mass, body composition, and resting energy expenditure in obese females*. **Nutrition and Metabolism Conference on Carbohydrate Restriction**. Brooklyn, NY. January 20, 2006.
235. Rasmussen C, M Galbreath, B Campbell, B Marcello, J Beckham, J Opusunju, T Harvey, C Kerksick, P LaBounty, L. Taylor, E Nassar, S Ounpraseuth, M. Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program I: Body composition & bone density*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
236. \*Wismann J, A Thomas, C Moulton, K Sharp, A Parker, M Iosia, M Ferreira, R Li, R Schoch, C Kerksick, S Ounpraseuth J Crixell, M Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program II: Resting energy expenditure*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
237. \*Harvey T, C Wilborn, J Wismann, M Galbreath, B Campbell, M Ferreira, P LaBounty, M Roberts, S Ounpraseuth, J Crixell, C Rasmussen, M Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program III: Training adaptations*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
238. \*Beckham J, M. Wooddy, K. Fredenburg, J. Opusunju, R Schoch, K Donahue, A Bachuss, M Galbreath, C Kerksick, S. Ounpraseuth, J Crixell, C Rasmussen, M Greenwood, R. Wilson, R Kreider (Sponsor: D Willoughby). *Effects of the Curves® fitness program on markers of health and fitness in middle school-aged children*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
239. \*Wilborn C, J Beckham, T Harvey, C Kerksick, P LaBounty, B Marcello, J Wismann, C. Moulton, M. Roberts, B Campbell, C. Rasmussen, & R Kreider (Sponsor: D Willoughby). *Assessment of resting energy expenditure using a portable hand held analyzer vs. stationary unit*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
240. \*La Bounty P, C Wilborn, B Marcello, B Campbell, M Faries, J Shim, C Rasmussen & R Kreider (Sponsor: D Willoughby). *Analysis of exercise intensities of women using the Curves® hydraulic training equipment*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
241. \*Farris G, J Wismann, R Farris, N Gandy, L Long, E Pfau, B Campbell, P La Bounty, C Rasmussen, R Wilson & R Kreider (Sponsor: D Willoughby). *Exercise intensity and energy expenditure analysis of women participating in the Curves® exercise program*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
242. \*Taylor L, B Campbell, C Kerksick, A Thomas, C Rasmussen, & R Kreider (Sponsor: D Willoughby). *Effects of hypoenergetic dieting with different macronutrients on thyroid hormones*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
243. \*Campbell B, C Moulton, C Kerksick, M Roberts, C Rasmussen & R Kreider (Sponsor: D Willoughby). *Changes in clinical safety markers after one week of hypoenergetic dieting with different macronutrients*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
244. \*Moulton C, L Taylor, B Campbell, C Kerksick, M Roberts, C Rasmussen, & R Kreider (Sponsor: D Willoughby). *Impact of hypoenergetic dieting with different types of macronutrients on ketone and leptin levels*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
245. \*Kerksick C, L Taylor, C Moulton B Campbell, M. Roberts, C Rasmussen & R Kreider (Sponsor: D Willoughby). *Effects of hypoenergetic dieting with different macronutrients on lipid panels, glucose, and insulin kinetics*. **Experimental Biology Annual Meeting**. San Francisco, CA, April 5, 2006.
246. Iosia M, M Roberts, C Kerksick, B Campbell, T Harvey, C Wilborn, R Wilson, M. Greenwood, D Willoughby, and R Kreider. *Performance and body composition changes after 50 days of concomitant arachidonic acid supplementation and*

- resistance training. **International Society of Sports Nutrition Annual Conference.** Las Vegas, NV. June 17, 2006.
247. \*Kerksick C, Taylor L, Campbell B, Moulton C, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Iosia M, Roberts M, Rasmussen C, Wilson R, and Kreider R. *Effects of increased levels of energy intake after hypocaloric dieting on metabolic indicators of fuel utilization in obese females.* **International Society of Sports Nutrition Annual Conference.** Las Vegas, NV. June 17, 2006.
  248. \*Roberts M, Kerksick C, Taylor L, Iosia M, Campbell B, Wilborn C, Harvey T, Wilson R, Greenwood M, Willoughby D, and Kreider R. *Hormonal and intramuscular adaptations over 50 days of concomitant arachidonic acid supplementation and resistance training.* **International Society of Sports Nutrition Annual Conference.** Las Vegas, NV. June 17, 2006.
  249. \*Taylor L, Campbell B, Kerksick C, Rasmussen C, and Kreider R. *Changes thyroid hormones and REE after one week of hypocaloric dieting followed by varying levels of dietary caloric intake.* **International Society of Sports Nutrition Annual Conference.** Las Vegas, NV. June 17, 2006.
  250. \*Wilborn C, Roberts M, Kerksick C, Iosia M, Taylor L, Campbell B, Harvey T, Wilson R, Greenwood M, Willoughby D, and Kreider R. *Changes in whole blood and clinical safety markers over 50 days of concomitant arachidonic acid supplementation and resistance training.* **International Society of Sports Nutrition Annual Conference.** Las Vegas, NV. June 17, 2006.
  251. \*Campbell B, Kerksick C, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Rasmussen C, Wilson R, and Kreider R. *Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, total body water, and resting energy expenditure in obese females.* **International Society of Sports Nutrition Annual Conference.** Las Vegas, NV. June 17, 2006.
  252. \*Campbell, B., C. Kerksick, C. Wilborn, C. Rasmussen, M. Greenwood, & R. Kreider. *Body composition changes following an eight-week split-body periodized resistance training program in college-aged and middle-aged males.* **National Strength & Conditioning Annual Meeting.** Nashville, TN. July 14, 2006.
  253. \*Campbell, B., C. Wilborn, C. Kerksick, C. Rasmussen, M. Greenwood, & R. Kreider. *Strength changes following an eight-week split-body periodized resistance training program in college-aged and middle-aged males.* **National Strength & Conditioning Annual Meeting.** Nashville, TN. July 14, 2006.
  254. \*Beavers KM, Serra MC, Beavers DP, & Kreider RB. (2007) *Analysis of the ability to comply to high carbohydrate and high protein diet prescription.* **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference.** San Antonio, TX, April 2007.
  255. \*Serra MC, Beavers KM, Beavers DP, & Kreider RB. (2007) *Effects of varying macronutrient and total calorie concentrations on dietary compliance among sedentary, obese women.* **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference.** San Antonio, TX, April, 2007.
  256. \*Kerksick C, M Roberts, L Taylor, C Moulton, C Rasmussen, R Kreider. *Impact of Increased Energy Intake After Acute Hypo-Energetic Dieting on Markers of Energy Balance, Satiety and Fuel Utilization in Obese Females.* **Experimental Biology Annual Meeting.** Washington, DC, April 30, 2007.
  257. \*Galbreath M, B Campbell, C Kerksick, L Taylor, C Wilborn, A Thomas, J Beckham, J Wismann, C Rasmussen, R Kreider. *Effects of Calcium Supplementation in Post-Menopausal Women Participating in the Curves Fitness & Weight Loss Program.* **Experimental Biology Annual Meeting.** Washington, DC, April 30, 2007.
  258. \*Magrans-Courtney T, R Li, B Campbell, E Nassar, M Ferreira, M Iosia, M Cooke, L Greenwood, C Rasmussen, M Greenwood, R Kreider. *Effects of glucosamine and chondroitin supplementation in women with knee osteoarthritis participating in a fitness and weight loss program.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
  259. Cooke M, C Kerksick, B Campbell, C Wilborn, M Galbreath, R Li, M Ferreira, E Nassar, T Harvey, A Parker, K Sharp, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program I: body composition.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
  260. \*Li R, C Kerksick, B Campbell, C Wilborn, B Marcello, M Ferreira, J Wismann, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, K Sharp, A Parker, E Nassar, M Iosia, M Cooke, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program II: resting energy expenditure.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
  261. Iosia M, B Campbell, C Wilborn, J Wismann, K Sharp, E Nassar, J Beckham-Dove, M Galbreath, A Parker, T Harvey, C Kerksick, P La Bounty, B Marcello, M Cooke, M Ferreira, R Li, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program III: training adaptations.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
  262. \*Wismann J, M Galbreath, C Wilborn, L Taylor, B Campbell, E Nassar, J Beckham-Dove, T Harvey, C Kerksick, P La Bounty, A Parker, M Ferreira, M Cooke, M Iosia, R Chandran, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program IV: health markers.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
  263. \*Nassar E, L Taylor, C Kerksick, B Campbell, C Wilborn, T Buford, G Hudson, T Harvey, M Cooke, C Rasmussen, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program V: leptin & insulin.* **Experimental**

**Biology Annual Meeting.** Washington, DC, May 2, 2007.

264. \*Harvey T, E Nassar, R Bowden, M Davis, L Long, J Opusunju, B Lanning, J Beckham-Dove, J Wismann, M Galbreath, B Campbell, C Kerksick, P La Bounty, M Ferreira, C Wilborn, J Crixell, M Iosia, M Cooke, C Rasmussen, R Kreider. *Effects of the Curves® fitness & weight loss program VI: quality of life.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
265. \*Davis M, B Lanning, E Nassar, L Long, J Opusunju, R Bowden, J Beckham-Dove, J Wismann, M Galbreath, B Campbell, T Harvey, C Kerksick, P La Bounty, M Ferreira, C Wilborn, J Crixell, M Iosia, M Cooke, C Rasmussen, R Kreider. *Effects of the Curves® fitness & weight loss program VII: body image & self-esteem.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
266. \*Sharp K, C Kerksick, C Wilborn, B Campbell, J Wismann, M Galbreath, E Nassar, J Beckham-Dove, T Harvey, P La Bounty, A Parker, M Ferreira, M Cooke, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Long-Term effects of the Curves® fitness & weight loss program on weight and fat loss.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
267. \*Chandran, J Jitomir, B Shelmadine, K Beavers, C Kerksick, C Wilborn, J Wismann, E Nassar, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, M Ferreira, M Cooke, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Effects of isoenergetic high carbohydrate and high protein diets on health outcomes in women with metabolic syndrome (MS) participating in the Curves® fitness program.* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
268. \*Jitomir J, R Chandran, B Shelmadine, K Beavers, C Kerksick, C Wilborn, J Wismann, E Nassar, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, M Ferreira, M Iosia, M Cooke, C Rasmussen, M Greenwood, R Kreider. *Effects of diet and exercise interventions on health outcomes in women with and without metabolic syndrome (MS).* **Experimental Biology Annual Meeting.** Washington, DC, May 2, 2007.
269. \*Galbreath M, R Chandran, J Wismann, K Beavers, G Hudson, M Serra, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness and weight loss program in senior-aged women: body composition.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
270. \*Serra M, J Wismann, M Galbreath, R Chandran, K Beavers, G Hudson, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness and weight loss program in senior-aged women: resting energy expenditure.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
271. \*Parker A, M Galbreath, E Deike, T Buford, E Nassar, B Shelmadine, C Boulton, J Dove, R Chandran, K Beavers, J Wismann, G Hudson, M Serra, J Jitomir, R Li, B Campbell, P La Bounty, M Cooke, C Rasmussen, M Greenwood, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: training adaptations.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
272. \*Shelmadine B, M Galbreath, R Chandran, K Beavers, G Hudson, M Serra, R Li, T Buford, J Jitomir, E Nassar, J Wismann, A Parker, E Deike, C Boulton, J Dove, B Campbell, P La Bounty, M Cooke, C Rasmussen, D Willoughby, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: health markers.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
273. \*Hartman J, M Galbreath, R Chandran, K Beavers, G Hudson, M Serra, R Li, J Jitomir, B Shelmadine, E Nassar, J Wismann, A Parker, E Deike, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Bowden, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: quality of life.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
274. \*Deike E, M Galbreath, J Hartman, M Serra, R Li, J Jitomir, B Shelmadine, T Buford, E Nassar, J Wismann, R Chandran, K Beavers, G Hudson, A Parker, C Boulton, J Dove, B Campbell, P La Bounty, M Cooke, C Rasmussen, B Lanning, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in senior-aged women: body image & self-esteem.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
275. \*Dove\*, M Ferreira, M Galbreath, R Chandran, K Beavers, M Serra, R Li, J Jitomir, B Shelmadine, T Buford, E Nassar, J Wismann, G Hudson, A Parker, C Rasmussen, K Fredenburg, M Wooddy, R Wilson, R Kreider. *Effects of a multi-component school-based intervention on health markers, body composition, physical fitness, and psychological measures in overweight adolescent females.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
276. \*Li R, M Ferreira, A Parker, J Jitomir, M Galbreath, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
277. \*Ferreira M, R Li, A Parker, M Galbreath, J Jitomir, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. *Effects of the Curves® fitness & weight loss program in women with medically managed conditions: training adaptations.* **Experimental Biology Annual Meeting.** San Diego, CA, April 9, 2008.
278. \*Jitomir J, R Chandran, B Shelmadine, K Beavers, C Kerksick, C Wilborn, J Wismann, E Nassar, J Dove, M Galbreath, T Harvey, P La Bounty, B Campbell, M Ferreira, M Cooke, M Iosia, C Rasmussen, R Bowden, R Wilson,

- R Kreider. *Medical profile of sedentary women with and without metabolic syndrome (MS)*. **Experimental Biology Annual Meeting**. San Diego, CA, April 9, 2008.
279. \*Beavers K, R Chandran, J Jitomir, B Shelmadine, C Kerkicks, C Wilborn, J Wismann, E Nassar, J Dove, M Galbreath, P La Bounty, B Campbell, M Ferreira, M Cooke, M Iosia, C Rasmussen, R Bowden, R Wilson, R Kreider. *Relationship of uric acid to markers of metabolic syndrome (MS) and medical status*. **Experimental Biology Annual Meeting**. San Diego, CA, April 9, 2008.
  280. \*Beavers KM, MC Serra, B Marcello, CM Kerkicks, CJ Rasmussen, DP Beavers, RB Kreider. Body composition data on Division I athletes using dual energy x-ray absorptiometry: body fat percentage. **2008 Sports, Cardiovascular, and Wellness Nutritionists Annual Conference**. Boston, MA. March 12, 2008.
  281. \*Serra MC, Beavers KM, B Marcello, CM Kerkicks, CJ Rasmussen, DP Beavers, RB Kreider. Body Composition Data on Division I Athletes Using Dual Energy X-ray Absorptiometry: Bone Mineral Density & T-Scores. **2008 Sports, Cardiovascular, and Wellness Nutritionists Conference**. Boston, MA. March 12, 2008.
  282. Cooke M, M Iosia, T Buford, B Shelmadine, G Hudson, C Kerkicks, C Rasmussen, M Greenwood, B Leutholtz, D Willoughby, Richard Kreider. *Effects of acute and chronic coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals*. **American College of Sports Medicine Annual Meeting**. Indianapolis, IN, May 29, 2008.
  283. \*Hudson G, M Galbreath, R Chandran, J Wismann, M Serra, J Dove, C Boulton, P LaBounty, M Cooke, C Rasmussen, R Wilson, D Willoughby, M Greenwood, and R Kreider. *Effects of a popular fitness and weight loss program in senior-aged women: leptin, ghrelin, & adiponectin levels*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 10, 2008.
  284. Kreider R, A Parker, J Moreillon, C Rasmussen, M Greenwood. *Energy expenditure analysis of women participating in a computerized hydraulic circuit training program*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 11, 2008.
  285. \*Hudson G, M Galbreath, R Chandran, J Wismann, M Serra, J Dove, C Boulton, P LaBounty, M Cooke, C Rasmussen, R Wilson, D Willoughby, M Greenwood, R Kreider. *Effects of a popular fitness and weight loss program in senior-aged women: glucose and insulin kinetics*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 11, 2008.
  286. \*Beavers K, M. Serra, J. Moreillon, G. Hudson, B. Shelmadine, J. Jitomir, C. Curts, E. Deike, M. Byrd, J. Culbertson, P. Leeke, F. Vela, C. Rasmussen, M. Greenwood, J. Campbell, J. Beiseigel, S. Jonnalagadda, R. Kreider. *Comparison of two 10-week diet and exercise programs for weight loss in women*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  287. \*Serra M, K. Beavers, J. Moreillon, G. Hudson, B. Shelmadine, J. Jitomir, C. Curts, E. Deike, M. Byrd, J. Culbertson, P. Leeke, F. Vela, C. Rasmussen, M. Greenwood, J. Campbell, J. Beiseigel, S. Jonnalagadda, R. Kreider. *Comparison of two ready-to-eat cereals as partial meal replacements in a 2-week weight loss plan*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  288. Kreider R, M. Serra, J. Moreillon, K. Beavers, G. Hudson, B. Shelmadine, J. Jitomir, C. Curts, E. Deike, M. Byrd, J. Culbertson, P. Leeke, F. Vela, C. Rasmussen, M. Greenwood, J. Campbell, J. Beiseigel and S. Jonnalagadda. *A comparison of two weight maintenance programs following weight loss in women* **Experimental Biology**. New Orleans, LA. April 22, 2009.
  289. \*Culbertson J, M. Byrd, M. Cooke, C. Kerkicks, B. Campbell, C. Wilborn, M. Galbreath, R. Li, M. Ferreira, E. Nassar, T. Harvey, A. Parker, T. Courtney, J. Dove, K. Beavers, M. Serra, J. Jitomir, J. Moreillon, s. Simbo, R. Chandran, G. Hudson, C. Curts, E. Deike, M. Iosia, C. Rasmussen, M. Greenwood, r. Kreider. *Effects of the Curves fitness & weight loss program on body composition & resting energy expenditure*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  290. \*Moreillon J, J. Culbertson, M. Byrd, J. Wismann, M. Galbreath, C. Wilborn, L. Taylor, B. Campbell, E. Nassar, J. Dove, T. Harvey, C. Kerkicks, P. LaBounty, A. Parker, M. Ferreira, M. Cooke, M. Iosia, R. Chandran, K. Beavers, M. Serra, J. Jitomir, C. Curts, E. Deike, G. Hudson, T. Buford, B. Shelmadine, C. Rasmussen, M. Greenwood, D. Willoughby, R. Kreider. *Effects of the Curves fitness & weight loss program on markers of health & fitness*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  291. \*Rasmussen C, J. Culbertson, R. Li, M. Ferreira, A. Parker, J. Jitomir, M. Galbreath, M. Serra, K. Beavers, J. Dove, B. Shelmadine, G. Hudson, C. Curts, J. Moreillon, M. Byrd, E. Deike and R. Kreider. *Effects of the Curves fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  292. \*Byrd M, M. Ferreira, R. Li, A. Parker, M. Galbreath, J. Jitomir, M. Serra, K. Beavers, J. Dove, J. Culbertson, G. Hudson, B. Shelmadine, C. Curts, J. Moreillon, E. Deike, C. Rasmussen and R. Kreider. *Effects of the Curves fitness & weight loss program in women with medically managed conditions: training adaptations*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  293. Kerkicks C, K. Beavers, R. Chandran, J. Jitomir, M. Serra, B. Shelmadine, C. Wilborn, J. Wismann, E. Nassar, J. Dove, M. Galbreath, P. LaBounty, B. Campbell, M. Ferreira, M. Cooke, M. Iosia, C. Rasmussen, R. Wilson and R.

- Kreider. *Relationship of uric acid to body composition, heart disease risk factors and energy expenditure*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
294. Kerksick C, K. Beavers, R. Chandran, J. Jitomir, M. Serra, B. Shelmadine, C. Wilborn, J. Wismann, E. Nassar, J. Dove, M. Galbreath, T. Harvey, P. LaBounty, B. Campbell, M. Cooke, M. Iosia, C. Rasmussen, R. Wilson and R. Kreider. *Relationship of resting energy expenditure to body composition and clinical health markers*. **Experimental Biology**. New Orleans, LA. April 22, 2009.
  295. Kreider R., C. Rasmussen, J. Culbertson and M. Byrd. *Effects of a 30-day fitness challenge on body composition and markers of health in women*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 28, 2009.
  296. \*Li R., M. Ferreira, M. Cooke, P. La Bounty, B. Campbell, M. Greenwood, D. Willoughby, R. Kreider. *Mysostatin gene expression in response to acute resistance exercise with amino acids and carbohydrate supplementation*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 27, 2009.
  297. \*Wilborn C., L. Taylor, C. Foster, T. Swift, C. Burken, M. Florez, C. Poole, B. Bushey, R. Kreider, D. Willoughby. *Effects of fenugreek, cinnamon, & curcumin on post workout inflammatory response*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 28, 2009.
  298. \*Taylor L., C. Wilborn, B. Bushey, C. Poole, C. Foster, B. Campbell, R. Kreider, D. Willoughby. *Fenugreek extract supplementation has no effect on the hormonal profile of resistance-trained males*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 28, 2009.
  299. \*Campbell B., P. La Bounty, A. Oetken, R. Kreider, M. Greenwood, D. Willoughby. *The effects of branched chain amino acid supplementation on total lower body workout volume*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 28, 2009.
  300. \*La Bounty P., B. Campbell, A. Oetken, R. Lutz, R. Kreider, M. Greenwood, D. Willoughby. *The effect of leucine supplementation on total lower-body workout volume*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 28, 2009.
  301. \*Ferreira, M., R Li, M. Cooke, B. Campbell, P. La Bounty, R. Kreider, D. Willoughby. *Irs1, Pkb, P70s6k, & Erk1/2 phosphorylation increased by acute resistance exercise but not BCAA/carbohydrate*. **American College of Sports Medicine Annual Meeting**. Seattle, WA. May 29, 2009.
  302. Kreider R, Jitomir J, Culbertson J, Byrd M, Simbo S, Curtis C, Serra M, Beavers K, Moreillon J, Ferreira M, Li R, Shelmadine B, Rasmussen C, Greenwood M. *Effects of diet cycling during training on weight loss and resting energy expenditure: a preliminary analysis*. **International Society of Sport Nutrition Annual Meeting**. New Orleans, LA. June, 15, 2009.
  303. Lewing M, Pena E, Poole C, Dufour F, Consancio E, Jacobson H, Dugan K, Jones T, Ervin N, Foster C, Kreider R, Taylor L, Wilborn C. *Effects of BIOCREAT supplementation on strength and body composition during an 8-week resistance training program*. **International Society of Sport Nutrition Annual Meeting**. New Orleans, LA. June, 15, 2009.
  304. Poole C, Bushey B, Pena E, Constancio E, Jones T, Dufour F, Ervin N, Clemens B, Willoughby D, Kreider R, Foster C, Taylor L, Wilborn C. *Effects of TESTOSURGE supplementation on strength, body composition and hormonal profiles during an 8-week resistance training program*. **International Society of Sport Nutrition Annual Meeting**. New Orleans, LA. June, 15, 2009.
  305. \*Campbell B, La Bounty P, Oetken A, Greenwood M, Kreider R, Willoughby D. *The anabolic hormone response to a lower-body resistance exercise bout in conjunction with oral BCAA supplementation*. **International Society of Sport Nutrition Annual Meeting**. New Orleans, LA. June, 15, 2009.
  306. \*Campbell B, La Bounty P, Oetken A, Greenwood M, Kreider R, Willoughby D. *Response of serum IGF-1 after an acute bout of lower-body resistance exercise*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 10, 2009.
  307. \*Harvey T, Shelmadine BD, Moreillon JJ, Liang J, Greenwood L, Greenwood M, Kreider R, Willoughby D. *Effects of concentric and eccentric muscle contractions on IL-6 signaling in human skeletal muscle and downstream regulation of HSP-72 gene expression*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 10, 2010.
  308. \*Byrd M, J. Culbertson, C. Canon, J. Oliver, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of high carbohydrate and high protein diets on markers of metabolic syndrome (ms) in women participating in the Curves fitness program*. **Experimental Biology Annual Meeting**. San Diego, CA. April 28, 2010.
  309. \*Oliver J, J. Culbertson, C. Canon, M. Byrd, M. Mardock, S. Simbo, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of exercise and high carbohydrate and high protein diets on women with and without metabolic syndrome (MS)*. **Experimental Biology Annual Meeting**. San Diego, CA. April 28, 2010.
  310. \*Mardock M, M. Byrd, S. Simbo, J. Oliver, J. Culbertson, C. Canon, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Clinical profiles of women with and without metabolic syndrome (MS)*. **Experimental Biology Annual Meeting**. San Diego, CA. April 28, 2010.
  311. \*Culbertson J, M. Mardock, M. Byrd, S. Simbo, J. Oliver, C. Canon, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton,

- H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of diet cycling on weight loss and resting energy expenditure in women participating in the curves fitness program*. **Experimental Biology Annual Meeting**. San Diego, CA. April 28, 2010.
312. \*Simbo S, J. Culbertson, M. Mardock, M. Byrd, J. Oliver, C. Canon, Y. Jung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen and R. Kreider. *Effects of 30-day diet cycling on weight loss and resting energy expenditure in women participating in the Curves fitness program: a preliminary long-term analysis*. **Experimental Biology Annual Meeting**. San Diego, CA. April 28, 2010.
  313. \*Brabham B, T. Buford, B. Shelmadine, G. Hudson, M. McPheeters, J. Moreillon, M. Greenwood, R. Kreider, FACSM, D. Willoughby, TACSM, M. Cooke. *Effects of Creatine Supplementation and Resistance Training on Body Composition and Strength in Older Individuals*. **59<sup>th</sup> Annual American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 3, 2010.
  314. Campbell B, J. Downing, M. Kilpatrick, P. LaBounty, A. Elkins, S. Williams, M. Gisele dos Santos, T. Chang, S. Willey, R. Kreider, FACSM. *The Effects of a Commercially Available Energy Drink on Resistance Training Performance*. **59<sup>th</sup> Annual American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 3, 2010.
  315. \*Taylor L, C. Wilborn, C. Foster, R. Kreider. *Effects of Fenugreek, Cinnamon & Curcumin Supplementation on Post Workout IL6 and Cortisol Response*. **59<sup>th</sup> Annual American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 4, 2010.
  316. \*Canon C, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. *Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women*. **Medicine & Science in Sports & Exercise**. 42(5):S458-9, 2010.
  317. \*Shelmadine B, B. Brabham, G. Hudson, T. Buford, M. McPheeters, J. Moreillon, M. Greenwood, FACSM, R. Kreider, FACSM, D. Willoughby, FACSM, M. Cooke. *Effects of Creatine Supplementation and Resistance Training on Skeletal Muscle Hypertrophy in Older Individuals*. **59<sup>th</sup> Annual American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 4, 2010.
  318. \*Parker A, J. Gordon, A. Thornton, J. Lubker, M. Bartlett, R. Jäger, M. Purpura, M. Byrd, J. Oliver, S. Simbo, C. Rasmussen, R.B. Kreider. *The effects of phosphatidylserine supplementation on cognitive functioning prior and following an acute bout of resistance training in young males*. **International Society of Sports Nutrition Annual Conference**. Clearwater, FL. June 25, 2010.
  319. \*Oliver J, J.Y. Kresta, M. Byrd, C. Canon, M. Mardock, S. Simbo, P. Jung, B. Lockard, D. Khanna, M. Koozehchian, C. Rasmussen, C. Kerksick, R. Kreider. *Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum triglyceride levels above or below median values*. **International Society of Sports Nutrition Annual Conference**. Clearwater, FL. June 25, 2010.
  320. \*Canon C, J.Y. Kresta, M. Byrd, J.M. Oliver, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H.K. Kim, C. Rasmussen, R.B. Kreider. *Long-term efficacy of women participating in the curves fitness and weight loss program*. **International Society of Sports Nutrition Annual Conference**. Clearwater, FL. June 25, 2010.
  321. \*Kresta KY, M. Byrd, J.M. Oliver, C. Canon, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H.K. Kim, C. Rasmussen, R.B. Kreider. *Effects of diet cycling on weight loss, fat loss and resting energy expenditure in women*. **International Society of Sports Nutrition Annual Conference**. Clearwater, FL. June 25, 2010.
  322. \*Canon C, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider. *Effects of a 30-Day Fitness Challenge on Body Composition and Health Markers in Sedentary Women*. **National Strength & Conditioning Annual Conference**. Orlando, FL. July 16, 2010.
  323. Kreider RB, J. Culbertson, M. Byrd, S. Simbo, J. Oliver, M. Mardock, C. Canon, Y. Yung, D. Khanna, M. Koozehchian, R. Dalton, H. Kim, B. Lockard, C. Rasmussen. *Maintaining a High Protein Diet While Participating in a Resistance Training Program Does Not Affect Markers of Bone Health in Women*. **National Strength & Conditioning Annual Conference**. Orlando, FL. July 16, 2010.
  324. \*Oliver JM, Julie Y. Kresta, Claire N. Canon, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Majid Koozehchian, Chris Rasmussen, Richard B. Kreider, FACSM. *Comparison of Two Different Diet Programs on fasting Insulin Levels in Sedentary Obese Women Participation in Resistance training*. **National Strength & Conditioning Annual Conference**. Orlando, FL. July 16, 2010.
  325. \*Jung YP, Julie Y. Kresta, Jonathan M. Oliver, Sunday Simbo, Claire N. Canon, Mike Byrd, Michelle Mardock, Brittanie Lockard, Chris Rasmussen, Richard B. Kreider, FACSM. *Effects of a High Protein Diet on Weight Loss and Body Composition in Sedentary Women with Normal Insulin Sensitivity and Insulin Resistance*. **ACSM Integrated Physiology of Exercise Meeting**. Miami, FL. September 23, 2010.
  326. \*Jagim A, Jonathan M. Oliver, Julie Y. Kresta, Claire N. Canon, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Chris Rasmussen, Richard B. Kreider, FACSM. *Effects of a High Protein Diet on Weight Loss and Leptin Levels in Sedentary Women with Normal and Elevated Leptin*. **ACSM Integrated Physiology of Exercise Meeting**. Miami, FL. September 23, 2010.

327. Kreider RB, FACSM, Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, Claire N. Canon, Michelle Mardock, Sunday Simbo, Brittanie Lockard, Chris Rasmussen. *Effects of Exercise, Weight Loss and Diet Type on Leptin in Sedentary Women*. **ACSM Integrated Physiology of Exercise Meeting**. Miami, FL. September 23, 2010.
328. \*Kresta KY, Jonathan M. Oliver, Mike Byrd, Claire N. Canon, Andrew Jagim, Brittanie Lockard, Michelle Mardock, Sunday Simbo, Chris Rasmussen, Richard B. Kreider, FACSM. *Relationship between Fasting Serum Leptin Levels and Markers of Bone, Fat and Health in Sedentary Women*. **ACSM Integrated Physiology of Exercise Meeting**. Miami, FL. September 23, 2010.
329. \*Simbo S, J. Oliver, JY Kresta, CN Cannon, M Byrd, M Mardock, P Jung, B Lockard, C Rasmussen, RB Kreider. *Effects of a high protein diet on weight loss and body composition in women with normal and elevated blood glucose levels*. **ACSM Integrated Physiology of Exercise Meeting**. Miami, FL. September 23, 2010.
330. \*Mardock M, B Lockard, M Byrd, S Simbo, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
331. \*Lockard B, M Mardock, M Byrd, S Simbo, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
332. \*Byrd M, M Mardock, B Lockard, S Simbo, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women III: fitness markers*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
333. \*Jagim A, M Mardock, B Lockard, S Simbo, M Byrd, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
334. \*Simbo S, M Mardock, B Lockard, M Byrd, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, L. Greenwood, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program may influence weight loss success*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
335. Kreider R, J Oliver, K Kresta, M Byrd, C Baetge, M Mardock, S Simbo, B Lockard, P Jung, M Koozechian, D Khanna, Kyul, A Jagim, C. Kersick, C Rasmussen. *Effects of diet type during an exercise and weight loss program on markers of metabolic syndrome in women with elevated uric acid levels*. **Federation of American Societies of Experimental Biology Annual Meeting**. Washington, DC. April 13, 2011.
336. Kersick CM, M Grimstedt, JL Mayhew, M Greenwood, R Kreider. *Effect of Strength and Body Composition on Upper- and Lower-body Work Capacity in Adult Men*. **American College of Sports Medicine Annual Meeting**. Denver, CO. June 1, 2011.
337. \*Kresta J, M Byrd, J Oliver, C Baetge, M Mardock, S Simbo, Y Jung, M Koozehchian, D Khanna, B Lockard, R Dalton, H Kim, C Rasmussen, R Kreider. *Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers*. **American College of Sports Medicine Annual Meeting**. Denver, CO. June 2, 2011.
338. \*Byrd M, J. Kresta, J. Oliver, C. Baetge, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H. Kim, C. Rasmussen, R. B. Kreider. *Effects of Intermittent Dieting During Resistance Training In Women III: Fitness*. **American College of Sports Medicine Annual Meeting**. Denver, CO. June 2, 2011.
339. \*Baetge C, J Kresta, M Byrd, J Oliver, M Mardock, S Simbo, Y Jung, M Koozehchian, D Khanna, B Lockard, R Dalton, H Kim, C Rasmussen, R Kreider. *Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life*. **American College of Sports Medicine Annual Meeting**. Denver, CO. June 2, 2011.
340. Campbell BI, B Myers, A Forsyth, B Parker<sup>1</sup>, B Gomez, A Elkins, B Marcello, C Wilborn, P La Bounty, R Kreider. *The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Performance Characteristics in Collegiate Softball Players*. **American College of Sports Medicine Annual Meeting**. Denver, CO. June 2, 2011.
341. \*Mardock M, B Lockard, J Oliver, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011.
342. \*Byrd M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011.
343. \*Oliver J, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in*

women III: health and fitness markers. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011.

344. \*Jagim A, M Mardock, B Lockard, J Oliver, M Byrd, S Simbo, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life and diet satisfaction*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011.
345. Greenwood M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011.
346. \*Oliver J, M Mardock, AJagim, ASanchez, J Kresta, S Crouse, R Kreider. *Effectiveness of a dietary intervention on macronutrient intake, lean mass and strength gains in males participating in a supervised resistance training program*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011.
347. \*Lockard B, C Baetge, J Oliver, M Mardock, M Byrd, S Simbo, Y Jung, D Khanna, M Koozehchian, R Dalton, H Kim, J Kresta, T Leopold, K Horrell, V Fan, C Rasmussen, M Greenwood, R.B. Kreider. *Exercise intensity and energy expenditure assessment of performing the Curves with Zumba workout*. **National Strength & Conditioning Annual Conference**. Las Vegas, NV. July 7, 2011.
348. \*Oliver JM, A. R. Jagim, A. C. Sanchez, J. Y. Kresta, M. A. Mardock, S. F. Crouse, R. B. Kreider. *Comparative analysis of body composition, strength and power of U.S. soldiers participating in an enlisted to commissioning program and experience matched controls*. **National Strength & Conditioning Annual Conference**. Las Vegas, NV. July 7, 2011.
349. \*Jung YP, JM Oliver, C Rasmussen, RB Kreider. *Effects of a High Protein Energy-restricted Diet on Body Composition and Markers of Health in Obese Women*. **23rd International Sport Science Congress: Korean Society of Exercise Nutrition**. Keimyung University. Daegu, South Korea. August 26, 2011.
350. \*Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women I: body composition and resting energy expenditure*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
351. \*Galvan E, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein & liver status*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
352. \*Jung Y, Baetge C, Lockard B, Mardock M, Simbo S, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health & fitness markers*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
353. \*Khanna D, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Byrd M, Koozehchian M, Galvan E, Levers K, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women VI: quality of life*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
354. \*Koozehchian M, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
355. \*Levers K, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Byrd M, Koozehchian M, Galvan E, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women V: perception of quality of diets*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
356. Campell BI, Raposo KA, Bullion A, Petchonka A, Pannoni N, Cloer B, Deignan S, Vyas T, Kreider RB. *Pre-exercise carbohydrate supplementation does not suppress rate of fatigue during resistance exercise in trained females*. **American College of Sports Medicine Annual Meeting**. San Francisco, CA. May 31, 2012.
357. \*Oliver JM, AR Jagim, AC Sanchez, K. Kelley, E. Galvan, J. Fluckey, S. Riechman, M. Greenwood, R. Jäger, M. Purpura, I. Pischel, RB Kreider. *Effects of Short-Term Ingestion of Russian Tarragon Prior to Creatine Monohydrate Supplementation on Whole Body and Muscle Creatine Retention: A Preliminary Investigation*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
358. \*Kresta KY, J Oliver, A Jagim, R Kreider, J Fluckey, S Reichman, S Talcott. *Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
359. \*Jagim AR, JM Oliver, A Sanchez, E Galvan, J Fluckey, S Riechman, S Talcott, K Kelly, C Meininger, C Rasmussen, RB Kreider. *Kre-Alkalyn® supplementation does not promote greater changes in muscle creatine content, body composition, or training adaptations in comparison to creatine monohydrate*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
360. \*Galvan E, Jagim AR, JM Oliver, A Sanchez, J Fluckey, S Riechman, S Talcott, K Kelly, C Meininger, C Rasmussen, RB Kreider. *Kre-Alkalyn® supplementation does not exhibit a safer clinical profile or have less side effects in comparison to*

- creatine monohydrate. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
361. \*Oliver JM, AR Jagim, AC Sanchez, JYKresta, MA Mardock, SF Crouse, RB Kreider. *Greater strength and power output after 12 week training program designed to elicit hypertrophy using intra-set rest intervals*. **National Strength & Conditioning Association Annual Meeting**. Providence, RI. July 13, 2012.
362. \*Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs*. **Experimental Biology**. Boston, MA. April 9, 2013.
363. \*Galvan E, B. Lockard, C. Baetge, K. Levers, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs*. **Experimental Biology**. Boston, MA. April 9, 2013.
364. \*Simbo S, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women*. **Experimental Biology**. Boston, MA. April 9, 2013.
365. \*Dalton R, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, D. Khanna, R. Dalton, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on insulin and leptin in women*. **Experimental Biology**. Boston, MA. April 9, 2013.
366. \*Levers K, B. Lockard, C. Baetge, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides*. **Experimental Biology**. Boston, MA. April 9, 2013.
367. \*Baetge, B. Lockard, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women*. **Experimental Biology**. Boston, MA. April 9, 2013.
368. \*Jung Y, M. Byrd, C. Baetge, B. Lockard, K. Levers, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women*. **Experimental Biology**. Boston, MA. April 9, 2013.
369. \*Jagim, M. Byrd, B. Lockard, C. Baetge, K. Levers, E.Galvan, S. Simbo, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in post-menopausal women*. **Experimental Biology**. Boston, MA. April 9, 2013.
370. \*Byrd M, Y. Jung, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozechian, D. Khanna, R. Dalton, B. Sanchez, K. Horrell, T. Leopold, M. Cho, J. Fluckey, S. Riechman, M. Greenwood, J. Hart, K. Shimkus, W. Gapinski, M. Pere. *Effects of nutrient timing following resistance-exercise on changes in body composition in post-menopausal women participating in weight loss program*. **Experimental Biology**. Boston, MA. April 9, 2013.
371. \*Koozechian M, Nazem F, Kreider RB. *Impact of Exercise Training on Cardiovascular Risk and Anti-Risk Factors in Adolescent Boys*. **Experimental Biology**. Boston, MA. April 9, 2013.
372. \*Dalton R, C Baetge, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, Y Jung, JM Oliver, M. Koozechian, D Khanna, B. Sanchez, JY Kresta, K. Horrell, T. Leopold, M. Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. *Analysis of efficacy and cost effectiveness of popular weight loss and fitness programs*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.
373. \*Byrd M, S Simbo, YP Jung, B Sanchez, M Cho, CW Lee, B Lockard, C Baetge, K Levers, E Galvan, A Jagim, JM Oliver, R Dalton, B Bessire, K Horrell, T Leopold, M Koozechian, D Khanna, K Shimkus, W Gapinsky, M Perez, J Hart, S Riechman, J Fluckey, M Greenwood, C Rasmussen, R Kreider. *Effects of immediate and delayed nutrient timing following resistance exercise on changes in mixed muscle fractional synthesis rate (FSR) in post-menopausal women participating in a weight loss program*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.
374. \*Levers K, S Simbo, E Galvan, YP Jung, C Baetge, B Lockard, A Jagim, M Byrd, C Rasmussen, R Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation I: impact on body composition and markers of health and fitness*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.

375. \*Simbo S, A Roque-Andrade, S Mertens-Talcott, C Rasmussen, R Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation II: impact on microRNA 21 and microRNA 146a expression and their regulatory role.* **International Society of Sports Nutrition National Conference.** Boulder, CO. June, 15, 2013.
376. \*Cho M, C Rasmussen, R Kreider. *Effects of Irvingia Gabonensis (African Mango) on Weight Loss in Obese or Overweight Humans.* **Vegetable and Fruit Improvement Conference,** Texas A&M University, February 26, 2014.
377. \*Coletta A, C Rasmussen, R Kreider. *Concentrated Fruit & Vegetable Supplements.* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
378. \*Dalton R, K Levers, S Simbo, YP Jung, E Galvan, M Koozehchian, D Khanna, B Sanchez, N Barringer, A Coletta, J Carter, A Reyes, S Springer, M Cho, C Goodenough, A O'Connor, C Rasmussen, R Kreider. *Raspberry Ketones – A Brief Review Of The Potential Benefits And Risks As A Dietary Supplement* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
379. \*Galvan E, JM Oliver, AR Jagim, I Pischel, R Jager, M Purpura, A Sanchez, J Fluckey, S Riechman, M Greenwood, K Kelly, C Meininger, C Rasmussen, R Kreider. *Effects of Short-Term Ingestion of Russian Tarragon Prior to Creatine Monohydrate Supplementation on Whole Body And Muscle Creatine Retention and Anaerobic Spring Capacity: A Preliminary Investigation.* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
380. \*Jung YP, C Rasmussen, R Kreider. *Comprehensive Review of Ergogenic Effects of Beetroot Juice (Nitrate).* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
381. \*Koozehchian M, K Levers, S Simbo, YP Jung, E Galvan, R Dalton, D Khanna, B Sanchez, N Barringer, A Coletta, J Carter, S Springer, M Cho, C Goodenough, A O'Connor, C Rasmussen, R Kreider. *A Comprehensive Review Detailing the Effects Of Betaine Supplementation On Exercise Performance And Disease.* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
382. \*Levers K, S Simbo, YP Jung, E Galvan, R Dalton, B Sanchez, N Barringer, A Coletta, J Carter, S Springer, M Cho, C Goodenough, A O'Connor, C Rasmussen, R Kreider. *A Comprehensive Review Detailing The Effects Of Tart Cherry Supplementation On Markers of Inflammation, Muscle Damage, And Soreness Following Acute Bouts Of Intense Resistance And Endurance Exercise.* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
383. \*O'connor A, S Simbo, YP Jung, E Galvan, K Levers, R Dalton, M Koozechian, D Khanna, B Sanchez, N Barringer, A Coletta, J Carter, A Reyes, S Spring, M Cho, C Goodenough, C Rasmussen, R Kreider. *A Review of the Proposed Cardioprotective Characteristics of The PolyPhenolic Compounds in Grape Products.* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
384. \*Sanchez, C Rasmussen, R Kreider. *Ergogenic Function of Pumpkin Seed Extract on Exercise Performance, Fatigue, And Biomarkers of Muscle Metabolism Following Physical Exertion.* **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference.** College Station, TX. February 26, 2014.
385. \*Levers K, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Assessment of factors related to carbohydrate intolerance I: OGTT glucose AUC.* **Experimental Biology.** San Diego, CA. April 30, 2014.
386. \*Galvan E, K Levers, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Assessment of factors related to carbohydrate intolerance II: OGTT glucose at 120 minutes.* **Experimental Biology.** San Diego, CA. April 30, 2014.
387. \*Jung Y, B Lockard, C Baetge, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, J Oliver, M Koozehchian, R Dalton, D Khanna, B Sanchez, J Kresta, K Horrell, T Leopold, M Cho, S Springer, A Rivera, C Cerda, C Chang, C Rasmussen, and R Kreider. *Comparative effectiveness of popular diet programs on changes in body composition and visceral adipose tissue in women* **Experimental Biology.** San Diego, CA. April 30, 2014.
388. \*Simbo S, A Coletta, M Mardock, B Lockard, B Bryd, A Jagim, JY Kresta, C Baetge, YP Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M Greenwood, C Rasmussen, and R Kreider. *Effects of two popular weight loss programs on changes in android and gynoid body composition in women.* **Experimental Biology.** San Diego, CA. April 30, 2014.
389. \*O'Connor A, K Levers, E Galvan, A Coletta, R Dalton, YP Jung, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire.* **Experimental Biology.** San Diego, CA. April 30, 2014.
390. \*Dalton R, K Levers, E Galvan, A Coletta, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Assessment of factors related to carbohydrate intolerance III: Fasting HOMA.* **Experimental Biology.** San Diego, CA. April 30, 2014.
391. \*Springer S, B Lockard, C Baetge, Y Jung, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, J Oliver, M Koozehchian, R Dalton, D Khanna, J Kresta, B Sanchez, K Horrell, T Leopold, M Cho, A Rivera, C Cerda, C Chang, C Rasmussen, and R Kreider. *Comparative effectiveness of popular diet programs on changes in android and gynoid body composition in women.* **Experimental Biology.** San Diego, CA. April 30, 2014.
392. \*Goodenough C, K Levers, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, S Simbo, C Seesselberg, B Bonin, M Koozehchian, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Analysis of the validity of a*

carbohydrate intolerance questionnaire II. **Experimental Biology**. San Diego, CA. April 30, 2014.

393. \*Coletta A, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, J Oliver, M Greenwood, C Rasmussen, and R Kreider. *Effects of two popular weight loss programs on changes in body composition and visceral adipose tissue in women*. **Experimental Biology**. San Diego, CA. April 30, 2014.
394. \*Koozehchian M, K Levers, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, C Seesselberg, B Bonin, B Sanchez, N Barringer, C Rasmussen, M Greenwood, and R Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire III*. **Experimental Biology**. San Diego, CA. April 30, 2014.
395. \*Koozehchian MS, J Ataee, RB Kreider, P Jung, L Zuo. *Effectiveness of Accommodation and Constant Resistance Training on Maximal Strength and Power in Young Athletes*. **American College of Sports Medicine Annual Meeting**. Orlando, FL. May 30, 2014.
396. \*Galvan E, K Levers, R Dalton, C Goodenough, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Effectively Reduces Markers of Catabolism and Perceptions of Muscle Soreness following an Acute Bout of Intense Endurance Exercise*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 21, 2014.
397. \*Goodenough C, K Levers, R Dalton, Galvan E, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Mitigates the Post-Exercise Immune Response with Reduction in Total Antioxidant Status and Serum Triglyceride Levels following an Acute Bout of Intense Endurance Exercise*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 21, 2014.
398. \*Levers K, R Dalton, E Galvan, C Goodenough, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Demonstrates Benefit on Markers of Catabolism and Muscle Soreness following an Acute Bout of Intense Lower Body Resistance Exercise*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 21, 2014.
399. \*Dalton R, K Levers, E Galvan, C Goodenough, A O'Connor, S Simbo, N Barringer, J Carter, C Seesselberg, A Coletta, YP Jung, M Koozehchian, B Sanchez, S Springer, M Cho, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Powdered Tart Cherry Supplementation Moderates Post-Exercise Immunosuppression, Total Cholesterol, and Antioxidant Status with No Effect on Performance Recovery following an Acute Bout of Intense Lower Body Resistance Exercise*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 21, 2014.
338. \*Jung YP, C Goodenough, M Cho, A O'Connor, R Dalton, K Levers, E Galvan, N Barringer, F Ayadi, J Carter, M Koozechian, S Simbo, A Reyes, B Sanchez, A Coletta, C Rasmussen, R Kreider. *Thermogenic and Hemodynamic Effects of Ingesting a Pre-Workout Supplement with and without Synephrine*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 21, 2014.
339. \*Cho M, YP Jung, C Goodenough, A O'Connor, R Dalton, K Levers, E Galvan, N Barringer, F Ayadi, J Carter, M Koozechian, S Simbo, A Reyes, B Sanchez, A Coletta, C Rasmussen, R Kreider. *Effects of Ingesting a Pre-Workout Supplement with and without Synephrine on Cognitive Function, Perceptions of Readiness to Perform, and Exercise Performance*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 21, 2014.
400. \*Barringer N, T Elliott, S. Carroll, R. Kotwa, R. Dalton, S. Crouse, M. Greenwood, R. Kreider. *Fatty acid blood levels, Vitamin D status, and physical performance and its relationship to resiliency and mood in active duty soldiers*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 11, 2014.
401. \*Carter JG, J.M. Oliver, A.R. Jagim, AC Sanchez, MA Mardock, KA Kelly, HJ Meredith, GL Smith, M. Greenwood, JL Parker, SE Riechman, JD Fluckey, SF Crouse, RB Kreider. *The effects of various resistance training on body composition and body weight, fat mass, body fat, and visceral adipose tissue in physically active males*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 11, 2014.
402. \*Jagim AR, K Levers, E Galvan, D Joubert, C Rasmussen, R Kreider. *Effects of an ultra-endurance event on energy balance, body composition and training adaptations: a case study*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 11, 2014.
403. \*Koozehchian M, R Kreider, L Zuo. *Antioxidant preconditioning strengthens the skeletal muscle function during hypoxia*. **National Strength & Conditioning Association Annual Meeting**. Las Vegas, NV. July 11, 2014.
404. \*Sanchez B, A Coletta, E Galvan, P Jung, R Dalton, K Levers, M Koozehchian, S Simbo, A O'Connor, A Reyes, S Springer, C Goodenough, M Cho, C Rasmussen, RB Kreider. *Influence of five obesity related gene SNP's on body composition and health markers in sedentary obese women*. **SEC Symposium on Obesity**. Atlanta, GA. September 21, 2014.
405. \*Lockard B., J Oliver, E Galvin, K Levers, V Jagim, A Rivera, M Cho, A Jagim, C Baetge, YP Jung, M Koozehchian, S Springer, J Rhodes, J Waltersheid, CH Chang, A Machac, C Kerksick, C Wilborn, L Taylor, T Magrans-Courtney, M Galbreath, R Li, M Ferreira, C Rasmussen, RB Kreider. *Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic*

syndrome I. **SEC Symposium on Obesity.** Atlanta, GA. September 22, 2014.

406. \*Colletta, A. Lockard B., J Oliver, E Galvin, K Levers, V Jagim, A Rivera, M Cho, A Jagim, C Baetge, YP Jung, M Koozehchian, S Springer, J Rhodes, J Waltersheid, CH Chang, A Machac, C Kersick, C Wilborn, L Taylor, T Magrans-Courtney, M Galbreath, R Li, M Ferreira, C Rasmussen, RB Kreider. *Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome II.* **SEC Symposium on Obesity.** Atlanta, GA. September 22, 2014.
407. Kim H, S Simbo, J Chown, L McAlister, A Roque, N Banerjee, S Talcott, R Kreider, S Mertens-Talcott. *The consumption of acai beverage (Euterpe oleracea Mart.) improves biomarkers for inflammation in individuals with the metabolic syndrome.* **Experimental Biology Meeting.** April 1, 2015.
408. \*Simbo S, H Kim, J Chown, A Roque, N Banerjee, S Talcott, R Kreider, S Mertens-Talcott. *Consumption of Acai Beverage (Euterpe oleracea Mart.) in Cardio-metabolic Syndrome.* **Experimental Biology Meeting.** April 1, 2015.
409. \*Jung Y, M Cho, A O'Connor, C Chang, M Koozehchian, C Goodenough, N Barringer, F Ayadi, D Walker, S Simbo, E Galvan, R Dalton, K Levers, E Garcia, C Mitchell, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of Pre-Workout Supplement on Strength, Anaerobic Power, and Body Composition.* **Experimental Biology Meeting.** April 1, 2015.
410. \*Koozehchian M, A Moosakhani, R Soori, L Zuo, M Shariatzadeh, F Moosakhani, R Kreider. *Impact of Arginine Supplementation on Hormonal Levels in Trained Endurance Athletes during Recovery Period.* **Experimental Biology Meeting.** April 1, 2015.
411. \*Levers K, E Galvan, A Coletta, R Dalton, Y Jung, A O'Connor, C Goodenough, S Simbo, M Koozehchian, B Sanchez, C Rasmussen, M Greenwood, C Earnest, R Kreider. *Analysis of Correlational Validity Between OGTT Results and a Carbohydrate Intolerance Questionnaire.* **Experimental Biology Meeting.** April 1, 2015.
412. \*Levers K, C Rasmussen, M Greenwood, C Earnest, R Kreider. *Establishing Regression Parameters to Simplify Determination of Carbohydrate Intolerance.* **Experimental Biology Meeting.** April 1, 2015.
413. \*Coletta A, B Sanchez, A O'Connor, R Dalton, S Springer, M Koozehchian, Y Jung, S Simbo, M Cho, C Goodenough, A Reyes, E Galvan, K Levers, K Wilkins, C Rasmussen, R Kreider. *Influence of Obesity-Related Genotype on Weight Loss Success and Body Composition Changes While Participating in an a 3-Month Exercise and Weight Loss Program: Preliminary Findings.* **Experimental Biology Meeting.** April 1, 2015.
414. \*Galvan E, Y Jung, M Cho, A O'Connor, C Chang, M Koozehchian, C Goodenough, N Barringer, F Ayadi, D Walker, S Simbo, R Dalton, K Levers, E Garcia, C Mitchell, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Acute Hemodynamic, Hematologic and Dose Effects of Ingesting Two Creatine Nitrate Based Dietary Supplements.* **Experimental Biology Meeting.** April 1, 2015.
415. \*Sanchez B, A Coletta, E Galvan, R Dalton, A O'Connor, M Koozehchian, A Reyes, C Goodenough, M Cho, Y Jung, K Levers, S Simbo, S Springer, L Wilkins, C Rasmussen, R Kreider. *Influence of Metabolic Genotyping on Weight Loss and Body Composition in Women Participating in a 6 Month Diet and Exercise Program: Preliminary Findings.* **Experimental Biology Meeting.** April 1, 2015.
416. \*Jung Y, M Cho, A O'Connor, C Chang, M Koozehchian, C Goodenough, N Barringer, F Ayadi, D Walker, S Simbo, E Galvan, R Dalton, K Levers, E Garcia, C Mitchell, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of 8 Weeks Ingestion of a Pre-Workout Supplement with and Without Synephrine on Cognitive Function, and Perceptions of Readiness to Perform.* **Experimental Biology Meeting.** April 1, 2015.
417. \*Galvan E, D Walker, S Simbo, A O'Connor, C Goodenough, R Dalton, K Levers, N Barringer, M Cho, M Koozehchian, F Ayadi, Y Jung, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of 28 Days of Two Creatine Nitrate Based Dietary Supplements on Body Composition and Exercise Performance in Recreationally Active Males.* **Experimental Biology Meeting.** April 1, 2015.
418. \*Khanna D, E Galvan, C Baetge, K Levers, S Simbo, M Byrd, P Jung, M Koozehchian, C Rasmussen, M Greenwood, R Kreider. *Effects of an Exercise and Diet-Induced Weight Loss Program on Resistin and Visfatin in Sedentary Obese Women.* **Experimental Biology Meeting.** April 1, 2015.
419. \*Goodenough C, C Earnest, B Lockhart, J Oliver, R Kreider, C Rasmussen. *Effect of Carbohydrate and Protein Focused Diets on Metabolic Syndrome Prevalence in Overweight and Obese Women Combined with Exercise.* **Experimental Biology Meeting.** April 1, 2015.
420. Kreider RB. *Creatine in Sport.* **2015 Creatine in Health, Sport, and Medicine Conference.** Leufen, Germany. April 23, 2015.
421. \*Dalton R, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Safety and efficacy of a pre-workout dietary supplement with and without synephrine.* **International Society of Sports Nutrition Annual Meeting.** Austin, TX, June 12, 2015.
422. \*Jung YP, R Dalton, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Effects of 8 weeks pre-workout dietary supplement ingestion with and without synephrine on blood chemistry panel* **International Society of Sports Nutrition**

**Annual Meeting.** Austin, TX, June 12, 2015.

423. \*Coletta A, B Sanchez, A O'Connor, R Dalton, S Springer, M Koozehchian, YP Jung, S Simbo, M Cho, C Goodenough, A Reyes, R Sowinski, L Wilkins, C Rasmussen, RB Kreider. *Effects of matching diet type to obesity-related genotype on body composition changes in women during a six-month resistance-exercise training and walking program.* **International Society of Sports Nutrition Annual Meeting.** Austin, TX, June 12, 2015.
424. \*O'Connor A, K Levers, R Dalton, E Galvan, C Goodenough, S Simbo, S Mertens-Talcott, C Rasmussen, M Greenwood, R Kreider. *Short-term powdered tart cherry supplementation encircling an acute endurance challenge potentially increases running performance and attenuates post-race markers of inflammation.* **International Society of Sports Nutrition Annual Meeting.** Austin, TX, June 12, 2015.
425. \*Galvan E, A O'Connor, YC Goodenough, R Dalton, K Levers, N Barringer, M Cho, P Jung, M Greenwood, C Rasmussen, PS Murano, CP Earnest, R Kreider. *Effects of 28 days of two creatine nitrate based dietary supplements on bench press power in recreationally active males.* **International Society of Sports Nutrition Annual Meeting.** Austin, TX, June 12, 2015.
426. \*Coletta A, C Baetge, P Murano, E Galvin, C Rasmussen, M Greenwood, K Levers, B Lockard, SY Simbo, YP Jung, M Koozehchian, M Cho, M Mardock, J Kresta, J Oliver, B Sanchez, M Byrd, D Khanna, A Jagim, CP Earnest, RB Kreider. *Efficacy of Commercial Weight Loss Programs on Metabolic Syndrome.* **Experimental Biology Meeting.** San Diego, CA. April 6, 2016.
427. \*Koozehchian M, E Falah, A Daneshfar, M Kaveh, BK Sanchez, G Owlia, A Moosakhani, G Nazem, NMoradi, RB Kreider. *The Effects of Resistance Training with L-carnitine Supplementation on Total Antioxidant Capacity and Lipid Peroxidation in Untrained Men.* **Experimental Biology Meeting.** San Diego, CA. April 6, 2016.
428. \*Jung YP, B Sanchez, RB Kreider. *Genes and sequence variants in weight loss in response to diet and exercise: Meta-analysis.* **Experimental Biology Meeting.** San Diego, CA. April 6, 2016.
429. \*Koozehchian MS, PB Collins, A O'Connor, SY Shin, R Dalton, T Grubic, R Sowinski, YP Jung, BK Sanchez, A Coletta, M Cho, A Reyes, C Rasmussen, CP Ernest, PS Murano, M Greenwood, RB Kreider. *Dose Dependent Safety Study of a Pre-workout Dietary Supplement In Resistance Training Participants.* **American College of Sports Medicine Annual Meeting.** Boston, MA. June 1, 2016.
430. \*Jung YP, M Koozehchian, A O'Connor, S Shin, PB Collins, R Dalton, T Grubic, R Sowinski, BK Sanchez, A Coletta, M Cho, A Reyes, C Rasmussen, PS Murano, M Greenwood, CP Earnest, RB Kreider. *Effects of Short-term Pre-workout Supplement Ingestion at Different Dosages on Exercise Performance.* **American College of Sports Medicine Annual Meeting.** Boston, MA. June 1, 2016.
431. \*Koozehchian MS, PB Collins, R Sowinski, T Grubic, R Dalton, A O'Connor, SY Shin, YP Jung, BK Sanchez, A Coletta, M Cho, A Reyes, C Rasmussen, CP Earnest FACSM, PS Murano, M Greenwood, RB Kreider. *Effect of a multi-ingredient preworkout supplement on cognitive function and perceptions of readiness to perform.* **International Society of Sports Nutrition Annual Meeting.** Clearwater, FL. June 11, 2016.
432. \*Dalton R, R Sowinski, T Grubic, PB Collins, A Coletta, A Reyes, B Sanchez, M Kozehchain, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Seven days of high and low dose creatine nitrate supplementation I: hepatornal, glucose, and muscle enzyme function.* **International Society of Sports Nutrition Annual Meeting.** Clearwater, FL. June 11, 2016.
433. \*Grubic T, R Dalton, R Sowinski, PB Collins, A Coletta, A Reyes, B Sanchez, M Kozehchain, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Seven days of high and low dose creatine nitrate supplementation II: performance.* **International Society of Sports Nutrition Annual Meeting.** Clearwater, FL. June 11, 2016.
434. \*Sowinski R, Dalton R, T Grubic, PB Collins, A Coletta, A Reyes, B Sanchez, M Kozehchain, YP Jung, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Seven days of high and low dose creatine nitrate supplementation III: hemodynamics.* **International Society of Sports Nutrition Annual Meeting.** Clearwater, FL. June 11, 2016.
435. \*Jung YP, M Koozehchian, R Dalton, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Effects of Acute Pre-Workout Dietary Supplement Ingestion with and without Synephrine on Serum Creatine.* **28<sup>th</sup> International Conference on Sport Sciences.** Hanyang, South Korea, August 26, 2016.
436. Earnest CP, B Lockard, C Baetge, M Greenwood, RB Kreider. *Retrospective Analysis of Weight Loss Relative to Protein Intake during Short-term Exercise Training in Women.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2017.
437. \*Grubic T, R Sowinski, R Dalton, C Favot, B Sanchez, PB Collins, A Reyes, C Rasmussen, M Greenwood, CP Earnest, RB Kreider. *Glycemic and Insulinemic Response to a Commercial Food Bar Containing a Whey Protein Blend with Isomalto-oligosaccharides Plant Fiber as the Carbohydrate Source.* **International Society of Sports Nutrition Annual Meeting.** Phoenix, AZ. June 23, 2017.
438. \*Collins PB, CP Earnest, RL Dalton, RJ Sowinski1, TJ Grubic, BK Sanchez, CJ Favot, AG Reyes, AM Coletta, C Rasmussen, M Greenwood, PS Murano, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Skeletal Muscle Strength and Endurance.* **International Society of Sports Nutrition Annual Meeting.** Phoenix, AZ. June 23, 2017.

439. \*Collins PB, RJ Sowinski, CP Earnest, RL Dalton, TJ Grubic, BK Sanchez, CJ Favot, AG Reyes, AM Coletta, C Rasmussen, M Greenwood, PS Murano, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Hematological Response to Postural Challenge*. **International Society of Sports Nutrition Annual Meeting**. Phoenix, AZ. June 23, 2017.
440. \*Collins PB, CJ Favot, CP Earnest, RL Dalton, RJ Sowinski, TJ Grubic, BK Sanchez, AG Reyes, AM Coletta, C Rasmussen, M Greenwood, PS Murano, RB Kreider. *Short-Term Effects of a Ready-to-Drink Pre-Workout Beverage on Blood Chemistry and Self-Reported Side Effects*. **International Society of Sports Nutrition Annual Meeting**. Phoenix, AZ. June 23, 2017.
441. \*Koozehchian MS, A Daneshfar, M Hassanzadeh, M Kaveh, E Fallah, CP Earnest, G Owlia, M Greenwood, RB Kreider. *Effects of chronic L-carnitine supplementation on exercise performance and blood lactate in resistance-trained males*. **International Society of Sports Nutrition Annual Meeting**. Phoenix, AZ. June 23, 2017.
442. \*Koozehchian MS, A Daneshfar, M Hassanzadeh, M Kaveh, E Fallah, CP Earnest, G Owlia, M Greenwood, RB Kreider. *Effects of chronic L-carnitine supplementation on exercise-induced oxidative stress markers in resistance-trained males*. **International Society of Sports Nutrition Annual Meeting**. Phoenix, AZ. June 23, 2017.
443. \*Grubic TJ, RB Kreider, R Sowinski, R Dalton, C Favot, M Greenwood, CP Earnest, A Reyes, C Rasmussen. Glycemic and insulinemic response to ingestion of a novel food bar containing whey protein and isomaltoligosaccharides. **Experimental Biology Meeting**. San Diego, CA. April 25, 2018.
444. Vargas S, Romance R, Petro JL, Bonilla DA, Galancho I, Espinar S, Kreider RB, Benítez-Porres J. *Efficacy of ketogenic diet on body composition during resistance training in trained men*. **American College of Sports Medicine Annual Meeting**. Minneapolis, MN. May 30, 2018.
445. \*Grubic TJ, R Sowinski, BE Nevares, SL Williamson, VM Pizzitola, AG Reyes, C Rasmussen, PS Murano, M Greenwood, CP Earnest, RB Kreider. Short-term effects of ingesting a food bar containing whey protein and isomaltoligosaccharides on glycemic and insulinemic responses to an acute resistance-exercise bout and sprint conditioning: I. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 9, 2018.
446. \*Grubic TJ, R Sowinski, BE Nevares, SL Williamson, VM Pizzitola, AG Reyes, C Rasmussen, PS Murano, M Greenwood, CP Earnest, RB Kreider. Short-term effects of ingesting a food bar containing whey protein and isomaltoligosaccharides on glycemic and insulinemic responses to an acute resistance-exercise bout and sprint conditioning: II. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 9, 2018.
447. \*Grubic T, R Sowinski, B Nevares, V Jenkins, S Williamson, A Reyes, C Rasmussen, M Greenwood, P Murano, C Earnest, R Kreider. *Effects of ingesting a food bar containing whey protein and isomaltoligosaccharides on performance and recovery from an acute bout of resistance-exercise and sprint-conditioning*. **Experimental Biology Meeting**. Orlando, FL. April 9, 2019.
448. Vargas S, R Ramón, J Petro, E Sergio, D Bonilla, B Schoenfeld, RB Kreider, J. Benítez-Porres. *Effects of oral-contraceptive use on strength, power and body composition in trained women*. **American College of Sports Medicine Annual Meeting**. Orlando, FL. June 1, 2019.
449. \*Sowinski R, T. Grubic, R. Dalton, J. Schlaffer, AG. Reyes, V. Jenkins, S. Williamson, C. Rasmussen, P. Murano, M. Greenwood, C.P. Earnest, R.B. Kreider. *An examination of a novel weight loss formula on measurements of body composition*. **International Society of Sports Nutrition Annual Meeting**. Las Vegas, NV. June 15, 2019.
450. \*Jenkins V, R. Sowinski, T. Grubic, R. Dalton, J. Schlaffer, AG. Reyes, S. Williamson, C. Rasmussen, P. Murano, M. Greenwood, CP. Earnest, and RB. Kreider. *An examination of a novel weight loss formula on measurements of resting energy expenditure*. **International Society of Sports Nutrition Annual Meeting**. Las Vegas, NV. June 15, 2019.
451. Bonilla DA, S Vargas, JL Petro, R Romance, M García, BJ Schoenfeld, RB Kreider, J Benítez-Porres. *Effects of creatine monohydrate plus beef protein on body composition and strength levels after 8-weeks of a cluster-based resistance training; a pilot study*. **International Society of Sports Nutrition Annual Meeting**. Las Vegas, NV. June 15, 2019.
452. Vargas S, R Romance, BJ Schoenfeld, M García, JL Petro, DA Bonilla, RB Kreider, F Martin, J Benítez-Porres. *Effects of three cluster-based resistance training protocols on strength and body composition in trained men maintaining a high protein diet*. **International Society of Sports Nutrition Annual Meeting**. Las Vegas, NV. June 15, 2019.
453. Vargas, S. R Romance, JL Petro, DA Bonilla, BJ Schoenfeld, RB Kreider, J Benítez-Porres. *A pilot study examining the effects of menstrual cycle-based training versus traditional undulating program on body composition and strength in resistance-trained women*. XII Simposio Internacional de Fuerz y Proyeto IronFemm. **NSCA Spain National Conference**. Madrid, SPAIN. December 14, 2019.
454. Bonilla DA, Javier Benítez-Porres, Ramón Romance, Ignacio Medina, Jorge L Petro, Brad J Schoenfeld, Manuel García-Sillero, Richard B Kreider, Salvador Vargas-Molina. *Effects of a non-linear resistance training program on biochemical and physiological health parameters in elderly*. **American College of Sports Medicine Annual Meeting (Virtual)**. May, 2020.
455. \*Xing D, C Yoo, CJ Rasmussen, M Purpura, R Jäger, RB Kreider. *Acute ashwagandha supplementation improves cognitive function*. **International Society of Sports Nutrition Annual Conference**. Daytona Beach, FL, September 11, 2020.

456. \*Leonard M, C Yoo, D Xing, T Jenkins, K Nottingham, B Dickerson, J Ko, D Gonzalez, M Faries, W Kephart, M Purpura, R Jäger, SD Wells, R Sowinski, C Rasmussen, RB Kreider. *Paraxanthine ingestion improves cognition, short-term memory, and helps to sustain attention*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 11, 2021.
457. \*Dickerson B, C Yoo, D Xing, T Jenkins, K Nottingham, J Ko, D Gonzalez, M Leonard, M Faries, W Kephart, M Purpura, R Jäger, SD Wells, R Sowinski, C Rasmussen, RB Kreider. *Dose-ranging study of paraxanthine ingestion on cognition, executive function, and psychomotor vigilance*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 11, 2021.
458. \*Xing D, C Yoo, D Gonzalez, T Jenkins, K Nottingham, B Dickerson, J Ko, M Humphries, M Leonard, M Faries, W Kephart, M Purpura, R Jäger, SD Wells, R Sowinski, C Rasmussen, RB Kreider. *Paraxanthine provides greater improvement in cognitive function and psychomotor vigilance prior to and following running than caffeine*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 11, 2021.
459. \*Gonzalez D, R Sowinski, D Xing, C Yoo, T Jenkins, K Nottingham, B Dickerson, J Ko, M Humphries, M Leonard, M Faries, W Kephart, C Rasmussen, RB Kreider. *Effects of Arginine Silicate and Inositol Ingestion on Cognitive and Executive Function in Gamers*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 11, 2021.

---

---

## TEACHING & MENTORING

### GRADUATE COURSES TAUGHT

- Kinesiological Analysis of Movement
- Physiological Effects of Muscular Activity
- Clinical Exercise Testing and Prescription
- Electrophysiology/EKG Interpretation
- Cardiac Rehabilitation
- Exercise Physiology: Metabolic & Cardiovascular Aspects
- Exercise Biochemistry
- Research Methods: Nutrition and Weight Management (PhD)
- Research Methods: Exercise Rehabilitation (PhD)
- Obesity & Weight Management (PhD)
- Research Seminar: Research, Manuscript, & Grant Writing (PhD)
- Bioethics in ENH Research (PhD)
- Graduate Seminar

### UNDERGRADUATE COURSES TAUGHT

- Applied Anatomy and Kinesiology
- Advanced Kinesiology and Biomechanics
- Concepts and Application of Conditioning
- Physical Fitness for PHED Majors
- Principles of Health/Fitness Instruction
- Exercise Physiology
- Clinical Exercise Physiology
- Cardiac Rehabilitation
- Exercise Programming for Special Populations
- Advanced Applied Human Physiology
- Scientific Writing

### STUDENTS MENTORED AND/OR SUPPORTED (SELECTED)

#### Old Dominion University

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Jen Bozarth, PhD</li><li>• Eric Burton, MS</li><li>• Bart Drinkard, MS, PT</li></ul> | <ul style="list-style-type: none"><li>• Tracey Drews, MS</li><li>• Gary Miller, PhD</li><li>• Victor Miriel, PhD</li><li>• Mary Mitchell-Beaton, MS</li><li>• Sherri Parker, PhD</li></ul> |
|--|--|

- Debbie Schenck, MS
- David Tulis, PhD

### **University of Memphis**

- Darren Bullen, MS
- Patty Cowan, PhD
- Maria Ferreira, MS, RD
- Pamela Grindstaff, MS
- Shonteh Henderson, MS, DPT
- Chad Kerksick, MS
- Pauline Koh-Banerjee, MS, DSci
- Stacy Lancaster, MS, PhD
- Jen Lundberg, MS
- Charlie Melton, MS
- Leigh Ramsey, MS
- John Ransom, BS
- Chris Rasmussen, MS
- Mike Starks, MS, PhD
- Mike Wilson, MS
- Larry Wood, MS

### **Baylor University**

- Kristen Beavers, PhD
- Jackie Beckham-Dove, PhD
- Thomas Buford, PhD
- Jen Wismann-Bunn, PhD
- Brian Brabham, PhD
- Bill Campbell, PhD
- Rehka Chandran, MD
- Matt Cooke, PhD (Post-Doc)
- Julie Culbertson, MS
- Terry Magrans-Courtney, PhD
- Erika Dieke, PhD
- Maria Ferreira, PhD
- David Fogt, PhD (Post-Doc)
- Melyn Galbreath, NP, PhD
- Jean Jitomir-Gutierrez, PhD
- Travis Harvey, PhD
- Gregory Hudson, PhD
- Mike Iosia, PhD (Post-Doc)
- Chad Kerksick, PhD
- Paul La Bounty, PhD
- Rui Li, PhD
- Brandon Marcello, PhD
- Jen Moreillon, PhD
- Chris Mulligan, MS
- Erika Nassar, PhD
- Adam Parker, PhD

- Mike Roberts, MS, PhD
- Dan Rhol, MS
- Monica Serra, PhD
- Kathye Sharp, MS
- Brian Shelmadine, PhD
- Lem Taylor, PhD
- Anthony Vacanti, MS
- Colin Wilborn, PhD

### **Texas A&M University**

- Mike Byrd, PhD
- Claire Baetge, PhD
- Major Nick Barringer, RD, PhD
- Scott Battley, MS
- Jeremy Carter, MS
- Mine Cho, MS
- Adriana Coletta, MS, RD, PhD
- Blaise Collins, PhD
- Joel Correa, MS
- Ryan Dalton, MS, PhD
- Broderick Dickerson, MS
- Elfego Galvin, MS, RD, PhD
- Merrick Gearing, PhD (Nutrition)
- Drew Gonzalez, MS
- Tyler Grubric, PhD
- Megan Humphries, MS
- Andrew Jagim, PhD
- Tori Jenkins, MS
- Peter Jung, MS, PhD
- Jacob Kendra, MS
- Deepesh Khanna, MS, MPH, PhD
- Joungbo Ko, MS
- Majid Koozehchian, MS, PhD
- Julie Culbertson-Kresta, PhD
- Kyle Levers, PhD
- Megan Leonoard, MS
- Brittanie Lockard, PhD
- Major Michelle Mardock, PhD
- Kirsten Nottingham, MS
- Jonathan Oliver, PhD
- Abigail O'Conner, MS (Nutrition)
- Amiee Reyes, MS (Nutrition)
- Brittany Sanchez, MS, PhD
- Sunday Simbo, MDiv, PhD
- Ryan Sowinski, PhD (Nutrition)
- Susannah Williamson, PhD
- Dante Xing, MS
- Choong Sung Yoo

---

---

## SERVICE

### PROFESSIONAL

#### Affiliations

- *Virginia Alliance of Health, Physical Education, Recreation and Dance* (1987-1991)
- *Virginia Society of Cardiovascular Rehabilitation* (1989-1993)
- *Southeast Region of the National Wellness Association* (1987-89)
- *American Alliance of Health, Physical Education, Recreation, and Dance National Wellness Association* (1985-1991)
- *American Association of Cardiovascular and Pulmonary Rehabilitation* (1992-93)
- *Southeast Chapter of the American College of Sports Medicine* (1985-2002)
- *American College of Sports Medicine* (1986 to present)
- *National Strength and Conditioning Association* (1995 to present)
- *American Society of Exercise Physiology* (1997 to 2003)
- *International Society of Sports Nutrition* (2003 to present) – Co-Founder
- *American Kinesiology Association* (2010 to present)
- *American College of Nutrition* (2013 to present)
- *American Society of Nutrition* (2014 to present)
- *American Public Health Association* (2014 to present)
- *American Education Research Association* (2017 to present)

#### Committees

- *American Heart Association – Tidewater, Heart at Work Committee* (1987-90)
- *American College of Sports Medicine, Health Fitness Instructor Certification Committee* (1992-95)
- *National Wellness Association, Southeast Regional Advisory Board* (1987-89)
- *Commonwealth of Virginia Council of Higher Education, Advisory Committee of Education for Health Professions and Occupations. Doctoral Program Reviewer* (1990).
- *American Heart Association – Virginia, Research Peer Review Subcommittee* (1993)
- *United States Air Force, Fitness Process Action Team* (1993)
- *National Institutes of Health, Member of pool of experts for ad-hoc committees. Office of Dietary Supplements* (1998)
- *American Society of Exercise Physiology, Member of the Certification, Accreditation, Research, and Annual Meeting Committees* (1998-2003)
- *American Society of Exercise Physiology, President* (2001-2003)
- *International Society of Sport Nutrition, Member of Board of Directors* (2003 to present)
- *American Kinesiology Association, Member of the Board of Directors* (2014 to 2017)
- *American Kinesiology Association, Chair of Annual Meeting Program Committee* (2015-16)
- *American Kinesiology Association, Member of Publications Committee* (2015 to 2018)
- *American Kinesiology Association, AKA Leadership Institute Mentor* (2018 to present)
- *National Academy of Kinesiology, Program Planning Committee* (2019)

#### Journals

- *Journal of Applied Nutrition, Member of the Editorial Board* (1991-92)
- *International Journal of Sport Nutrition and Exercise Metabolism. Research Digest Editor/Member of the Editorial Board* (1990-2006)
- *Journal of Optimal Nutrition, Member of the Editorial Board* (1992-97)
- *Journal of Exercise Physiology, Associate Editor* (1997-2003)
- *Journal of Strength & Conditioning Research, Member of Editorial Board* (1999-2003)
- *Medycyna Sportowa (Polish Journal of Sports Medicine), Member of International Editorial Board* (2000 to present)
- *Journal of Sports Medicine and Physical Fitness, Member of Editorial Board* (2004)
- *The Journal of Exercise and Sport Sciences, Member of Advisory Panel* (2004-05)
- *Sports Nutrition Review Journal, Editor-In-Chief* (2003-04)
- *Journal of the International Society of Sport Nutrition. Editor-in-Chief* (2004-08)

- *Journal of the International Society of Sport Nutrition*. **Co-Editor-in-Chief** (2009 to present)
- *Bioenergetics: Open Access*. **Editorial Board** (2012 to present)
- *Sport*. **Editorial Board** (2017 to present)
- *Sport*. **Associate Editor** (2019 to present)
- *Nutrients*. **Special Issue Editor** (2018-present – 4 Issues to date)
- *Journal of Nutrition and Diabetes Research*. **Editorial Board** (2017)
- *International Journal of Environmental Research and Public Health*. **Editorial Board** (2019 to present)
- *Women* (**Associate Editor**) (2020 to present)

### Advisory Boards/Panels

- *Experimental & Applied Sciences*, **Member of Scientific Advisory Panel** (1997-98)
- *ImagiNutrition*, **Member of Think Tank/Advisory Board** (1998-2003)
- *Muscular Development*, **Contributing Member of Advisory Board** (1999-2003)
- *Body International Magazine*, **Contributing Member of Advisory Board** (1999-2000)
- *Curves International*. **Scientific Advisory Board** (2019 to present)
- *AlzChem*. **Chair, Scientific Advisory Board on Creatine in Health** (2020 to present)

## UNIVERSITY

### Department

- *Founder and Director of the Laboratory of Kinesiological and Biomechanical Studies* (1987-91)
- *Co-director of the Wellness Institute and Research Center* (1987-90)
- *Director of the Wellness Institute and Research Center* (1990-93)
- *Coordinator, Sports Medicine and Exercise Science Programs* (1987-90)
- *Director, Sports Medicine Internships* (1987-90)
- *Faculty Search Committees* (1988, 1990, 1992)
- *Sports Medicine Student Advisor for HPE Club* (1988-90)
- *Assistant Department Chair, Department of Human Movement Sciences and Education* (1994-2002)
- *Founder and Director, Exercise and Sport Nutrition Laboratory* (1997 to present)
- *Coordinator of Cardiovascular Research Station* (1994-02)
- *Graduate Curriculum and Research Council* (1994-1995, 1998-1999)
- *Academic Council* (1994-02)
- *Human Resource Committee* (1994-98)
- *Exercise Science and Health Promotion Academic Committee* (1994-2002)
- *Ad-Hoc Committee on Student Recruitment* (1995-98)
- *Ad hoc Committee on Urban Youth Wellness Initiative* (1996-2002)
- *Faculty Search Committees* (1994, 1998, 2000, 2001, 2002)
- *Chair, Department of Health, Human Performance & Recreation* (2002-08)
- *Founder & Director, Center for Exercise, Nutrition, and Preventive Health* (2002-08)
- *HHPR Academic Council* (2002-08)
- *PhD Program Planning Committee (Chair, 2002-03)*
- *Coordinator, Exercise Physiology Program* (2002-03)
- *Program Director, ENPH Doctoral Program* (2005-08)
- *Head, Department of Health & Kinesiology* (2008 to 2017)
- *Chair, HLKN Executive Committee* (2008 to 2017)
- *Chair, HLKN Division Chair Committee* (2008 to 2017)
- *Chair, HLKN Building Planning and Moving Committees* (2011 to 2017)

### College / School

- *Darden College of Education Research and Publication Committee* (1988-1990)
- *Value Statement Committee* (1994)
- *COE Brochure Committee* (1996)
- *Deans Cabinet* (2002-08)

- *Dean's Search Committee (2005-07)*
- *Dean's Leadership Council (2004-08)*
- *Department Head Committee (2008 – 2017)*
- *Dean's Leadership Council (2008 – 2017)*
- *Cyberlearning Conference Planning Committee (2011)*
- *EPSY Department Head Search Committee Chair (2016)*
- *Chair, Human Clinical Research Facility Board of Directors (2017 to present)*

## University

- *CommonHealth Wellness Advisory Committee (1988-1993)*
- *Human Subject Protection Committee (1988-1990)*
- *ROTC Advisory Committee (1987-1990)*
- *Baylor Sports Nutrition Education Program (2002-08)*
- *VP for Finance Search Committee (2005)*
- *President's Research Organization Ad-hoc Committee (2005)*
- *Athletic Task Force – Finance Committee (2009)*
- *Conflict of Interest Working Group (2011)*
- *Entrepreneur Mentorship Network Ad-Hoc Committee (2011)*
- *Department Head's Steering Committee (2011-12, 2015-16)*
- *Faculty Committee on Administrative Change between TAMU and TAMHSC (2012)*
- *One Health Building Planning Committee (2012)*
- *One Health University Council (2013 - present)*
- *Texas A&M Press Review Committee (2015 to present)*
- *Huffines Institute for Sports Medicine and Human Performance Board Member (2008 to 2017)*
- *Vegetable and Fruit Innovation Center – Research Faculty (2011 to present)*
- *Center for Remote Health Technologies and Systems Partner (2014 to present)*
- *Member, Center for Health Systems & Design Academic Circle (2017 to present)*
- *Member, Chief Information Safety Officer Search Committee (2017)*
- *VPR Service Center Organizing Committee (2019)*
- *VPR Core Facilities Director Working Group (2020)*

## COMMUNITY

- *Wellness Institute and Research Center Assessments, Old Dominion University (1987-1993)*
- *Memphis City Schools Nutrition/Fitness Testing Program, University of Memphis (1994)*
- *Elite Athlete Assessment Program, University of Memphis (1994-97)*
- *Chair, International Conference on Overtraining in Sport Committee, University of Memphis (1994-96)*
- *University of Memphis Nutrition Performance Enhancement Team (1995-2002)*
- *Memphis Tiger Swim Club Board of Directors (1996-98)*
- *Urban Youth Wellness Initiative, University of Memphis (1996-2002)*
- *Proctor American College of Sports Medicine Health/Fitness Instructor Examinations (1989-2002)*
- *Serve as community media resource on exercise, nutrition, and human performance (1987 to present)*
- *Coach Lady Magic AAU Basketball Program and Assistant Coach Tri-City Cowboy's Pop Warner Football (2004-08).*

## CONSULTING

- **Maryview Hospital**, Portsmouth, Virginia (1988)
- **Pepsico Scientific Affairs**, New York (1992)
- **Portsmouth Naval Hospital**, Portsmouth, Virginia (1993)
- **Numico Research/GNC** (2000)
- **MuscleTech**, Canada (2000)
- **Proctor & Gamble**, Cincinnati, Ohio (2003)
- **Reebok** (2004)
- **Supreme Protein** (2009)
- **Nutrabolt** (2012 to 2018)
- **AlzChem, Chair of Scientific Advisory Board on Creatine in Health** (2020 – present)