Guilherme Giannini Artioli

List of Publications by Year
in descending order

126 papers	5,406 citations	66234 42 h-index	91712 69 g-index
129 all docs	129 docs citations	129 times ranked	4575 citing authors

#	Article	IF	Citations
1	Physiological Profiles of Elite Judo Athletes. Sports Medicine, 2011, 41, 147-166.	3.1	356
2	Weight loss in combat sports: physiological, psychological and performance effects. Journal of the International Society of Sports Nutrition, 2012, 9, 52.	1.7	221
3	Î²-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. British Journal of Sports Medicine, 2017, 51, 658-669.	3.1	193
4	Prevalence, Magnitude, and Methods of Rapid Weight Loss among Judo Competitors. Medicine and Science in Sports and Exercise, 2010, 42, 436-442.	0.2	191
5	Role of Î²-Alanine Supplementation on Muscle Carnosine and Exercise Performance. Medicine and Science in Sports and Exercise, 2010, 42, 1162-1173.	0.2	162
6	Selective underreporting of energy intake in women: Magnitude, determinants, and effect of training. Journal of the American Dietetic Association, 2003, 103, 1306-1313.	1.3	149
7	Placebo in sports nutrition: a proofâ€ofâ€principle study involving caffeine supplementation. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 1240-1247.	1.3	137
8	Judo combat: time-motion analysis and physiology. International Journal of Performance Analysis in Sport, 2013, 13, 624-641.	0.5	131
9	Dispelling the myth that habitual caffeine consumption influences the performance response to acute caffeine supplementation. Journal of Applied Physiology, 2017, 123, 213-220.	1.2	128
10	Exploring the therapeutic role of creatine supplementation. Amino Acids, 2010, 38, 31-44.	1.2	117
11	Rapid weight loss followed by recovery time does not affect judo-related performance. Journal of Sports Sciences, 2010, 28, 21-32.	1.0	110
12	Leucine attenuates skeletal muscle wasting via inhibition of ubiquitin ligases. Muscle and Nerve, 2010, 41, 800-808.	1.0	109
13	ACTN3 R577X and ACE I/D gene variants influence performance in elite sprinters: a multi-cohort study. BMC Genomics, 2016, 17, 285.	1.2	106
14	Risk of Increased Physical Inactivity During <scp>COVID</scp>â€19 Outbreak in Older People: A Call for Actions. Journal of the American Geriatrics Society, 2020, 68, 1126-1128.	1.3	106
15	Beta-alanine (Carnosynâ„¢) supplementation in elderly subjects (60â€“80Âyears): effects on muscle carnosine content and physical capacity. Amino Acids, 2012, 43, 49-56.	1.2	103
16	Strength and Power Qualities Are Highly Associated With Punching Impact in Elite Amateur Boxers. Journal of Strength and Conditioning Research, 2016, 30, 109-116.	1.0	93
17	Carnosine: from exercise performance to health. Amino Acids, 2013, 44, 1477-1491.	1.2	90
18	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. Sports Medicine, 2015, 45, 71-81.	3.1	89

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19	Resistance Training with Vascular Occlusion in Inclusion Body Myositis. Medicine and Science in Sports and Exercise, 2010, 42, 250-254.	0.2	88
20	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. Amino Acids, 2013, 45, 309-317.	1.2	88
21	The Physiology of Judo-Specific Training Modalities. Journal of Strength and Conditioning Research, 2014, 28, 1474-1481.	1.0	88
22	It is Time to Ban Rapid Weight Loss from Combat Sports. Sports Medicine, 2016, 46, 1579-1584.	3.1	86
23	Does Sodium-Bicarbonate Ingestion Improve Simulated Judo Performance?. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, 206-217.	1.0	84
24	Creatine in Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2011, 43, 770-778.	0.2	79
25	Predicting Punching Acceleration From Selected Strength and Power Variables in Elite Karate Athletes. Journal of Strength and Conditioning Research, 2014, 28, 1826-1832.	1.0	71
26	Development, validity and reliability of a questionnaire designed to evaluate rapid weight loss patterns in judo players. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, e177-87.	1.3	67
27	An overview of the therapeutic effects of leucine supplementation on skeletal muscle under atrophic conditions. Amino Acids, 2011, 40, 287-300.	1.2	66
28	Twenty-four Weeks of Î²-Alanine Supplementation on Carnosine Content, Related Genes, and Exercise. Medicine and Science in Sports and Exercise, 2017, 49, 896-906.	0.2	66
29	The need of a weight management control program in judo: a proposal based on the successful case of wrestling. Journal of the International Society of Sports Nutrition, 2010, 7, 15.	1.7	63
30	Carnosine in health and disease. European Journal of Sport Science, 2019, 19, 30-39.	1.4	61
31	Effect of rapid weight loss on performance in combat sport male athletes: does adaptation to chronic weight cycling play a role?. British Journal of Sports Medicine, 2013, 47, 1155-1160.	3.1	59
32	Effects of creatine supplementation on renal function: a randomized, double-blind, placebo-controlled clinical trial. European Journal of Applied Physiology, 2008, 103, 33-40.	1.2	58
33	Dose-Response of Sodium Bicarbonate Ingestion Highlights Individuality in Time Course of Blood Analyte Responses. International Journal of Sport Nutrition and Exercise Metabolism, 2016, 26, 445-453.	1.0	53
34	Effects of creatine supplementation on glucose tolerance and insulin sensitivity in sedentary healthy males undergoing aerobic training. Amino Acids, 2008, 34, 245-50.	1.2	51
35	Creatine supplementation does not impair kidney function in type 2 diabetic patients: a randomized, double-blind, placebo-controlled, clinical trial. European Journal of Applied Physiology, 2011, 111, 749-756.	1.2	51
36	High-Protein Plant-Based Diet Versus a Protein-Matched Omnivorous Diet to Support Resistance Training Adaptations: A Comparison Between Habitual Vegans and Omnivores. Sports Medicine, 2021, 51, 1317-1330.	3.1	51

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37	Sodium bicarbonate ingestion increases glycolytic contribution and improves performance during simulated taekwondo combat. European Journal of Sport Science, 2018, 18, 431-440.	1.4	50
38	The ergogenic effect of beta-alanine combined with sodium bicarbonate on high-intensity swimming performance. Applied Physiology, Nutrition and Metabolism, 2013, 38, 525-532.	0.9	49
39	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. Autoimmunity Reviews, 2009, 8, 355-359.	2.5	48
40	Weight loss practices in Taekwondo athletes of different competitive levels. Journal of Exercise Rehabilitation, 2016, 12, 202-208.	0.4	48
41	Physiological, Performance, and Nutritional Profile of the Brazilian Olympic Wushu (Kung-Fu) Team. Journal of Strength and Conditioning Research, 2009, 23, 20-25.	1.0	45
42	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. Amino Acids, 2012, 42, 2299-2305.	1.2	45
43	Cardiac autonomic impairment and chronotropic incompetence in fibromyalgia. Arthritis Research and Therapy, 2011, 13, R190.	1.6	44
44	Liposuction Induces a Compensatory Increase of Visceral Fat Which Is Effectively Counteracted by Physical Activity: A Randomized Trial. Journal of Clinical Endocrinology and Metabolism, 2012, 97, 2388-2395.	1.8	43
45	The Magnitude of Rapid Weight Loss and Rapid Weight Gain in Combat Sport Athletes Preparing for Competition: A Systematic Review. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 441-452.	1.0	42
46	Efficacy and Safety of Concurrent Training in Systemic Sclerosis. Journal of Strength and Conditioning Research, 2011, 25, 1423-1428.	1.0	40
47	Reduced muscle carnosine content in type 2, but not in type 1 diabetic patients. Amino Acids, 2012, 43, 21-24.	1.2	40
48	The Physiological Roles of Carnosine and Î²-Alanine in Exercising Human Skeletal Muscle. Medicine and Science in Sports and Exercise, 2019, 51, 2098-2108.	0.2	39
49	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. Journal of the International Society of Sports Nutrition, 2021, 18, 61.	1.7	38
50	Beta-alanine supplementation enhances judo-related performance in highly-trained athletes. Journal of Science and Medicine in Sport, 2017, 20, 403-408.	0.6	37
51	(In)Consistencies in Responses to Sodium Bicarbonate Supplementation: A Randomised, Repeated Measures, Counterbalanced and Double-Blind Study. PLoS ONE, 2015, 10, e0143086.	1.1	36
52	Effect of age, diet, and tissue type on PCr response to creatine supplementation. Journal of Applied Physiology, 2017, 123, 407-414.	1.2	36
53	Exercise and Î²-alanine supplementation on carnosine-acrolein adduct in skeletal muscle. Redox Biology, 2018, 18, 222-228.	3.9	35
54	Influence of training status on high-intensity intermittent performance in response to Î²-alanine supplementation. Amino Acids, 2014, 46, 1207-1215.	1.2	34

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55	A Systematic Risk Assessment and Meta-Analysis on the Use of Oral Î²-Alanine Supplementation. Advances in Nutrition, 2019, 10, 452-463.	2.9	33
56	Effects of Beta-Alanine Supplementation on Brain Homocarnosine/Carnosine Signal and Cognitive Function: An Exploratory Study. PLoS ONE, 2015, 10, e0123857.	1.1	32
57	Leucine and HMB Differentially Modulate Proteasome System in Skeletal Muscle under Different Sarcopenic Conditions. PLoS ONE, 2013, 8, e76752.	1.1	31
58	Creatine supplementation prevents acute strength loss induced by concurrent exercise. European Journal of Applied Physiology, 2014, 114, 1749-1755.	1.2	30
59	Muscular Atrophy and Sarcopenia in the Elderly: Is There a Role for Creatine Supplementation?. Biomolecules, 2019, 9, 642.	1.8	30
60	Genetics and sport performance: current challenges and directions to the future. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2014, 28, 177-193.	0.1	28
61	Determining the Contribution of the Energy Systems During Exercise. Journal of Visualized Experiments, 2012, , .	0.2	27
62	Î²-Alanine supplementation enhances human skeletal muscle relaxation speed but not force production capacity. Journal of Applied Physiology, 2015, 118, 604-612.	1.2	27
63	A Comparative Study of Hummingbirds and Chickens Provides Mechanistic Insight on the Histidine Containing Dipeptide Role in Skeletal Muscle Metabolism. Scientific Reports, 2018, 8, 14788.	1.6	26
64	High-Intensity Interval Training Augments Muscle Carnosine in the Absence of Dietary Beta-alanine Intake. Medicine and Science in Sports and Exercise, 2018, 50, 2242-2252.	0.2	26
65	Brain creatine depletion in vegetarians? A cross-sectional ¹H-magnetic resonance spectroscopy (¹H-MRS) study. British Journal of Nutrition, 2014, 111, 1272-1274.	1.2	25
66	The Effects Of Rapid Weight Loss Upon High-Intensity Performance In Judo Competitors. Medicine and Science in Sports and Exercise, 2010, 42, 17.	0.2	24
67	ACVR1B rs2854464 Is Associated with Sprint/Power Athletic Status in a Large Cohort of Europeans but Not Brazilians. PLoS ONE, 2016, 11, e0156316.	1.1	24
68	Chronic lactate supplementation does not improve blood buffering capacity and repeated highâ€intensity exercise. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 1231-1239.	1.3	22
69	Effects of Î²-alanine and sodium bicarbonate supplementation on the estimated energy system contribution during high-intensity intermittent exercise. Amino Acids, 2019, 51, 83-96.	1.2	22
70	Is Individualization of Sodium Bicarbonate Ingestion Based on Time to Peak Necessary?. Medicine and Science in Sports and Exercise, 2020, 52, 1801-1808.	0.2	21
71	Potential of Creatine in Glucose Management and Diabetes. Nutrients, 2021, 13, 570.	1.7	20
72	The Muscle Carnosine Response to Beta-Alanine Supplementation: A Systematic Review With Bayesian Individual and Aggregate Data E-Max Model and Meta-Analysis. Frontiers in Physiology, 2020, 11, 913.	1.3	19

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73	Can creatine supplementation form carcinogenic heterocyclic amines in humans?. Journal of Physiology, 2015, 593, 3959-3971.	1.3	18
74	Efficacy and safety of creatine supplementation in juvenile dermatomyositis: A randomized, doubleâ€blind, placeboâ€controlled crossover trial. Muscle and Nerve, 2016, 53, 58-66.	1.0	18
75	Anthropometric, physiological, performance, and nutritional profile of the Brazil National Canoe Polo Team. Journal of Sports Sciences, 2012, 30, 305-311.	1.0	16
76	Is Bypassing the Stomach a Means to Optimize Sodium Bicarbonate Supplementation? A Case Study With a Postbariatric Surgery Individual. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 660-663.	1.0	16
77	Development of a Specific Anaerobic Field Test for Aerobic Gymnastics. PLoS ONE, 2015, 10, e0123115.	1.1	15
78	Physiological Roles of Carnosine in Myocardial Function and Health. Advances in Nutrition, 2022, 13, 1914-1929.	2.9	14
79	Influence of ACTN3 R577X polymorphism on ventilatory thresholds related to endurance performance. Journal of Sports Sciences, 2016, 34, 163-170.	1.0	13
80	Creatine Supplementation Improves Phosphagen Energy Pathway During Supramaximal Effort, but Does Not Improve Anaerobic Capacity or Performance. Frontiers in Physiology, 2019, 10, 352.	1.3	13
81	24-Week Î²-alanine ingestion does not affect muscle taurine or clinical blood parameters in healthy males. European Journal of Nutrition, 2020, 59, 57-65.	1.8	13
82	Effect of Carnosine or Î²-Alanine Supplementation on Markers of Glycemic Control and Insulin Resistance in Humans and Animals: A Systematic Review and Meta-analysis. Advances in Nutrition, 2021, 12, 2216-2231.	2.9	13
83	Histidine dipeptides are key regulators of excitation-contraction coupling in cardiac muscle: Evidence from a novel CARNS1 knockout rat model. Redox Biology, 2021, 44, 102016.	3.9	13
84	Terapia gÃªnica, doping genÃ©tico e esporte: fundamentaÃ§Ã£o e implicaÃ§Ãµes para o futuro. Revista Brasileira De Medicina Do Esporte, 2007, 13, 349-354.	0.1	12
85	Magnitude e mÃ©todos de perda rÃ¡pida de peso em judocas de elite. Revista De Nutricao, 2007, 20, 307-315.	0.4	12
86	Magnetic Resonance Spectroscopy as a Non-invasive Method to Quantify Muscle Carnosine in Humans: a Comprehensive Validity Assessment. Scientific Reports, 2020, 10, 4908.	1.6	12
87	Extracellular Buffering Supplements to Improve Exercise Capacity and Performance: A Comprehensive Systematic Review and Meta-analysis. Sports Medicine, 2022, 52, 505-526.	3.1	12
88	Effects of Four Weeks of Î²-Alanine Supplementation on Repeated Sprint Ability in Water Polo Players. PLoS ONE, 2016, 11, e0167968.	1.1	11
89	Beta-alanine supplementation improves isometric, but not isotonic or isokinetic strength endurance in recreationally strength-trained young men. Amino Acids, 2019, 51, 27-37.	1.2	11
90	The Liposuction-Induced Effects on Adiponectin and Selected Cytokines Are Not Affected by Exercise Training in Women. International Journal of Endocrinology, 2014, 2014, 1-6.	0.6	10

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91	Leucine Supplementation Has No Further Effect on Training-induced Muscle Adaptations. Medicine and Science in Sports and Exercise, 2020, 52, 1809-1814.	0.2	10
92	Sodium bicarbonate supplementation and the female athlete: A brief commentary with small scale systematic review and metaâ€analysis. European Journal of Sport Science, 2022, 22, 745-754.	1.4	10
93	The Effects of Two Different Doses of Calcium Lactate on Blood pH, Bicarbonate, and Repeated High-Intensity Exercise Performance. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 286-295.	1.0	8
94	Insulin does not stimulate Î²-alanine transport into human skeletal muscle. American Journal of Physiology - Cell Physiology, 2020, 318, C777-C786.	2.1	8
95	Does creatine supplementation improve the plasma lipid profile in healthy male subjects undergoing aerobic training?. Journal of the International Society of Sports Nutrition, 2008, 5, 16.	1.7	7
96	Effect of rapid weight loss and glutamine supplementation on immunosuppression of combat athletes: a double-blind, placebo-controlled study. Journal of Exercise Rehabilitation, 2018, 14, 83-92.	0.4	7
97	Negligible Effects of Î²-Hydroxy-Î²-Methylbutyrate Free Acid and Calcium Salt on Strength and Hypertrophic Responses to Resistance Training: A Randomized, Placebo-Controlled Study. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 505-511.	1.0	7
98	Individual Participant Data Meta-Analysis Provides No Evidence of Intervention Response Variation in Individuals Supplementing With Beta-Alanine. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 305-313.	1.0	7
99	A ingestÃ£o de bicarbonato de sÃ³dio pode contribuir para o desempenho em lutas de judÃ?. Revista Brasileira De Medicina Do Esporte, 2006, 12, 371-375.	0.1	6
100	Sodium citrate ingestion increases glycolytic activity but does not enhance 2000 m rowing performance. Journal of Human Sport and Exercise, 2010, 5, 411-417.	0.2	6
101	Kinetics of Muscle Carnosine Decay after Î²-Alanine Supplementation: A 16-wk Washout Study. Medicine and Science in Sports and Exercise, 2021, 53, 1079-1088.	0.2	6
102	Nutrition in Combat Sports. , 2019, , 109-122.		4
103	Warm-Up Intensity Does Not Affect the Ergogenic Effect of Sodium Bicarbonate in Adult Men. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 482-489.	1.0	4
104	Patterns of weight cycling in youth Olympic combat sports: a systematic review. Journal of Eating Disorders, 2022, 10, .	1.3	4
105	Embryonic stem cells improve skeletal muscle recovery after extreme atrophy in mice. Muscle and Nerve, 2015, 51, 346-352.	1.0	3
106	The effect of carnosine or Î²-alanine supplementation on markers of glycaemic control and insulin resistance in human and animal studies: a protocol for a systematic review and meta-analysis. Systematic Reviews, 2020, 9, 282.	2.5	3
107	The role of chronic muscle (in)activity on carnosine homeostasis: a study with spinal cord-injured athletes. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2021, 320, R824-R832.	0.9	3
108	Tempo de recuperaÃ§Ã£o entre a pesagem e o inÃcio das lutas em competiÃ§Ãµes de judÃ´ do Estado de SÃ£o Paulo. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2011, 25, 371-376.	0.1	3

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109	ACTN 3 e desempenho esportivo: um gene candidato ao sucesso em provas de curta e longa duraÃ§Ã£o. DOI:10.5007/1980-0037.2011v13n6p477. Revista Brasileira De Cineantropometria E Desempenho Humano, 2011, 13, .	0.5	2
110	Creatine supplementation does not augment muscle carnosine content in type 2 diabetic patients. Applied Physiology, Nutrition and Metabolism, 2011, 36, 764-767.	0.9	2
111	Authorsâ€™ Reply to Davis: â€œIt is Time to Ban Rapid Weight Loss from Combat Sportsâ€• Sports Medicine, 2017, 47, 1677-1681.	3.1	2
112	Chronic (24 weeks) Beta-alanine Supplementation Does Not Affect Muscle Taurine Or Blood Clinical Chemistry. Medicine and Science in Sports and Exercise, 2018, 50, 590.	0.2	2
113	The molecular structure of Î²-alanine is resistant to sterilising doses of gamma radiation. PLoS ONE, 2019, 14, e0210713.	1.1	2
114	Insulin stimulates Î²-alanine uptake in skeletal muscle cells in vitro. Amino Acids, 2021, 53, 1763-1766.	1.2	2
115	Nutrition in Combat Sports. , 2013, , 115-127.		1
116	Twenty-four Weeks Of Beta-alanine Supplementation Increases Muscle Carnosine Content Despite Downregulation Of Beta-alanine Transporter Expression. Medicine and Science in Sports and Exercise, 2017, 49, 85.	0.2	1
117	Infographic. A systematic review and meta-analysis of the effect of Î²-alanine supplementation on exercise capacity and performance. British Journal of Sports Medicine, 2020, 54, 925-926.	3.1	1
118	SuplementaÃ§Ã£o de creatina e metabolismo de glicose: efeitos terapÃªuticos ou adversos?. Revista Brasileira De Medicina Do Esporte, 2008, 14, 478-478.	0.1	1
119	Comment on â€œCores of Reproducibility in Physiology (CORP): quantification of human skeletal muscle carnosine concentration by proton magnetic resonance spectroscopyâ€• Journal of Applied Physiology, 2021, 131, 1613-1614.	1.2	1
120	Efficacy and Safety of Concurrent Training in Systemic Sclerosis.. Medicine and Science in Sports and Exercise, 2010, 42, 752.	0.2	0
121	Effects Of Î²-alanine Supplementation On Human Skeletal Muscle Contractile Properties And Voluntary Muscle Performance. Medicine and Science in Sports and Exercise, 2015, 47, 336-337.	0.2	0
122	Creatine supplementation in the aging brain. , 2021, , 379-388.		0
123	Testes GenÃ©ticos no Esporte: um Novo Modelo de PrediÃ§Ã£o de Talentos? / Genetic Testing in Sport: a New Talent Prediction Model. Revista Ciencias Em Saude, 2015, 5, 2-5.	0.0	0
124	CHAPTER 14. Î²-Alanine, Muscle Carnosine and Exercise. Food and Nutritional Components in Focus, 2015, , 277-294.	0.1	0
125	Effect Of 24 Weeks Î²-alanine Supplementation On High-intensity Cycling. Medicine and Science in Sports and Exercise, 2016, 48, 55-56.	0.2	0
126	Reply to Areta et al.: Time to withdraw and let the myth rest. Journal of Applied Physiology, 2017, 123, 1415-1415.	1.2	0