

Dr. Ghedeir Alshammari

Associate professor of nutrition

Food science and nutrition Department

King Saud University, Riyadh, Saudi Arabia

Email: aghedeir@ksu.edu.sa

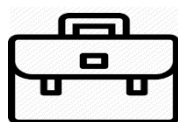
Mobile: 0503405010

Office 0114698434



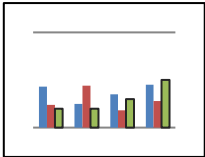
Education

- **2000** B.Sc. in Food Science and Nutrition, Faculty of Food and Agricultural Science, King Saud University
- **2004** Qualified as diabetic dietician from the Saudi Health Specialist Council.
- **2007** M.Sc. in Nutrition. (Assessment of Nutritional Status for Maintenance Hemodialysis Patient in Riyadh City) published in Journal Medical Science 7 (2):294 – 298 15th February, 2007.
- **2015** PhD in Nutrition (Obesity Management) from the University of Nottingham, England.
- **Language:** Arabic and English.



Experiences

- **2000-2007** Clinical Dietitian in Department of Nutrition, King Khaled University Hospital , King Saud University, Riyadh , Saudi Arabia. My duties follow up the in-patients and out-patients clinics.
- **2007-2009** Clinical nutrition Lecturer, College of Health Sciences, Department of Nutrition, Ministry of health.
- **2015** Associate professor of nutrition (Clinical nutrition, obesity and diabetes Management, Obesity strategies, Dietary intake analysis, and nutrition and genes), food science and nutrition Dep., King Saud University.
- **2015-2019** Member of scientific committee Saudi Society of Food Science and Nutrition.
- **2019 -2021** vice president of Saudi Society of Food Science and Nutrition.
- **2018-2021** Board member of research ethics committee in king saud university.
- **2021-2023** Head of food science and Nutrition Dep, king Saud University.
- **2021 – 2022** Board member of scientific committee of The Dubai Health Authority for International conference of nutrition in Dubai.

	● 2022 until now Board member of research ethics committee in Shagra university. ● 2021 Head of Consultative committee for Social Responsibility in King Saud University. ● 2023 Academic Quality Practitioner approved by The Education and Training Evaluation Commission.
 Training courses	▪ Attended more than 30 training courses. ▪ Presented Clinical nutrition course (2 days) in Jazan in 2017. ▪ Presented Nutritional care for hospitalized patient course (2 days) in Riyadh, this training course in organized by Saudi Food and Nutrition association in king saud university, approved by SCFHS (CMC 13 hr). ▪ Presented Nutritional care for hospitalized patient course (2 days) in Alahsa, this training course also organized by Saudi Food and Nutrition association in king saud university, approved by SCFHS (CMC 13 hr). ▪ Presented Nutritional care for hospitalized patient course (1 days) in Hail, this training course organized by Saudi and Germany Hospital, approved by SCFHS (CMC 6 hr).
 Prizes	▪ My PhD research was one of the top 50 researches selected through a competitive process to be presented in the postgraduate Research Showcase event, which celebrates some of the best doctoral research from the across the University of Nottingham. ▪ I have been awarded third place as the best doctoral researcher in the University of Nottingham Research Showcase 2013. ▪ My Paper "The effects of steroid hormones on Adipogenic Markers in 3T3-L1 Adipocytes, has been selected as one of the most excellent papers in the 3rd International Conference on Environmental, Biomedical and Biotechnology (ICEBB 2014).
 Publications (ISI)	1. Al-shatwi,A.,Alshammari,G.,Alkhalifa,a.(2007)"Nutritional Assesment of Hemodialysis Patients."J.Med.Sci.7(2)294-298. 2. Alshammari G. Brameld J. and Lomax M.(2014) "The effects of steroid hormones on Adipogenic Markers in 3T3-L1 Adipocytes." International Journal of Bioscience, Biochemistry and Bioinformatics (IJBBB, ISSN: 2010-3638). 3. Alshammari G., Khan R., Brameld J. Amer., and Lomax M.A. (2017). "Gene expression of inflammatory markers in adipose tissue between obese women with polycystic ovary and normal obese women." Eur Rev Med Pharmacol Sci 21(5): 1099-1105. 4. Alshammari G. (2017) "Combined Effect OF Arabian Coffee, Cardium and Cloves on Obesity Asoociate Insulin Restance in High Fat Diet (HFD)-induced C57BL/6J MIC." Research Journal of Biotechnology 12(3):38-44.

5. P. Subash-Babua , Ghedeir M. Alshammari , S. Ignacimuthub , Ali A. Alshatwia (2017) "Epoxy clerodane diterpene inhibits MCF-7 human breast cancer cell growth by regulating the expression of the functional apoptotic genes Cdkn2A, Rb1, mdm2 and p53." Biomedicine & Pharmacotherapy 87 : 388–396.
6. Subastri A, Harikrishna K, Sureshkumar M, Alshammari GM, Aristatile B, Thirunavukkarasu C.(2017) "Effect of troxerutin on 2-aminoanthracene and DNA interaction and its anti-mutagenic property." Biomed Pharmacother. 21(88):325-334.
7. Balakrishnan Aristatile, Ghedeir M Alshammari (2017)" In vitro biocompatibility and proliferative effects of polar and non-polar extracts of cucurbita ficifolia on human mesenchymal stem cells." Biomedicine & Pharmacotherapy 89 :215–220
8. Abdullah S Alghamdi, Mohammed A Yahya, Ghedeir M Alshammari, Magdi A Osman (2017) "Prevalence of Overweight and Obesity among Police Officers in Riyadh City and Risk Factors for Cardiovascular Diseas" Lipid in health and disease. DOI: 10.1186/s12944-017-0467-9.
9. Ghedeir M Alshammari, Balakrishnan Aristatile, Abdulrahman alkhailifa (2017) "Antioxidant efficacy of Arabian coffee on obesity induced insulin resistance in C57BL/6J mice." Tropical Journal of Pharmaceutical Research (TJPR) July 2017; 16(7): 1.
10. Ghedeir M. Alshammari, Aristatile Balakrishnan and Thirunavukkarasu Chinnasamy (2017), 2-hydroxy-4-methoxy benzoic acid attenuates the carbon tetra chloride-induced hepatotoxicity and its lipid abnormalities in rats via anti-inflammatory and antioxidant mechanism. Inflammation Research journal. 66:753–763.
11. Ghedeir M Alshammari, Mohammed A Yahya, Saifeldein B Ahmed (2017), " Nutritive value of Elrashad (Lepidium sativum L.) seeds grown in Saudi Arabia". Journal of Experimental Biology and Agricultural Sciences, August - 2017; Volume – 5(Spl-1- SAFSAW).
12. E. Preedia Babu, A. Subastri, A. Suyavaran¹, K. Premkumar, V. Sujatha³, B. Aristatile⁴, Ghedeir M. Alshammari, V. Dharuman & C. Thirunavukkarasu (2017), Size Dependent Uptake and Hemolytic Effect of Zinc Oxide Nanoparticles on Erythrocytes and Biomedical Potential of ZnO-Ferulic acid Conjugates. Scientific Reports (Nature) | 7: 4203 | DOI:10.1038/s41598-017-04440-y.
13. 13. Synthesis and characterisation of arsenic nanoparticles and its interaction with DNA and cytotoxic potential on breast cancer cells. Subastri A, Arun V, Sharma P, Preedia Babu

	E, Suyavaran A, Nithyananthan S, Alshammari GM, Aristatile B, Dharuman V, Thirunavukkarasu C Chem Biol Interact. 2017 Dec 22. pii: S0009-2797(17)30823-2. doi: 10.1016/j.cbi.2017.12.025. 14. 14. Nimbolide attenuate the lipid accumulation, oxidative stress and antioxidant in primary hepatocytes. Alshammari GM, Balakrishnan A, Chinnasamy T. Mol Biol Rep. 2017 Dec;44(6):463-474. doi: 10.1007/s11033-017-4132-1. 15. Ghedeir M. Alshammari, Aristatile Balakrishnan (2019) Pumpkin (<i>Cucurbita ficifolia</i> Bouché) extract attenuate the adipogenesis in human mesenchymal stem cells by controlling adipogenic gene expression. Saudi Journal of Biological Sciences 26 (2019) 744–751. 16. Hussein, M. M., El-Belbasi, H. I., Morsy, M. A., Saadeldin, I. M., & Alshammari, G. M. (2020). The synergistic effect of fenretinide and metformin to achieve a decrease in insulin resistance and inflammatory mediators: an in vivo study. All Life, 13(1), 108-119. 17. Hussein, M. M., Samy, M., Arisha, A. H., Saadeldin, I. M., & Alshammari, G. M. (2020). Anti-obesity effects of individual or combination treatment with <i>Spirulina platensis</i> and green coffee bean aqueous extracts in high-fat diet-induced obese rats. All Life, 13(1), 328-338. 18. Alshammari, G. M., Balakrishnan, A., Alshatwi, A. A., & Al-Khalifa, A. (2020). <i>Cucurbita ficifolia</i> Fruit Extract Induces Tp53/Caspase-Mediated Apoptosis in MCF-7 Breast Cancer Cells. BioMed Research International, Volume 2020, Article ID 3712536, 11 pages 19. Mohammed, M. A., Alshammari, G. M., & Babiker, E. E. (2021). Evaluation of nutritional status of foreign students at King Saud University, Kingdom of Saudi Arabia. Public Health Nutrition, 24(1), 43-51. 20. Aldayel, T. S., Alshammari, G. M., Omar, U. M., Grace, M. H., Lila, M. A., & Yahya, M. A. (2020). Hypoglycaemic, insulin releasing, and hepatoprotective effect of the aqueous extract of <i>Aloe perryi</i> Baker resin (Socotran Aloe) in streptozotocin-induced diabetic rats. Journal of Taibah University for Science, 14(1), 1671-1685. 21. Aldayel, T. S., Grace, M. H., Lila, M. A., Yahya, M. A., Omar, U. M., & Alshammari, G. (2020). LC-MS characterization of bioactive metabolites from two Yemeni <i>Aloe</i> spp. with antioxidant and antidiabetic properties. Arabian Journal of Chemistry, 13(4), 5040-5049.
--	--

-
22. Al-Otaibi, S. N., Alshammari, G. M., AlMohanna, F. H., Al-Khalifa, A. S., & Yahya, M. A. (2020). Antihyperlipidemic and hepatic antioxidant effects of Leek leaf methanol extract in high fat diet-fed rats. *All Life*, 13(1), 373-385.
 23. AlFaris, N. A., Alshammari, G. M., Alsayadi, M. M., AlFaris, M. A., & Yahya, M. A. (2020). Concise anti-oxidative stress defence effects of *Duvalia corderoyi* in the liver and kidney tissues of streptozotocin-induced diabetic rats. *Journal of Taibah University for Science*, 14(1), 524-533.
 24. AlFaris, N. A., Alshammari, G. M., Alsayadi, M. M., AlFaris, M. A., & Yahya, M. A. (2020). Antidiabetic and antihyperlipidemic effect of *Duvalia corderoyi* in rats with streptozotocin-induced diabetes. *Saudi journal of biological sciences*, 27(3), 925-934.
 25. Altamimi, J. Z., Alfaris, N. A., Alshammari, G. M., Alagal, R. I., Aljabryn, D. H., Aldera, H., Alkhateeb, M. A., & Yahya, M. A. (2020). Ellagic acid protects against diabetic cardiomyopathy in rats by stimulating cardiac silent information regulator 1 signaling. *Journal of physiology and pharmacology : an official journal of the Polish Physiological Society*, 71(6), 10.26402/jpp.2020.6.12.
 26. Mohammed, M. A., Alshammari, G. M., & Babiker, E. E. (2021). Evaluation of nutritional status of foreign students at King Saud University, Kingdom of Saudi Arabia. *Public health nutrition*, 24(1), 43–51.
 27. ALTamimi, J. Z., AlFaris, N. A., Al-Farga, A. M., Alshammari, G. M., BinMowyna, M. N., & Yahya, M. A. (2021). Curcumin reverses diabetic nephropathy in streptozotocin-induced diabetes in rats by inhibition of PKC β /p66Shc axis and activation of FOXO-3a. *The Journal of Nutritional Biochemistry*, 87, 108515.
 28. AlFaris, N. A., Alshammari, G. M., ALTamimi, J. Z., AlMousa, L. A., AlKehayez, N. M., Aljabryn, D. H., ... & Yahya, M. A. (2021). The protective effect of shrimp cooked in different methods on high-cholesterol-induced fatty liver in rats. *Saudi Journal of Biological Sciences*, 28(1), 170-182.
 29. Jozaa Z. ALTamimi, Nora A. AlFaris, Ghedeir M. Alshammari, Reham I. Alagal, Dalal H. Aljabryn, Hussain Aldera, Bahauddeen M. Alrfaei, Mahmoud A. Alkhateeb, & Mohammed A. Yahya. (2021). Ellagic acid protects against diabetic nephropathy in rats by regulating the transcription and activity of Nrf2, *Journal of Functional Foods*, Volume 79, 2021, 104397.
-

-
30. Alshammari, G. M., Al-Qahtani, W. H., AlFaris, N. A., Alzahrani, N. S., Alkhateeb, M. A., & Yahya, M. A. (2021). Quercetin prevents cadmium chloride-induced hepatic steatosis and fibrosis by downregulating the transcription of miR-21. *BioFactors* (Oxford, England), 10.1002/biof.1724.
31. Alkhudhayri DA, Osman MA, Alshammari GM, Al Maiman SA, Yahya MA. Moringa peregrina leaf extracts produce anti-obesity, hypoglycemic, anti-hyperlipidemic, and hepatoprotective effects on high-fat diet fed rats. *Saudi J Biol Sci.* 2021 Jun;28(6):3333-3342. doi: 10.1016/j.sjbs.2021.02.078. Epub 2021 Mar 3. PMID: 34121870; PMCID: PMC8176035.
32. Alshammari GM, Al-Qahtani WH, AlFaris NA, Albekairi NA, Alqahtani S, Eid R, Yagoub AEA, Al-Harbi LN, Yahya MA. Quercetin alleviates cadmium chloride-induced renal damage in rats by suppressing endoplasmic reticulum stress through SIRT1-dependent deacetylation of Xbp-1s and eIF2 α . *Biomed Pharmacother.* 2021 Sep;141:111862. doi: 10.1016/j.biopha.2021.111862. Epub 2021 Jul 7. PMID: 34246189.
33. ALTamimi JZ, AlFaris NA, Aljabryn DH, Alagal RI, Alshammari GM, Aldera H, Alqahtani S, Yahya MA. Ellagic acid improved diabetes mellitus-induced testicular damage and sperm abnormalities by activation of Nrf2. *Saudi J Biol Sci.* 2021 Aug;28(8):4300-4310. doi: 10.1016/j.sjbs.2021.04.005. Epub 2021 Apr 20. PMID: 34354412; PMCID: PMC8324935.
34. Yagoub AEA, Alshammari GM, Subash-Babu P, Mohammed MAA, Yahya MA, Alhosain Al. Synthesis of Ziziphus spina-christi (Jujube) Root Methanol Extract Loaded Functionalized Silver Nanoparticle (ZS-Ag-NPs); Physiochemical Characterization and Effect of ZS-Ag-NPs on Adipocyte Maturation, Adipokine and Vascular Smooth Muscle Cell Interaction. *Nanomaterials* (Basel). 2021 Sep 29;11(10):2563. doi: 10.3390/nano11102563. PMID: 34685001; PMCID: PMC8539395.
35. AlZoubi KM, Alshammari GM, Al-Khalifah AS, Mohammed MA, Aljuhani HE, Yahya MA. Nutritional Status and Associated Risk Factors of Syrian Children's Residents in the Kingdom of Saudi Arabia. *Children* (Basel). 2021 Nov 15;8(11):1053. doi: 10.3390/children8111053. PMID: 34828766; PMCID: PMC8624700.
36. ALTamimi JZ, Alshammari GM, AlFaris NA, Alagal RI, Aljabryn DH, Albekairi NA, Alkhateeb MA, Yahya MA. Ellagic acid protects against non-alcoholic fatty liver disease in streptozotocin-diabetic rats by activating AMPK. *Pharm Biol.* 2022 Dec;60(1):25-37. doi: 10.1080/13880209.2021.1990969. PMID: 34870551; PMCID: PMC8654409.
-

-
37. Alshammari GM, Yagoub AEA, Subash-Babu P, Hassan AB, Al-Nouri DM, Mohammed MA, Yahya MA, Elsayim R. Inhibition of Lipid Accumulation and Adipokine Levels in Maturing Adipocytes by *Bauhinia rufescens* (Lam.) Stem Bark Extract Loaded Titanium Oxide Nanoparticles. *Molecules*. 2021 Nov 29;26(23):7238. doi: 10.3390/molecules26237238. PMID: 34885819; PMCID: PMC8659042.
38. Al-Harbi LN, Alshammari GM, Al-Dossari AM, Subash-Babu P, Binobead MA, Alhussain MH, AlSedairy SA, Al-Nouri DM, Shamlan G. *Beta vulgaris* L. (Beetroot) Methanolic Extract Prevents Hepatic Steatosis and Liver Damage in T2DM Rats by Hypoglycemic, Insulin-Sensitizing, Antioxidant Effects, and Upregulation of PPAR α . *Biology (Basel)*. 2021 Dec 9;10(12):1306. doi: 10.3390/biology10121306. PMID: 34943221; PMCID: PMC8698622.
39. Al-Qahtani WH, Alshammari GM, Ajarem JS, Al-Zahrani AY, Alzuwaydi A, Eid R, Yahya MA. Isoliquiritigenin prevents Doxorubicin-induced hepatic damage in rats by upregulating and activating SIRT1. *Biomed Pharmacother*. 2022 Feb;146:112594. doi: 10.1016/j.biopha.2021.112594. Epub 2021 Dec 27. PMID: 34968927.
40. AlFaris NA, Alshammari GM, AlTamimi JZ, AlMousa LA, Alagal RI, AlKehayez NM, Aljabryn DH, Alsayadi MM, Yahya MA. Evaluating the effects of different processing methods on the nutritional composition of shrimp and the antioxidant activity of shrimp powder. *Saudi J Biol Sci*. 2022 Jan;29(1):640-649. doi: 10.1016/j.sjbs.2021.09.029. Epub 2021 Sep 20. PMID: 35002461; PMCID: PMC8717169.
41. Aljuhani HE, Alshammari GM, AlHadi AN, Alabdulkarem KB, Albader OSM, Baig MB, Yahya MA. Food habits and associated risk factors of depressed patients with cardiovascular disease. *PLoS One*. 2022 Feb 3;17(2):e0263519. doi: 10.1371/journal.pone.0263519. PMID: 35113956; PMCID: PMC8812911.
42. Almowallad SA, Alshammari GM, Alsayadi MM, Aljafer N, Al-Sanea EA, Yahya MA, Al-Harbi LN. Partial Purification and Characterization of Exo-Polygalacturonase Produced by *Penicillium oxalicum* AUMC 4153. *Life (Basel)*. 2022 Feb 14;12(2):284. doi: 10.3390/life12020284. PMID: 35207571; PMCID: PMC8876663.
43. Krishnamoorthy R, Athinarayanan J, Periyasamy VS, Alshuniaber MA, Alshammari G, Hakeem MJ, Ahmed MA, Alshatwi AA. Antibacterial Mechanisms of Zinc Oxide Nanoparticle against Bacterial Food Pathogens Resistant to Beta-Lactam Antibiotics. *Molecules*. 2022 Apr 12;27(8):2489. doi: 10.3390/molecules27082489. PMID: 35458685; PMCID: PMC9032754.
-

44. Alzahrani NS, Alshammari GM, El-Ansary A, Yagoub AEA, Amina M, Saleh A, Yahya MA. Anti-Hyperlipidemia, Hypoglycemic, and Hepatoprotective Impacts of Pearl Millet (*Pennisetum glaucum* L.) Grains and Their Ethanol Extract on Rats Fed a High-Fat Diet. *Nutrients*. 2022 Apr 25;14(9):1791. doi: 10.3390/nu14091791. PMID: 35565759; PMCID: PMC9105973.
45. AlMousa LA, AlFaris NA, Alshammari GM, Alsayadi MM, ALTamimi JZ, Alagal RI, Yahya MA. *Rumex nervosus* could alleviate streptozotocin-induced diabetic nephropathy in rats by activating Nrf2 signaling. *Sci Prog*. 2022 Apr-Jun;105(2):368504221102751. doi: 10.1177/00368504221102751. Erratum in: *Sci Prog*. 2022 Jul-Sep;105(3):368504221116685. PMID: 35619568.
46. Alhosain AI, Alshammari GM, Almoteri BL, Mohammed MA, Binobead MA, Yahya MA. Long-Term Effect of Gluten-Free Diets on Nutritional Status, Body Composition, and Associated Factors in Adult Saudi Females with Celiac Disease. *Nutrients*. 2022 May 17;14(10):2090. doi: 10.3390/nu14102090. PMID: 35631231; PMCID: PMC9144408.
47. Alshuniaber MA, Alshammari GM, Eleawa SM, Yagoub AEA, Al-Khalifah AS, Alhussain MH, Al-Harbi LN, Yahya MA. Camel milk protein hydrosylate alleviates hepatic steatosis and hypertension in high fructose-fed rats. *Pharm Biol*. 2022 Dec;60(1):1137-1147. doi: 10.1080/13880209.2022.2079678. PMID: 35672152; PMCID: PMC9176680.
48. AlMousa LA, AlFaris NA, Alshammari GM, ALTamimi JZ, Alsayadi MM, Alagal RI, Abdo Yahya M. Antioxidant and antimicrobial potential of two extracts from *Capparis spinosa* L. and *Rumex nervosus* and molecular docking investigation of selected major compounds. *Saudi J Biol Sci*. 2022 Aug;29(8):103346. doi: 10.1016/j.sjbs.2022.103346. Epub 2022 Jun 16. PMID: 35784613; PMCID: PMC9241031.
49. Alsuliam SM, Albadr NA, Almainan SA, Al-Khalifah AS, Alkhaldy NS, Alshammari GM. Fenugreek Seed Galactomannan Aqueous and Extract Protects against Diabetic Nephropathy and Liver Damage by Targeting NF- κ B and Keap1/Nrf2 Axis. *Toxics*. 2022 Jun 30;10(7):362. doi: 10.3390/toxics10070362. PMID: 35878267; PMCID: PMC9319613.
50. Allowaymi SS, Binobead MA, Alshammari GM, Alrasheed A, Mohammed MA, Yahya MA. Nutritional Status of Saudi Children with Celiac Disease Following the Ministry of Health's Gluten-Free Diet Program. *Nutrients*. 2022 Jul 7;14(14):2792. doi: 10.3390/nu14142792. PMID: 35889749; PMCID: PMC9315680.
51. Alshammari GM, Abdelhalim MA, Al-Ayed MS, Al-Harbi LN, Yahya MA. The Protective Effect of α -Lipoic Acid against Gold Nanoparticles (AuNPs)-Mediated Liver Damage Is Associated

- with Upregulating Nrf2 and Suppressing NF- κ B. *Nutrients*. 2022 Aug 14;14(16):3327. doi: 10.3390/nu14163327. PMID: 36014833; PMCID: PMC9414933.
52. Baig, M.B.; Alotaibi, B.A.; Alzahrani, K.; Pearson, D.; Alshammari, G.M.; Shah, A.A. Food Waste in Saudi Arabia: Causes, Consequences, and Combating Measures. *Sustainability* 2022, 14, 10362. <https://doi.org/10.3390/su141610362>.
53. Alshammari, G.M.; Ahmed, M.A.; Alsulami, T.; Hakeem, M.J.; Ibraheem, M.A.; Al-Nouri, D.M. Phenolic Compounds, Antioxidant Activity, Ascorbic Acid, and Sugars in Honey from Ingenious Hail Province of Saudi Arabia. *Appl. Sci.* 2022, 12, 8334. <https://doi.org/10.3390/app12168334>.
54. Yahya MA, Alshammari GM, Osman MA, Al-Harbi LN, Yagoub AEA, AlSedairy SA. Liquorice root extract and isoliquiritigenin attenuate high-fat diet-induced hepatic steatosis and damage in rats by regulating AMPK. *Arch Physiol Biochem*. 2022 Sep 19:1-16. doi: 10.1080/13813455.2022.2102654. Epub ahead of print. PMID: 36121371.
55. Alagal RI, AlFaris NA, Alshammari GM, ALTamimi JZ, AlMousa LA, Yahya MA. The protection afforded by Berberine against chemotherapy-mediated nephropathy in rats involves regulation of the antioxidant axis. *Basic Clin Pharmacol Toxicol*. 2023 Jan;132(1):98-110. doi: 10.1111/bcpt.13807. Epub 2022 Oct 21. PMID: 36221996.
56. Yagoub, A.E.A.; Al-Shammari, G.M.; Al-Harbi, L.N.; Subash-Babu, P.; Elsayim, R.; Mohammed, M.A.; Yahya, M.A.; Fattiny, S.Z.A. Antimicrobial Properties of Zinc Oxide Nanoparticles Synthesized from *Lavandula pubescens* Shoot Methanol Extract. *Appl. Sci.* 2022, 12, 11613. <https://doi.org/10.3390/app122211613>.
57. ALTamimi JZ, Alshammari GM, AlFaris NA, Alagal RI, Aljabryn DH, Albekairi NA, Alkhateeb MA, Yahya MA. Ellagic acid protects against non-alcoholic fatty liver disease in streptozotocin-diabetic rats by activating AMPK. *Pharm Biol*. 2022 Dec;60(1):25-37. doi: 10.1080/13880209.2021.1990969. PMID: 34870551; PMCID: PMC8654409.
58. Altamimy, K.M.; Alshammari, G.M.; Yagoub, A.E.A.; Albekairi, N.A.; Alshehri, S.; Saleh, A.; Yahya, M.A. Saudi Traditional Fermented Goat Milk Protects against Experimental Non-Alcoholic Fatty Liver Disease by Hypoglycaemic and Antioxidant Potentials. *Fermentation* 2022, 8, 735. <https://doi.org/10.3390/fermentation8120735>.
59. Alwadani AH, Almasri SA, Aloud AA, Albadr NA, Alshammari GM, Yahya MA. The Synergistic Protective Effect of γ -Oryzanol (OZ) and N-Acetylcysteine (NAC) against Experimentally

- Induced NAFLD in Rats Entails Hypoglycemic, Antioxidant, and PPAR α Stimulatory Effects. *Nutrients*. 2022 Dec 26;15(1):106. doi: 10.3390/nu15010106. PMID: 36615764; PMCID: PMC9823776.
60. Alshuniaber MA, Alshammari GM, Eleawa SM, Yagoub AEA, Al-Khalifah AS, Alhussain MH, Al-Harbi LN, Yahya MA. Camel milk protein hydrosylate alleviates hepatic steatosis and hypertension in high fructose-fed rats. *Pharm Biol*. 2022 Dec;60(1):1137-1147. doi: 10.1080/13880209.2022.2079678. PMID: 35672152; PMCID: PMC9176680.
61. Alshammari GM, Abdelhalim MA, Al-Ayed MS, Al-Harbi LN, Yahya MA. Concomitant Sub-Chronic Administration of Small-Size Gold Nanoparticles Aggravates Doxorubicin-Induced Liver Oxidative and Inflammatory Damage, Hyperlipidemia, and Hepatic Steatosis. *Molecules*. 2023 Jan 13;28(2):796. doi: 10.3390/molecules28020796. PMID: 36677854; PMCID: PMC9863023.
62. Binobead MA, Aldakhilallah AH, Alsedairy SA, Al-Harbi LN, Al-Qahtani WH, Alshammari GM. Effect of Low-Carbohydrate Diet on Beta-Hydroxybutyrate Ketogenesis Metabolic Stimulation and Regulation of NLRP3 Ubiquitination in Obese Saudi Women. *Nutrients*. 2023 Feb 5;15(4):820. doi: 10.3390/nu15040820. PMID: 36839178; PMCID: PMC9958539.
63. Alotaibi NM, Alshammari GM, Alabdulkarem KB, Alotaibi AA, Mohammed MA, Alotaibi A, Yahya MA. A Cross-Sectional Study of Gender Differences in Calorie Labeling Policy among Students: Dietary Habits, Nutritional Knowledge and Awareness. *Nutrients*. 2023 Feb 9;15(4):879. doi: 10.3390/nu15040879. PMID: 36839237; PMCID: PMC9958862.
64. Alshammari GM, Al-Ayed MS, Abdelhalim MA, Al-Harbi LN, Yahya MA. Effects of Antioxidant Combinations on the Renal Toxicity Induced Rats by Gold Nanoparticles. *Molecules*. 2023 Feb 16;28(4):1879. doi: 10.3390/molecules28041879. PMID: 36838869; PMCID: PMC9959587.
65. Alshammari GM, Al-Ayed MS, Abdelhalim MA, Al-Harbi LN, Qasem AA, Abdo Yahya M. Development of luminescence carbon quantum dots for metal ions detection and photocatalytic degradation of organic dyes from aqueous media. *Environ Res*. 2023 Jun 1;226:115661. doi: 10.1016/j.envres.2023.115661. Epub 2023 Mar 11. PMID: 36913999.
66. Al-Hussan, R.; Albadr, N.A.; Alshammari, G.M.; Almasri, S.A.; Yahya, M.A. Phloretamide Prevent Hepatic and Pancreatic Damage in Diabetic Male Rats by Modulating Nrf2 and NF- κ B. *Nutrients* 2023, 15, 1456. <https://doi.org/10.3390/nu15061456>.

-
67. Felemban, A.H.; Alshammari, G.M.; Yagoub, A.E.A.; Al-Harbi, L.N.; Alhussain, M.H.; Yahya, M.A. Activation of AMPK Entails the Protective Effect of Royal Jelly against High-Fat-Diet-Induced Hyperglycemia, Hyperlipidemia, and Non-Alcoholic Fatty Liver Disease in Rats. *Nutrients* 2023, *15*, 1471. <https://doi.org/10.3390/nu15061471>.
68. Al-Dossari AM, Al-Harbi LN, Al-Otaibi NM, Almubarak A, Almnaizel AT, Alshammari GM, Shamlan G, Alshatwi AA, El-Ansary A. The Potency of Goat Milk in Reducing the Induced Neurotoxic Effects of Valproic Acid in Rat Pups as a Rodent Model of Autism Spectrum Disorder. *Metabolites*. 2023 Mar 29;13(4):497. doi: 10.3390/metabo13040497.
69. AlTamimi JZ, AlFaris NA, Alshammari GM, Alagal RI, Aljabryn DH, Yahya MA. The Protective Effect of 11-Keto- β -Boswellic Acid against Diabetic Cardiomyopathy in Rats Entails Activation of AMPK. *Nutrients*. 2023 Mar 29;15(7):1660. doi: 10.3390/nu15071660. PMID: 37049501; PMCID: PMC10097356.
70. Alsultan SB, Allowaymi SS, Alshammari GM, Alrasheed A, Hassan AB, Alzobaa AA, Alqahtani AB, Yahya MA. Cross-Sectional Investigation of the Awareness and Practices of Food Safety among Food Service Catering Staff in Riyadh City Hospitals during the Coronavirus Pandemic. *Healthcare (Basel)*. 2023 Apr 14;11(8):1134. doi: 10.3390/healthcare11081134. PMID: 37107968; PMCID: PMC10137720.
71. Aljameel, G.M.; AlSedairy, S.A.; Binobead, M.A.; Alhussain, M.H.; Bin Obaid, M.A.; Al-Harbi, L.N.; Alshammari, G.M.; Arzoo, S. Awareness of Food Allergies and Allergens on the Menus of Restaurants and Cafes among Saudi Female University Students. *Healthcare* 2023, *11*, 1259. <https://doi.org/10.3390/healthcare11091259>.
72. Ghedeir M. Alshammari, Mohammed S. Al-Ayed, Mohamed Anwar Abdelhalim, Laila Naif Al-Harbi, Akram A. Qasem, Mohammed Abdo Yahya, Fabrication of hierarchical flower-like WO₃ nanoparticles for effective metal ions sensing and catalytic degradation of organic dyes, *Environmental Research*, Volume 233, 2023, 116468, ISSN 0013-9351, <https://doi.org/10.1016/j.envres.2023.116468>.
73. rwa Ali Zarie, Magdi A. Osman, Ghedeir M. Alshammari, Amro B. Hassan, Abu ElGasim Ahmed Yagoub, Mohammed Abdo Yahya, Saudi date cultivars' seed extracts inhibit developing hepatic steatosis in rats fed a high-fat diet, *Saudi Journal of Biological Sciences*, Volume 30, Issue 9, 2023, 103732, ISSN 1319-562X, <https://doi.org/10.1016/j.sjbs.2023.103732>.
-