

Silvia PÃ©rez-PiÃ±ero

List of Publications by Year in descending order

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Version: 2024-02-01

11
papers

100
citations

1478505

6
h-index

1474206

9
g-index

12
all docs

12
docs citations

12
times ranked

128
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Antioxidant Effect of a Probiotic Product on a Model of Oxidative Stress Induced by High-Intensity and Duration Physical Exercise. <i>Antioxidants</i> , 2021, 10, 323. | 5.1 | 21 |
| 2 | Effect of a Combination of Citrus Flavones and Flavanones and Olive Polyphenols for the Reduction of Cardiovascular Disease Risk: An Exploratory Randomized, Double-Blind, Placebo-Controlled Study in Healthy Subjects. <i>Nutrients</i> , 2020, 12, 1475. | 4.1 | 20 |
| 3 | Acute Effects of Surgical and FFP2 Face Masks on Physiological Responses and Strength Performance in Persons with Sarcopenia. <i>Biology</i> , 2021, 10, 213. | 2.8 | 15 |
| 4 | A Randomized, Double-Blind, Placebo-Controlled Trial to Determine the Effectiveness of a Polyphenolic Extract (<i>Hibiscus sabdariffa</i> and <i>Lippia citriodora</i>) for Reducing Blood Pressure in Prehypertensive and Type 1 Hypertensive Subjects. <i>Molecules</i> , 2021, 26, 1783. | 3.8 | 10 |
| 5 | Effectiveness of Consumption of a Combination of Citrus Fruit Flavonoids and Olive Leaf Polyphenols to Reduce Oxidation of Low-Density Lipoprotein in Treatment-Naïve Cardiovascular Risk Subjects: A Randomized Double-Blind Controlled Study. <i>Antioxidants</i> , 2021, 10, 589. | 5.1 | 9 |
| 6 | Effectiveness of a polyphenolic extract (<i>Lippia citriodora</i> and <i>Hibiscus sabdariffa</i>) on appetite regulation in overweight and obese grade I population: an 8-week randomized, double-blind, cross-over, placebo-controlled trial. <i>European Journal of Nutrition</i> , 2022, 61, 825-841. | 3.9 | 8 |
| 7 | A 12-Week Randomized Double-Blind Placebo-Controlled Clinical Trial, Evaluating the Effect of Supplementation with a Spinach Extract on Skeletal Muscle Fitness in Adults Older Than 50 Years of Age. <i>Nutrients</i> , 2021, 13, 4373. | 4.1 | 6 |
| 8 | Increased Bioavailability of β -Alanine by a Novel Controlled-Release Powder Blend Compared to a Slow-Release Tablet. <i>Pharmaceutics</i> , 2021, 13, 1517. | 4.5 | 3 |
| 9 | Effects of the Consumption of Low-Fat Cooked Ham with Reduced Salt Enriched with Antioxidants on the Improvement of Cardiovascular Health: A Randomized Clinical Trial. <i>Nutrients</i> , 2021, 13, 1480. | 4.1 | 2 |
| 10 | Randomised Clinical Trial to Analyse the Efficacy of Eggshell Membrane to Improve Joint Functionality in Knee Osteoarthritis. <i>Nutrients</i> , 2022, 14, 2340. | 4.1 | 2 |
| 11 | One-Week High-Dose β -Alanine Loading Improves World Tour Cyclists'™ Time-Trial Performance. <i>Nutrients</i> , 2021, 13, 2543. | 4.1 | 1 |