

Silvia PÃ©rez-PiÃ±ero

List of Publications by Year in descending order

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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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	One-Week High-Dose β -Alanine Loading Improves World Tour Cyclists'™ Time-Trial Performance. <i>Nutrients</i> , 2021, 13, 2543.	4.1	1
9	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
10	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
11	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