Vitor De Salles Painelli

List of Publications by Year
in descending order

63	1,385	331259 21	360668 35
papers	citations	h-index	g-index

65	65	65	1464
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	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
2	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
3	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. Sports Medicine, 2015, 45, 71-81.	3.1	89
4	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. Amino Acids, 2013, 45, 309-317.	1.2	88
5	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
6	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. European Journal of Applied Physiology, 2011, 111, 2381-2386.	1.2	54
7	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
8	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
9	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. Autoimmunity Reviews, 2009, 8, 355-359.	2.5	48
10	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
11	Efficacy and Safety of Concurrent Training in Systemic Sclerosis. Journal of Strength and Conditioning Research, 2011, 25, 1423-1428.	1.0	40
12	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
13	(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
14	Does long-term creatine supplementation impair kidney function in resistance-trained individuals consuming a high-protein diet?. Journal of the International Society of Sports Nutrition, 2013, 10, 26.	1.7	34
15	Influence of training status on high-intensity intermittent performance in response to Î²-alanine supplementation. Amino Acids, 2014, 46, 1207-1215.	1.2	34
16	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
17	Effects of Beta-Alanine Supplementation on Brain Homocarnosine/Carnosine Signal and Cognitive Function: An Exploratory Study. PLoS ONE, 2015, 10, e0123857.	1.1	32
18	Creatine supplementation prevents acute strength loss induced by concurrent exercise. European Journal of Applied Physiology, 2014, 114, 1749-1755.	1.2	30

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19	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
20	Effects of creatine supplementation on muscle wasting and glucose homeostasis in rats treated with dexamethasone. Amino Acids, 2012, 42, 1695-1701.	1.2	25
21	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
22	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
23	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
24	Varying the Order of Combinations of Single- and Multi-Joint Exercises Differentially Affects Resistance Training Adaptations. Journal of Strength and Conditioning Research, 2020, 34, 1254-1263.	1.0	20
25	Dietary Strategies of Modern Bodybuilders During Different Phases of the Competitive Cycle. Journal of Strength and Conditioning Research, 2021, 35, 2546-2551.	1.0	17
26	Effects of a combined aerobic and strength training program in youth patients with acute lymphoblastic leukemia. Journal of Sports Science and Medicine, 2012, 11, 387-92.	0.7	17
27	Carbohydrate mouth rinse: does it improve endurance exercise performance?. Nutrition Journal, 2010, 9, 33.	1.5	16
28	Differential muscle hypertrophy and edema responses between highâ€load and lowâ€load exercise with blood flow restriction. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 1713-1726.	1.3	15
29	Habitual Caffeine Consumption Does Not Interfere With the Acute Caffeine Supplementation Effects on Strength Endurance and Jumping Performance in Trained Individuals. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 321-328.	1.0	14
30	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
31	Carbohydrate Mouth Rinse Mitigates Mental Fatigue Effects on Maximal Incremental Test Performance, but Not in Cortical Alterations. Brain Sciences, 2020, 10, 493.	1.1	13
32	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
33	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
34	Comment on: â€œCaffeine and Exercise: What Next?â€• Sports Medicine, 2020, 50, 1211-1218.	3.1	11
35	Perceptual and Neuromuscular Responses Adapt Similarly Between High-Load Resistance Training and Low-Load Resistance Training With Blood Flow Restriction. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	11
36	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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37	Volume Load Rather Than Resting Interval Influences Muscle Hypertrophy During High-Intensity Resistance Training. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	9
38	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
39	Thirty years of investigation on the ergogenic effects of sodium citrate: is it time for a fresh start?. British Journal of Sports Medicine, 2018, 52, 942-943.	3.1	8
40	Blood Flow Restriction Does Not Promote Additional Effects on Muscle Adaptations When Combined With High-Load Resistance Training Regardless of Blood Flow Restriction Protocol. Journal of Strength and Conditioning Research, 2021, 35, 1194-1200.	1.0	6
41	A Narrative Review of Current Concerns and Future Perspectives of the Carbohydrate Mouth Rinse Effects on Exercise Performance. SAGE Open Medicine, 2022, 10, 205031212210981.	0.7	4
42	Does the Expectancy on the Static Stretching Effect Interfere With Strength-Endurance Performance?. Journal of Strength and Conditioning Research, 2021, 35, 2439-2443.	1.0	3
43	Blood Flow Restriction Does Not Attenuate Short-Term Detraining-Induced Muscle Size and Strength Losses After Resistance Training With Blood Flow Restriction. Journal of Strength and Conditioning Research, 2021, 35, 2082-2088.	1.0	3
44	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
45	EficÃ¡cia ergogÃªnica da suplementaÃ§Ã£o de cafeÃna sobre o desempenho de forÃ§a? Uma anÃ¡lise crÃtica.. Revista Da EducaÃ§Ã£o FÃsica, 2014, 25, 501.	0.0	2
46	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
47	Acute effects of resistance and functional-task exercises on executive function of obese older adults: Two counterbalanced, crossover, randomized exploratory studies.. Sport, Exercise, and Performance Psychology, 2021, 10, 102-113.	0.6	2
48	Exercise Training Attenuates Total And Visceral Fat Compensatory Growth In Women Submitted To Abdominal Liposuction. Medicine and Science in Sports and Exercise, 2011, 43, 468.	0.2	1
49	A suplementaÃ§Ã£o de leucina pode atenuar a atrofia muscular? Uma revisÃ£o da literatura. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 496.	0.5	1
50	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
51	A TEMPERATURA DOS REPOSITORES HÃDRICOS PODE INFLUENCIAR A CAPACIDADE AERÃ“BIA?. Revista Brasileira De CiÃªncia E Movimento, 2017, 25, 205.	0.0	1
52	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
53	Efficacy and Safety of Concurrent Training in Systemic Sclerosis.. Medicine and Science in Sports and Exercise, 2010, 42, 752.	0.2	0
54	Creatine Counteracts the Acute Interference Effect of Aerobic Exercise on Strength Performance.. Medicine and Science in Sports and Exercise, 2014, 46, 480-481.	0.2	0

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55	Activin Receptor 1b (acvr1b) Rs2854464 Distribution Among Brazilian Elite Athletes. Medicine and Science in Sports and Exercise, 2015, 47, 425.	0.2	0
56	Acute Lymphoblastic Leukemia: Efficacy And Safety Of High-intensity Resistance Training In Children And Adolescents. Medicine and Science in Sports and Exercise, 2009, 41, 489-490.	0.2	0
57	Sodium Bicarbonate And High-intensity Cycling. Medicine and Science in Sports and Exercise, 2015, 47, 183-184.	0.2	0
58	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
59	Reply to Areta et al.: Time to withdraw and let the myth rest. Journal of Applied Physiology, 2017, 123, 1415-1415.	1.2	0
60	Does the duration of static stretching acutely interferes on the strength endurance performance?. Acta Gymnica, 2019, 49, 174-180.	1.1	0
61	A suplementaÃ§Ã£o com vitamina C e E pode atrapalhar as adaptaÃ§Ãµes ao treinamento fÃsico?. Revista Brasileira De CiÃªncia E Movimento, 2019, 27, 241.	0.0	0
62	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2020, 34, 471-481.	0.1	0
63	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2020, 34, 471-481.	0.1	0