

Asako Shirai

List of Publications by Year in descending order

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3311381
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#	ARTICLE	IF	CITATIONS
1	Effect of Paprika Xanthophyll Supplementation on Cognitive Improvement in a Multitasking Exercise: A Pilot Study for Middle-Aged and Older Adults. <i>Healthcare (Switzerland)</i> , 2022, 10, 81.	2.0	0
2	Carbohydrate Mouth Rinse and Spray Improve Prolonged Exercise Performance in Recreationally Trained Male College Students. <i>Sports</i> , 2022, 10, 51.	1.7	2
3	The effect of carbohydrate mouth rinse in isometric hand grip performance. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2021, 70, 269-276.	0.0	1