

# Jorge Guti  rrez-Hell  n

## List of Publications by Year in descending order

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28  
papers

453  
citations

687363

13  
h-index

752698

20  
g-index

28  
all docs

28  
docs citations

28  
times ranked

366  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Influence of the Menstrual Cycle on Muscle Strength and Power Performance. <i>Journal of Human Kinetics</i> , 2019, 68, 123-133.	1.5	44
2	Acute p-synephrine ingestion increases fat oxidation rate during exercise. <i>British Journal of Clinical Pharmacology</i> , 2016, 82, 362-368.	2.4	37
3	Acute caffeine intake increases muscle oxygen saturation during a maximal incremental exercise test. <i>British Journal of Clinical Pharmacology</i> , 2020, 86, 861-867.	2.4	30
4	Effects of p-Synephrine and Caffeine Ingestion on Substrate Oxidation during Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 1899-1906.	0.4	29
5	Energy Drinks and Sports Performance, Cardiovascular Risk, and Genetic Associations; Future Prospects. <i>Nutrients</i> , 2021, 13, 715.	4.1	29
6	The Effect of Caffeine on the Velocity of Half-Squat Exercise during the Menstrual Cycle: A Randomized Controlled Trial. <i>Nutrients</i> , 2019, 11, 2662.	4.1	27
7	Acute caffeine intake increases performance in the 15-min Wingate test during the menstrual cycle. <i>British Journal of Clinical Pharmacology</i> , 2020, 86, 745-752.	2.4	27
8	Genetics and sports performance: the present and future in the identification of talent for sports based on DNA testing. <i>European Journal of Applied Physiology</i> , 2022, 122, 1811-1830.	2.5	26
9	ACTN3 R577X Genotype and Exercise Phenotypes in Recreational Marathon Runners. <i>Genes</i> , 2019, 10, 413.	2.4	25
10	Effects of p-Synephrine during Exercise: A Brief Narrative Review. <i>Nutrients</i> , 2021, 13, 233.	4.1	22
11	Caffeine increases whole-body fat oxidation during 1-h of cycling at Fatmax. <i>European Journal of Nutrition</i> , 2021, 60, 2077-2085.	3.9	19
12	Effect of ACTN3 Genotype on Sports Performance, Exercise-Induced Muscle Damage, and Injury Epidemiology. <i>Sports</i> , 2020, 8, 99.	1.7	17
13	Acute consumption of p-synephrine does not enhance performance in sprint athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 63-69.	1.9	15
14	Dose-Response Effects of p-Synephrine on Fat Oxidation Rate During Exercise of Increasing Intensity. <i>Phytotherapy Research</i> , 2018, 32, 370-374.	5.8	13
15	Acute p-synephrine ingestion increases whole-body fat oxidation during 1-h of cycling at Fatmax. <i>European Journal of Nutrition</i> , 2020, 59, 3341-3345.	3.9	13
16	Delayed potentiation effects on neuromuscular performance after optimal load and high load resistance priming sessions using velocity loss. <i>European Journal of Sport Science</i> , 2021, 21, 1617-1627.	2.7	10
17	Effect of ACTN3 R577X Genotype on Injury Epidemiology in Elite Endurance Runners. <i>Genes</i> , 2021, 12, 76.	2.4	10
18	Inter-Day Reliability of Resting Metabolic Rate and Maximal Fat Oxidation during Exercise in Healthy Men Using the Ergostik Gas Analyzer. <i>Nutrients</i> , 2021, 13, 4308.	4.1	10

#	ARTICLE	IF	CITATIONS
19	Time Course and Magnitude of Tolerance to the Ergogenic Effect of Caffeine on the Second Ventilatory Threshold. <i>Life</i> , 2020, 10, 343.	2.4	9
20	Synephrine, the main protoalkaloid of <i>Citrus aurantium</i> , raises fat oxidation during exercise in elite cyclists. <i>European Journal of Sport Science</i> , 2021, 21, 1273-1282.	2.7	8
21	Caffeine Doses of 3 mg/kg Increase Unilateral and Bilateral Vertical Jump Outcomes in Elite Traditional Jiu-Jitsu Athletes. <i>Nutrients</i> , 2021, 13, 1705.	4.1	8
22	Effects of 3 mg/kg Body Mass of Caffeine on the Performance of Jiu-Jitsu Elite Athletes. <i>Nutrients</i> , 2022, 14, 675.	4.1	7
23	Effect of ambient temperature on fat oxidation during an incremental cycling exercise test. <i>European Journal of Sport Science</i> , 2021, 21, 1140-1147.	2.7	5
24	Placebo Effect of Caffeine on Substrate Oxidation during Exercise. <i>Nutrients</i> , 2021, 13, 782.	4.1	4
25	No diurnal variation is present in maximal fat oxidation during exercise in young healthy women: A crossover study. <i>European Journal of Sport Science</i> , 2023, 23, 936-942.	2.7	4
26	Effect of caffeine on muscle oxygen saturation during short-term all-out exercise: a double-blind randomized crossover study. <i>European Journal of Nutrition</i> , 2022, 61, 3109-3117.	3.9	3
27	Caffeine increases exercise intensity and energy expenditure but does not modify substrate oxidation during 1h of self-paced cycling. <i>European Journal of Nutrition</i> , 2022, , 1.	3.9	2
28	THICKNESS AND CROSS-SECTIONAL AREA OF THE ACHILLES TENDON IN MARATHON RUNNERS: A CROSS-SECTIONAL STUDY. <i>Revista Brasileira De Medicina Do Esporte</i> , 2020, 26, 391-395.	0.2	0