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	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
2	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
3	Patterns of weight cycling in youth Olympic combat sports: a systematic review. Journal of Eating Disorders, 2022, 10, .	1.3	4
4	Physiological Roles of Carnosine in Myocardial Function and Health. Advances in Nutrition, 2022, 13, 1914-1929.	2.9	14
5	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
6	Creatine supplementation in the aging brain. , 2021, , 379-388.		0
7	Potential of Creatine in Glucose Management and Diabetes. Nutrients, 2021, 13, 570.	1.7	20
8	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
9	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
10	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
11	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
12	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
13	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
14	Insulin stimulates Î²-alanine uptake in skeletal muscle cells in vitro. Amino Acids, 2021, 53, 1763-1766.	1.2	2
15	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
16	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
17	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
18	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

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19	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
20	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
21	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
22	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
23	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
24	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
25	Insulin does not stimulate Î²-alanine transport into human skeletal muscle. American Journal of Physiology - Cell Physiology, 2020, 318, C777-C786.	2.1	8
26	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
27	Muscular Atrophy and Sarcopenia in the Elderly: Is There a Role for Creatine Supplementation?. Biomolecules, 2019, 9, 642.	1.8	30
28	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
29	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
30	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
31	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
32	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
33	The molecular structure of Î²-alanine is resistant to sterilising doses of gamma radiation. PLoS ONE, 2019, 14, e0210713.	1.1	2
34	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
35	Nutrition in Combat Sports. , 2019, , 109-122.		4
36	Carnosine in health and disease. European Journal of Sport Science, 2019, 19, 30-39.	1.4	61

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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	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
39	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
40	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
41	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
42	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
43	Exercise and Î²-alanine supplementation on carnosine-acrolein adduct in skeletal muscle. Redox Biology, 2018, 18, 222-228.	3.9	35
44	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
45	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
46	Effect of age, diet, and tissue type on PCr response to creatine supplementation. Journal of Applied Physiology, 2017, 123, 407-414.	1.2	36
47	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
48	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
49	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
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	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
52	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
53	Reply to Areta et al.: Time to withdraw and let the myth rest. Journal of Applied Physiology, 2017, 123, 1415-1415.	1.2	0
54	Weight loss practices in Taekwondo athletes of different competitive levels. Journal of Exercise Rehabilitation, 2016, 12, 202-208.	0.4	48

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55	Effects of Four Weeks of Î²-Alanine Supplementation on Repeated Sprint Ability in Water Polo Players. PLoS ONE, 2016, 11, e0167968.	1.1	11
56	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
57	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
58	It is Time to Ban Rapid Weight Loss from Combat Sports. Sports Medicine, 2016, 46, 1579-1584.	3.1	86
59	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
60	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
61	Influence of ACTN3 R577X polymorphism on ventilatory thresholds related to endurance performance. Journal of Sports Sciences, 2016, 34, 163-170.	1.0	13
62	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
63	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
64	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
65	(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
66	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. Sports Medicine, 2015, 45, 71-81.	3.1	89
67	Embryonic stem cells improve skeletal muscle recovery after extreme atrophy in mice. Muscle and Nerve, 2015, 51, 346-352.	1.0	3
68	Can creatine supplementation form carcinogenic heterocyclic amines in humans?. Journal of Physiology, 2015, 593, 3959-3971.	1.3	18
69	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
70	Development of a Specific Anaerobic Field Test for Aerobic Gymnastics. PLoS ONE, 2015, 10, e0123115.	1.1	15
71	Effects of Beta-Alanine Supplementation on Brain Homocarnosine/Carnosine Signal and Cognitive Function: An Exploratory Study. PLoS ONE, 2015, 10, e0123857.	1.1	32
72	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

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73	CHAPTER 14. Î²-Alanine, Muscle Carnosine and Exercise. Food and Nutritional Components in Focus, 2015, , 277-294.	0.1	0
74	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
75	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
76	The Physiology of Judo-Specific Training Modalities. Journal of Strength and Conditioning Research, 2014, 28, 1474-1481.	1.0	88
77	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
78	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
79	Influence of training status on high-intensity intermittent performance in response to Î²-alanine supplementation. Amino Acids, 2014, 46, 1207-1215.	1.2	34
80	Creatine supplementation prevents acute strength loss induced by concurrent exercise. European Journal of Applied Physiology, 2014, 114, 1749-1755.	1.2	30
81	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
82	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
83	Nutrition in Combat Sports. , 2013, , 115-127.		1
84	Carnosine: from exercise performance to health. Amino Acids, 2013, 44, 1477-1491.	1.2	90
85	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. Amino Acids, 2013, 45, 309-317.	1.2	88
86	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
87	Judo combat: time-motion analysis and physiology. International Journal of Performance Analysis in Sport, 2013, 13, 624-641.	0.5	131
88	Leucine and HMB Differentially Modulate Proteasome System in Skeletal Muscle under Different Sarcopenic Conditions. PLoS ONE, 2013, 8, e76752.	1.1	31
89	Determining the Contribution of the Energy Systems During Exercise. Journal of Visualized Experiments, 2012, , .	0.2	27
90	Anthropometric, physiological, performance, and nutritional profile of the Brazil National Canoe Polo Team. Journal of Sports Sciences, 2012, 30, 305-311.	1.0	16

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91	Weight loss in combat sports: physiological, psychological and performance effects. Journal of the International Society of Sports Nutrition, 2012, 9, 52.	1.7	221
92	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
93	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. Amino Acids, 2012, 42, 2299-2305.	1.2	45
94	Reduced muscle carnosine content in type 2, but not in type 1 diabetic patients. Amino Acids, 2012, 43, 21-24.	1.2	40
95	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
96	Physiological Profiles of Elite Judo Athletes. Sports Medicine, 2011, 41, 147-166.	3.1	356
97	Cardiac autonomic impairment and chronotropic incompetence in fibromyalgia. Arthritis Research and Therapy, 2011, 13, R190.	1.6	44
98	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
99	Efficacy and Safety of Concurrent Training in Systemic Sclerosis. Journal of Strength and Conditioning Research, 2011, 25, 1423-1428.	1.0	40
100	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
101	An overview of the therapeutic effects of leucine supplementation on skeletal muscle under atrophic conditions. Amino Acids, 2011, 40, 287-300.	1.2	66
102	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
103	Creatine in Type 2 Diabetes. Medicine and Science in Sports and Exercise, 2011, 43, 770-778.	0.2	79
104	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
105	Resistance Training with Vascular Occlusion in Inclusion Body Myositis. Medicine and Science in Sports and Exercise, 2010, 42, 250-254.	0.2	88
106	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
107	Efficacy and Safety of Concurrent Training in Systemic Sclerosis.. Medicine and Science in Sports and Exercise, 2010, 42, 752.	0.2	0
108	Exploring the therapeutic role of creatine supplementation. Amino Acids, 2010, 38, 31-44.	1.2	117

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109	Leucine attenuates skeletal muscle wasting via inhibition of ubiquitin ligases. Muscle and Nerve, 2010, 41, 800-808.	1.0	109
110	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
111	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
112	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
113	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
114	Rapid weight loss followed by recovery time does not affect judo-related performance. Journal of Sports Sciences, 2010, 28, 21-32.	1.0	110
115	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
116	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. Autoimmunity Reviews, 2009, 8, 355-359.	2.5	48
117	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
118	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
119	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
120	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
121	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
122	Does Sodium-Bicarbonate Ingestion Improve Simulated Judo Performance?. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, 206-217.	1.0	84
123	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
124	Magnitude e mÃ©todos de perda rÃ¡pida de peso em judocas de elite. Revista De Nutricao, 2007, 20, 307-315.	0.4	12
125	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
126	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