

# Bruno Gualano

## List of Publications by Citations

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275  
papers

5,647  
citations

41  
h-index

63  
g-index

326  
ext. papers

7,158  
ext. citations

3.8  
avg. IF

6.04  
L-index

#	Paper	IF	Citations
275	Effect of a Single High Dose of Vitamin D3 on Hospital Length of Stay in Patients With Moderate to Severe COVID-19: A Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2021</b> , 325, 1053-1060	27.4	184
274	Social isolation during the COVID-19 pandemic can increase physical inactivity and the global burden of cardiovascular disease. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , <b>2020</b> , 318, H1441-H1446	5.2	161
273	Prevalence, magnitude, and methods of rapid weight loss among judo competitors. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 436-42	1.2	140
272	Alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2017</b> , 51, 658-669	10.3	135
271	Role of beta-alanine supplementation on muscle carnosine and exercise performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1162-73	1.2	116
270	In sickness and in health: the widespread application of creatine supplementation. <i>Amino Acids</i> , <b>2012</b> , 43, 519-29	3.5	107
269	Placebo in sports nutrition: a proof-of-principle study involving caffeine supplementation. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 1240-1247	4.6	102
268	Exploring the therapeutic role of creatine supplementation. <i>Amino Acids</i> , <b>2010</b> , 38, 31-44	3.5	99
267	Dispelling the myth that habitual caffeine consumption influences the performance response to acute caffeine supplementation. <i>Journal of Applied Physiology</i> , <b>2017</b> , 123, 213-220	3.7	97
266	Underreporting of energy intake in Brazilian women varies according to dietary assessment: a cross-sectional study using doubly labeled water. <i>Journal of the American Dietetic Association</i> , <b>2008</b> , 108, 2031-40		93
265	Beta-alanine (Carnosyn) supplementation in elderly subjects (60-80 years): effects on muscle carnosine content and physical capacity. <i>Amino Acids</i> , <b>2012</b> , 43, 49-56	3.5	90
264	Rapid weight loss followed by recovery time does not affect judo-related performance. <i>Journal of Sports Sciences</i> , <b>2010</b> , 28, 21-32	3.6	88
263	Similar health benefits of endurance and high-intensity interval training in obese children. <i>PLoS ONE</i> , <b>2012</b> , 7, e42747	3.7	84
262	Characteristics of women who frequently under report their energy intake: a doubly labelled water study. <i>European Journal of Clinical Nutrition</i> , <b>2009</b> , 63, 1192-9	5.2	82
261	Benefits of Resistance Training with Blood Flow Restriction in Knee Osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 897-905	1.2	79
260	Combating physical inactivity during the COVID-19 pandemic. <i>Nature Reviews Rheumatology</i> , <b>2020</b> , 16, 347-348	8.1	75
259	A Statistical Framework to Interpret Individual Response to Intervention: Paving the Way for Personalized Nutrition and Exercise Prescription. <i>Frontiers in Nutrition</i> , <b>2018</b> , 5, 41	6.2	75

258	Resistance training with vascular occlusion in inclusion body myositis: a case study. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 250-4	1.2	75
257	Influence of acute high-intensity aerobic interval exercise bout on selective attention and short-term memory tasks. <i>Perceptual and Motor Skills</i> , <b>2014</b> , 118, 63-72	2.2	72
256	Carnosine: from exercise performance to health. <i>Amino Acids</i> , <b>2013</b> , 44, 1477-91	3.5	71
255	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. <i>Amino Acids</i> , <b>2013</b> , 45, 309-17	3.5	71
254	Does sodium-bicarbonate ingestion improve simulated judo performance?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2007</b> , 17, 206-17	4.4	67
253	Exercise as a therapeutic tool to counteract inflammation and clinical symptoms in autoimmune rheumatic diseases. <i>Autoimmunity Reviews</i> , <b>2012</b> , 12, 218-24	13.6	65
252	Effects of acute physical exercise on executive functions: a comparison between aerobic and strength exercise. <i>Journal of Sport and Exercise Psychology</i> , <b>2012</b> , 34, 539-49	1.5	63
251	Safety and possible effects of low-intensity resistance training associated with partial blood flow restriction in polymyositis and dermatomyositis. <i>Arthritis Research and Therapy</i> , <b>2014</b> , 16, 473	5.7	60
250	Low and moderate, rather than high intensity strength exercise induces benefit regarding plasma lipid profile. <i>Diabetology and Metabolic Syndrome</i> , <b>2010</b> , 2, 31	5.6	60
249	Creatine supplementation and resistance training in vulnerable older women: a randomized double-blind placebo-controlled clinical trial. <i>Experimental Gerontology</i> , <b>2014</b> , 53, 7-15	4.5	57
248	Creatine in type 2 diabetes: a randomized, double-blind, placebo-controlled trial. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 770-8	1.2	57
247	Creatine supplementation in the aging population: effects on skeletal muscle, bone and brain. <i>Amino Acids</i> , <b>2016</b> , 48, 1793-805	3.5	56
246	Development, validity and reliability of a questionnaire designed to evaluate rapid weight loss patterns in judo players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20, e177-87	4.6	54
245	Twenty-four Weeks of Alanine Supplementation on Carnosine Content, Related Genes, and Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 896-906	1.2	50
244	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 2381-6	3.4	50
243	Evidence for prescribing exercise as treatment in pediatric rheumatic diseases. <i>Autoimmunity Reviews</i> , <b>2010</b> , 9, 569-73	13.6	48
242	Effects of creatine supplementation on renal function: a randomized, double-blind, placebo-controlled clinical trial. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 103, 33-40	3.4	48
241	Effect of beta-alanine, with and without sodium bicarbonate, on 2000-m rowing performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2013</b> , 23, 480-7	4.4	46

240	Creatine supplementation does not impair kidney function in type 2 diabetic patients: a randomized, double-blind, placebo-controlled, clinical trial. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 749-56	3.4	46
239	Immunological Implications of Physical Inactivity among Older Adults during the COVID-19 Pandemic. <i>Gerontology</i> , <b>2020</b> , 66, 431-438	5.5	41
238	Beyond muscle: the effects of creatine supplementation on brain creatine, cognitive processing, and traumatic brain injury. <i>European Journal of Sport Science</i> , <b>2019</b> , 19, 1-14	3.9	41
237	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. <i>Autoimmunity Reviews</i> , <b>2009</b> , 8, 355-9	13.6	41
236	The ergogenic effect of beta-alanine combined with sodium bicarbonate on high-intensity swimming performance. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2013</b> , 38, 525-32	3	40
235	Effects of creatine supplementation on glucose tolerance and insulin sensitivity in sedentary healthy males undergoing aerobic training. <i>Amino Acids</i> , <b>2008</b> , 34, 245-50	3.5	40
234	Physical inactivity and sedentary behavior: Overlooked risk factors in autoimmune rheumatic diseases?. <i>Autoimmunity Reviews</i> , <b>2017</b> , 16, 667-674	13.6	39
233	Exercise training in childhood-onset systemic lupus erythematosus: a controlled randomized trial. <i>Arthritis Research and Therapy</i> , <b>2013</b> , 15, R46	5.7	39
232	Creatine supplementation associated or not with strength training upon emotional and cognitive measures in older women: a randomized double-blind study. <i>PLoS ONE</i> , <b>2013</b> , 8, e76301	3.7	39
231	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. <i>Amino Acids</i> , <b>2012</b> , 42, 2299-305	3.5	38
230	Creatine supplementation in fibromyalgia: a randomized, double-blind, placebo-controlled trial. <i>Arthritis Care and Research</i> , <b>2013</b> , 65, 1449-59	4.7	38
229	Under-reporting of energy intake is more prevalent in a healthy dietary pattern cluster. <i>British Journal of Nutrition</i> , <b>2008</b> , 100, 1060-8	3.6	38
228	Effects of caffeine ingestion on endurance performance in mentally fatigued individuals. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 2293-2303	3.4	38
227	Exercise training in juvenile dermatomyositis. <i>Arthritis Care and Research</i> , <b>2012</b> , 64, 1186-94	4.7	37
226	Physiological, performance, and nutritional profile of the Brazilian Olympic Wushu (kung-fu) team. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 20-5	3.2	34
225	Exercise Mitigates Bone Loss in Women With Severe Obesity After Roux-en-Y Gastric Bypass: A Randomized Controlled Trial. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2019</b> , 104, 4639-4650	5.6	33
224	Low dynamic muscle strength and its associations with fatigue, functional performance, and quality of life in premenopausal patients with systemic lupus erythematosus and low disease activity: a case-control study. <i>BMC Musculoskeletal Disorders</i> , <b>2013</b> , 14, 263	2.8	33
223	Cardiac autonomic impairment and chronotropic incompetence in fibromyalgia. <i>Arthritis Research and Therapy</i> , <b>2011</b> , 13, R190	5.7	33

222	Beneficial effect of creatine supplementation in knee osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 1538-43	1.2	33
221	Physical activity for paediatric rheumatic diseases: standing up against old paradigms. <i>Nature Reviews Rheumatology</i> , <b>2017</b> , 13, 368-379	8.1	32
220	Liposuction induces a compensatory increase of visceral fat which is effectively counteracted by physical activity: a randomized trial. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2012</b> , 97, 2388-95	5.6	32
219	Creatine monohydrate supplementation on lower-limb muscle power in Brazilian elite soccer players. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, 32	4.5	31
218	Exercise training can attenuate the inflammatory milieu in women with systemic lupus erythematosus. <i>Journal of Applied Physiology</i> , <b>2014</b> , 117, 639-47	3.7	31
217	Reduced muscle carnosine content in type 2, but not in type 1 diabetic patients. <i>Amino Acids</i> , <b>2012</b> , 43, 21-4	3.5	31
216	(In)Consistencies in Responses to Sodium Bicarbonate Supplementation: A Randomised, Repeated Measures, Counterbalanced and Double-Blind Study. <i>PLoS ONE</i> , <b>2015</b> , 10, e0143086	3.7	30
215	Effects of long-term low-dose dietary creatine supplementation in older women. <i>Experimental Gerontology</i> , <b>2015</b> , 70, 97-104	4.5	28
214	Randomized clinical trial: benefits of aerobic physical activity for 24 weeks in postmenopausal women with nonalcoholic fatty liver disease. <i>Menopause</i> , <b>2016</b> , 23, 876-83	2.5	28
213	Reduced Aerobic Capacity and Quality of Life in Physically Inactive Patients With Systemic Lupus Erythematosus With Mild or Inactive Disease. <i>Arthritis Care and Research</i> , <b>2016</b> , 68, 1780-1786	4.7	28
212	Efficacy and safety of concurrent training in systemic sclerosis. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1423-8	3.2	28
211	Does long-term creatine supplementation impair kidney function in resistance-trained individuals consuming a high-protein diet?. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 26	4.5	27
210	Effect of short-term high-dose creatine supplementation on measured GFR in a young man with a single kidney. <i>American Journal of Kidney Diseases</i> , <b>2010</b> , 55, e7-9	7.4	27
209	Influence of training status on high-intensity intermittent performance in response to β-alanine supplementation. <i>Amino Acids</i> , <b>2014</b> , 46, 1207-15	3.5	26
208	Creatine supplementation prevents acute strength loss induced by concurrent exercise. <i>European Journal of Applied Physiology</i> , <b>2014</b> , 114, 1749-55	3.4	26
207	Using exercise training to counterbalance chronotropic incompetence and delayed heart rate recovery in systemic lupus erythematosus: a randomized trial. <i>Arthritis Care and Research</i> , <b>2012</b> , 64, 1159-66	4.7	26
206	Responsiveness to exercise training in juvenile dermatomyositis: a twin case study. <i>BMC Musculoskeletal Disorders</i> , <b>2010</b> , 11, 270	2.8	26
205	Effects of beta-alanine supplementation on brain homocarnosine/carnosine signal and cognitive function: an exploratory study. <i>PLoS ONE</i> , <b>2015</b> , 10, e0123857	3.7	25

204	Effects of health at every size interventions on health-related outcomes of people with overweight and obesity: a systematic review. <i>Obesity Reviews</i> , <b>2018</b> , 19, 1659-1666	10.6	25
203	Beta-alanine supplementation enhances judo-related performance in highly-trained athletes. <i>Journal of Science and Medicine in Sport</i> , <b>2017</b> , 20, 403-408	4.4	24
202	Creatine-induced glucose uptake in type 2 diabetes: a role for AMPK. <i>Amino Acids</i> , <b>2012</b> , 43, 1803-7	3.5	24
201	Effect of age, diet, and tissue type on PCr response to creatine supplementation. <i>Journal of Applied Physiology</i> , <b>2017</b> , 123, 407-414	3.7	23
200	The Effects Of Rapid Weight Loss Upon High-Intensity Performance In Judo Competitors. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 17	1.2	23
199	Low-Load Resistance Training With Blood-Flow Restriction in Relation to Muscle Function, Mass, and Functionality in Women With Rheumatoid Arthritis. <i>Arthritis Care and Research</i> , <b>2020</b> , 72, 787-797	4.7	23
198	Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. <i>Journal of the International Society of Sports Nutrition</i> , <b>2021</b> , 18, 13	4.5	23
197	Effects of Aerobic Training on Cognition and Brain Glucose Metabolism in Subjects with Mild Cognitive Impairment. <i>Journal of Alzheimer's Disease</i> , <b>2015</b> , 46, 747-60	4.3	21
196	Exercise and Alanine supplementation on carnosine-acrolein adduct in skeletal muscle. <i>Redox Biology</i> , <b>2018</b> , 18, 222-228	11.3	21
195	Efficacy and safety of creatine supplementation in childhood-onset systemic lupus erythematosus: a randomized, double-blind, placebo-controlled, crossover trial. <i>Lupus</i> , <b>2014</b> , 23, 1500-11	2.6	20
194	Exercise as an adjuvant treatment in persistent active polymyositis. <i>Journal of Clinical Rheumatology</i> , <b>2014</b> , 20, 11-5	1.1	20
193	Brain creatine depletion in vegetarians? A cross-sectional <sup>1</sup> H-magnetic resonance spectroscopy ( <sup>1</sup> H-MRS) study. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 1272-4	3.6	20
192	Effect of creatine supplementation on measured glomerular filtration rate in postmenopausal women. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 419-22	3	20
191	Increased Insulin Resistance and Glucagon Levels in Mild/Inactive Systemic Lupus Erythematosus Patients Despite Normal Glucose Tolerance. <i>Arthritis Care and Research</i> , <b>2018</b> , 70, 114-124	4.7	19
190	Exploratory studies of the potential anti-cancer effects of creatine. <i>Amino Acids</i> , <b>2016</b> , 48, 1993-2001	3.5	19
189	Blood flow restricted resistance training attenuates myostatin gene expression in a patient with inclusion body myositis. <i>Biology of Sport</i> , <b>2014</b> , 31, 121-4	4.3	19
188	Vascular occlusion training for inclusion body myositis: a novel therapeutic approach. <i>Journal of Visualized Experiments</i> , <b>2010</b> ,	1.6	19
187	A Systematic Risk Assessment and Meta-Analysis on the Use of Oral Alanine Supplementation. <i>Advances in Nutrition</i> , <b>2019</b> , 10, 452-463	10	18

186	Chronic lactate supplementation does not improve blood buffering capacity and repeated high-intensity exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 1231-1239	4.6	18
185	Effects of creatine supplementation on muscle wasting and glucose homeostasis in rats treated with dexamethasone. <i>Amino Acids</i> , <b>2012</b> , 42, 1695-701	3.5	18
184	Abnormal chronotropic reserve and heart rate recovery in patients with SLE: a case-control study. <i>Lupus</i> , <b>2011</b> , 20, 717-20	2.6	18
183	High-Protein Plant-Based Diet Versus a Protein-Matched Omnivorous Diet to Support Resistance Training Adaptations: A Comparison Between Habitual Vegans and Omnivores. <i>Sports Medicine</i> , <b>2021</b> , 51, 1317-1330	10.6	18
182	A Comparative Study of Hummingbirds and Chickens Provides Mechanistic Insight on the Histidine Containing Dipeptide Role in Skeletal Muscle Metabolism. <i>Scientific Reports</i> , <b>2018</b> , 8, 14788	4.9	18
181	High-Intensity Interval Training Augments Muscle Carnosine in the Absence of Dietary Beta-alanine Intake. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 2242-2252	1.2	18
180	Can creatine supplementation form carcinogenic heterocyclic amines in humans?. <i>Journal of Physiology</i> , <b>2015</b> , 593, 3959-71	3.9	17
179	The effects of exercise on lipid profile in systemic lupus erythematosus and healthy individuals: a randomized trial. <i>Rheumatology International</i> , <b>2015</b> , 35, 61-9	3.6	17
178	Incidence of adverse events associated with percutaneous muscular biopsy among healthy and diseased subjects. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2012</b> , 22, 175-8	4.6	17
177	Creatine supplementation spares muscle glycogen during high intensity intermittent exercise in rats. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 6	4.5	17
176	Efficacy and safety of creatine supplementation in juvenile dermatomyositis: A randomized, double-blind, placebo-controlled crossover trial. <i>Muscle and Nerve</i> , <b>2016</b> , 53, 58-66	3.4	17
175	Creatine Supplementation and Brain Health. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	17
174	Exercise-Induced Increases in Insulin Sensitivity After Bariatric Surgery Are Mediated By Muscle Extracellular Matrix Remodeling. <i>Diabetes</i> , <b>2020</b> , 69, 1675-1691	0.9	16
173	Efeitos terapêuticos do treinamento físico em pacientes com doenças reumatológicas pediátricas. <i>Revista Brasileira De Reumatologia</i> , <b>2011</b> , 51, 490-496		16
172	Resistance Training and Co-supplementation with Creatine and Protein in Older Subjects with Frailty. <i>Journal of Frailty &amp; Aging, the</i> , <b>2016</b> , 5, 126-34	2.6	16
171	Acute exercise elicits differential expression of insulin resistance genes in the skeletal muscle of patients with polycystic ovary syndrome. <i>Clinical Endocrinology</i> , <b>2017</b> , 86, 688-697	3.4	15
170	Exercise in Takayasu Arteritis: Effects on Inflammatory and Angiogenic Factors and Disease-Related Symptoms. <i>Arthritis Care and Research</i> , <b>2017</b> , 69, 892-902	4.7	15
169	Objectively measured physical activity and its influence on physical capacity and clinical parameters in patients with primary Sjögren's syndrome. <i>Lupus</i> , <b>2017</b> , 26, 690-697	2.6	14

168	Effect of Vitamin D3 Supplementation vs Placebo on Hospital Length of Stay in Patients with Severe COVID-19: A Multicenter, Double-blind, Randomized Controlled Trial		14
167	Poor agreement of objectively measured and self-reported physical activity in juvenile dermatomyositis and juvenile systemic lupus erythematosus. <i>Clinical Rheumatology</i> , <b>2016</b> , 35, 1507-14	3.9	14
166	Effects of Alanine and sodium bicarbonate supplementation on the estimated energy system contribution during high-intensity intermittent exercise. <i>Amino Acids</i> , <b>2019</b> , 51, 83-96	3.5	14
165	Exercise-induced anti-inflammatory effects in overweight/obese women with polycystic ovary syndrome. <i>Cytokine</i> , <b>2019</b> , 120, 66-70	4	13
164	Comparative physiology investigations support a role for histidine-containing dipeptides in intracellular acid-base regulation of skeletal muscle. <i>Comparative Biochemistry and Physiology Part A, Molecular &amp; Integrative Physiology</i> , <b>2019</b> , 234, 77-86	2.6	13
163	Does brain creatine content rely on exogenous creatine in healthy youth? A proof-of-principle study. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2017</b> , 42, 128-134	3	13
162	Anthropometric, physiological, performance, and nutritional profile of the Brazil National Canoe Polo Team. <i>Journal of Sports Sciences</i> , <b>2012</b> , 30, 305-11	3.6	13
161	Incidência e fatores de risco de lesões osteomioarticulares em corredores: um estudo de coorte prospectivo. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , <b>2010</b> , 24, 453-462	0.8	13
160	Exercise in a child with systemic lupus erythematosus and antiphospholipid syndrome. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 2221-3	1.2	13
159	Creatine Supplementation (3 g/d) and Bone Health in Older Women: A 2-Year, Randomized, Placebo-Controlled Trial. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2020</b> , 75, 931-938	6.4	13
158	Physical (in)activity and its influence on disease-related features, physical capacity, and health-related quality of life in a cohort of chronic juvenile dermatomyositis patients. <i>Seminars in Arthritis and Rheumatism</i> , <b>2016</b> , 46, 64-70	5.3	12
157	Muscular Atrophy and Sarcopenia in the Elderly: Is There a Role for Creatine Supplementation?. <i>Biomolecules</i> , <b>2019</b> , 9,	5.9	12
156	Reversal of Improved Endothelial Function After Bariatric Surgery Is Mitigated by Exercise Training. <i>Journal of the American College of Cardiology</i> , <b>2018</b> , 72, 2278-2279	15.1	12
155	Juvenile fibromyalgia syndrome: Blunted heart rate response and cardiac autonomic dysfunction at diagnosis. <i>Seminars in Arthritis and Rheumatism</i> , <b>2016</b> , 46, 338-343	5.3	11
154	Proposal for a Candidate Core Set of Fitness and Strength Tests for Patients with Childhood or Adult Idiopathic Inflammatory Myopathies. <i>Journal of Rheumatology</i> , <b>2016</b> , 43, 169-76	4.1	11
153	GLUT4 translocation is not impaired after acute exercise in skeletal muscle of women with obesity and polycystic ovary syndrome. <i>Obesity</i> , <b>2015</b> , 23, 2207-15	8	11
152	Strength capacity in young patients who are receiving maintenance therapy for acute lymphoblastic leukemia: a case-control study. <i>Clinics</i> , <b>2011</b> , 66, 1277-81	2.3	11
151	Muscle strength and muscle mass as predictors of hospital length of stay in patients with moderate to severe COVID-19: a prospective observational study. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2021</b> ,	10.3	11



150	Pneumatic Compression, But Not Exercise, Can Avoid Intradialytic Hypotension: A Randomized Trial. <i>American Journal of Nephrology</i> , <b>2017</b> , 45, 409-416	4.6	10
149	Magnetic Resonance Spectroscopy as a Non-invasive Method to Quantify Muscle Carnosine in Humans: a Comprehensive Validity Assessment. <i>Scientific Reports</i> , <b>2020</b> , 10, 4908	4.9	10
148	Exercise Increases Insulin Sensitivity and Skeletal Muscle AMPK Expression in Systemic Lupus Erythematosus: A Randomized Controlled Trial. <i>Frontiers in Immunology</i> , <b>2018</b> , 9, 906	8.4	10
147	Effects of a new intervention based on the Health at Every Size approach for the management of obesity: The "Health and Wellness in Obesity" study. <i>PLoS ONE</i> , <b>2018</b> , 13, e0198401	3.7	10
146	Influence of vitamin D status on hospital length of stay and prognosis in hospitalized patients with moderate to severe COVID-19: a multicenter prospective cohort study. <i>American Journal of Clinical Nutrition</i> , <b>2021</b> , 114, 598-604	7	10
145	"I put it in my head that the supplement would help me": Open-placebo improves exercise performance in female cyclists. <i>PLoS ONE</i> , <b>2019</b> , 14, e0222982	3.7	9
144	DNA methylation pattern changes following a short-term hypocaloric diet in women with obesity. <i>European Journal of Clinical Nutrition</i> , <b>2020</b> , 74, 1345-1353	5.2	9
143	The Muscle Carnosine Response to Beta-Alanine Supplementation: A Systematic Review With Bayesian Individual and Aggregate Data E-Max Model and Meta-Analysis. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 913	4.6	9
142	Effect of Creatine Loading on Oxygen Uptake during a 1-km Cycling Time Trial. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 2660-8	1.2	9
141	The Effects of a "Health at Every Size(®)"-Based Approach in Obese Women: A Pilot-Trial of the "Health and Wellness in Obesity" Study. <i>Frontiers in Nutrition</i> , <b>2015</b> , 2, 34	6.2	9
140	Metabolic disturbance in PCOS: clinical and molecular effects on skeletal muscle tissue. <i>Scientific World Journal, The</i> , <b>2013</b> , 2013, 178364	2.2	9
139	Magnitude e métodos de perda rápida de peso em judocas de elite. <i>Revista De Nutricao</i> , <b>2007</b> , 20, 307-315	1.8	9
138	Ultra-processed food consumption associates with higher cardiovascular risk in rheumatoid arthritis. <i>Clinical Rheumatology</i> , <b>2020</b> , 39, 1423-1428	3.9	9
137	Novel insights on caffeine supplementation, CYP1A2 genotype, physiological responses and exercise performance. <i>European Journal of Applied Physiology</i> , <b>2021</b> , 121, 749-769	3.4	9
136	Adaptaçã transcultural para o português dos Questionários de Desejos Intensos por Comida em Estado ou Traço (QDIC-E e QDIC-T) dos State and Trait Food-Cravings Questionnaires (FCQ-S and FCQ-T). <i>Ciencia E Saude Coletiva</i> , <b>2017</b> , 22, 403-416	2.2	8
135	Prescribed Versus Preferred Intensity Resistance Exercise in Fibromyalgia Pain. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1097	4.6	8
134	Omega-3 Fatty Acid Supplementation Improves Endothelial Function in Primary Antiphospholipid Syndrome: A Small-Scale Randomized Double-Blind Placebo-Controlled Trial. <i>Frontiers in Immunology</i> , <b>2018</b> , 9, 336	8.4	8
133	Beta-alanine supplementation improves isometric, but not isotonic or isokinetic strength endurance in recreationally strength-trained young men. <i>Amino Acids</i> , <b>2019</b> , 51, 27-37	3.5	8

132	Exercise training attenuates insulin resistance and improves βcell function in patients with systemic autoimmune myopathies: a pilot study. <i>Clinical Rheumatology</i> , <b>2019</b> , 38, 3435-3442	3.9	8
131	Effect of βalanine supplementation during high-intensity interval training on repeated sprint ability performance and neuromuscular fatigue. <i>Journal of Applied Physiology</i> , <b>2019</b> , 127, 1599-1610	3.7	8
130	The liposuction-induced effects on adiponectin and selected cytokines are not affected by exercise training in women. <i>International Journal of Endocrinology</i> , <b>2014</b> , 2014, 315382	2.7	8
129	Bone plasticity in response to exercise is sex-dependent in rats. <i>PLoS ONE</i> , <b>2013</b> , 8, e64725	3.7	8
128	24-Week βalanine ingestion does not affect muscle taurine or clinical blood parameters in healthy males. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 57-65	5.2	8
127	Potential of Creatine in Glucose Management and Diabetes. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	8
126	Number of high-protein containing meals correlates with muscle mass in pre-frail and frail elderly. <i>European Journal of Clinical Nutrition</i> , <b>2020</b> , 74, 1047-1053	5.2	7
125	Nitrate supplementation and human exercise performance: too much of a good thing?. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2015</b> , 18, 599-604	3.8	7
124	Exercise training, creatine supplementation, and bone health in ovariectomized rats. <i>Osteoporosis International</i> , <b>2015</b> , 26, 1395-404	5.3	7
123	Influência do exercício físico na cognição: uma atualização sobre mecanismos fisiológicos. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2014</b> , 20, 237-241	0.5	7
122	Efeitos da suplementação de creatina sobre força e hipertrofia muscular: atualizações. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2010</b> , 16, 219-223	0.5	7
121	Nutritional Inadequacies Among Post-bariatric Patients During COVID-19 Quarantine in Sao Paulo, Brazil. <i>Obesity Surgery</i> , <b>2021</b> , 31, 2330-2334	3.7	7
120	Feasibility, safety and efficacy of exercise training in immune-mediated necrotising myopathies: a quasi-experimental prospective study. <i>Clinical and Experimental Rheumatology</i> , <b>2019</b> , 37, 235-241	2.2	7
119	Impaired aerobic exercise capacity and cardiac autonomic control in primary antiphospholipid syndrome. <i>Lupus</i> , <b>2013</b> , 22, 928-31	2.6	6
118	"Now I Can Do Better": A Study of Obese Women's Experiences Following a Nonprescriptive Nutritional Intervention. <i>Clinical Medicine Insights Women's Health</i> , <b>2015</b> , 8, 13-24	2	6
117	No effect of creatine supplementation on oxidative stress and cardiovascular parameters in spontaneously hypertensive rats. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 13	4.5	6
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113	Acute exercise does not impair renal function in nondialysis chronic kidney disease patients regardless of disease stage. <i>American Journal of Physiology - Renal Physiology</i> , <b>2017</b> , 313, F547-F552	4.3	5
112	Insulin does not stimulate Alanine transport into human skeletal muscle. <i>American Journal of Physiology - Cell Physiology</i> , <b>2020</b> , 318, C777-C786	5.4	5
111	Chronotropic Incompetence and Reduced Heart Rate Recovery in Rheumatoid Arthritis. <i>Journal of Clinical Rheumatology</i> , <b>2018</b> , 24, 375-380	1.1	5
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107	Swimming training down-regulates plasma leptin levels, but not adipose tissue ob mRNA expression. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2008</b> , 41, 866-71	2.8	5
106	Persistent symptoms and decreased health-related quality of life after symptomatic pediatric COVID-19: A prospective study in a Latin American tertiary hospital. <i>Clinics</i> , <b>2021</b> , 76, e3511	2.3	5
105	Leucine Supplementation Has No Further Effect on Training-induced Muscle Adaptations. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 1809-1814	1.2	5
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71	Aerobic training modulates salience network and default mode network metabolism in subjects with mild cognitive impairment. <i>NeuroImage: Clinical</i> , <b>2018</b> , 19, 616-624	5.3	2
70	Impact of a Real-World Lifestyle Intervention in an Entire Latin American City with More Than 50,000 People. <i>Obesity</i> , <b>2019</b> , 27, 1967-1974	8	2
69	Creatine supplementation does not augment muscle carnosine content in type 2 diabetic patients. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 764-7	3	2
68	Efeitos da suplementação de creatina no exercício intermitente de alta intensidade: divergências e recomendações metodológicas. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , <b>2008</b> , 10,	0.1	2
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66	Effect of a single high dose of Vitamin D3 on cytokines, chemokines and growth factor in patients with moderate to severe COVID-19.. <i>American Journal of Clinical Nutrition</i> , <b>2022</b> ,	7	2
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63	Acute cardiometabolic effects of brief active breaks in sitting for patients with rheumatoid arthritis. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2021</b> , 321, E782-E794	6	2
62	Influence of nutritional status on eating habits and food choice determinants among Brazilian women during the COVID-19 pandemic		2
61	Human Skeletal Muscle has Large Capacity to Increase Carnosine Content in Response to Beta-Alanine Supplementation. A Systematic Review with Bayesian Individual and Aggregate Data E-Max Model and Meta-Analysis		2

60	Outpatient Screening of Health Status Among Postbariatric Patients during the COVID-19 Pandemic in Sao Paulo, Brazil. <i>Obesity</i> , <b>2020</b> , 28, 2263-2264	8	2
59	Constraints of Weight Loss as a Marker of Bariatric Surgery Success: An Exploratory Study. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 640191	4.6	2
58	"Despite being an athlete, I am also a human-being": Male elite gymnasts' reflections on food and body image. <i>European Journal of Sport Science</i> , <b>2020</b> , 20, 964-972	3.9	2
57	Increased modifiable cardiovascular risk factors in patients with Takayasu arteritis: a multicenter cross-sectional study. <i>Advances in Rheumatology</i> , <b>2021</b> , 61, 1	3	2
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55	In-depth cardiovascular and pulmonary assessments in children with multisystem inflammatory syndrome after SARS-CoV-2 infection: A case series study.. <i>Physiological Reports</i> , <b>2022</b> , 10, e15201	2.6	2
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52	Effects Of Creatine Supplementation On Glucose Uptake In Rats Submitted To Exercise Training.. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S99	1.2	1
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45	Magnetic Resonance Spectroscopy as a Non-invasive Method to Quantify Muscle Carnosine in Humans: a Comprehensive Validity Assessment		1
44	Associa� entre o n�vel de atividade f�sica de lazer e o desempenho cognitivo em crian�as saud�veis. <i>Revista Brasileira De Educa�o F�sica E Esporte: RBEFE</i> , <b>2013</b> , 27, 355-361	0.8	1
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42	Exercise Is Key to Sustaining Metabolic Gains After Bariatric Surgery. <i>Exercise and Sport Sciences Reviews</i> , <b>2021</b> , 49, 197-204	6.7	1
41	P1-404: APOE Genotype Modifies The Effects of Aerobic Training on Brain Glucose Metabolism in Subjects with Mild Cognitive Impairment <b>2016</b> , 12, P588-P589		1
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39	Infographic. A systematic review and meta-analysis of the effect of β-alanine supplementation on exercise capacity and performance. <i>British Journal of Sports Medicine</i> , <b>2020</b> , 54, 925-926	10.3	1
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37	Gaps on rheumatologists' knowledge of physical activity. <i>Clinical Rheumatology</i> , <b>2021</b> , 40, 2907-2911	3.9	1
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34	Nutritional recommendations for patients undergoing prolonged glucocorticoid therapy.. <i>Rheumatology Advances in Practice</i> , <b>2022</b> , 6, rkac029	1.1	1
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32	A cloth facemask increased ratings of perceived exertion and reduced affect, without affecting sprint or muscular performance. <i>Research in Sports Medicine</i> , <b>2021</b> , 1-6	3.8	0
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22	[P1035]: AEROBIC TRAINING MODIFIES REGIONAL BRAIN GLUCOSE METABOLISM IN NODES OF THE DEFAULT MODE AND SALIENCE NETWORK IN SUBJECTS WITH MILD COGNITIVE IMPAIRMENT <b>2017</b> , 13, P247-P248	
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14	Efeito da suplementação de creatina, associada ou não ao treinamento de força, sobre a peroxidação lipídica em mulheres idosas. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , <b>2014</b> , 28, 13-21	0.8
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