

Vitor De Salles Painelli

List of Publications by Year in descending order

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63
papers

1,385
citations

331259

21
h-index

360668

35
g-index

65
all docs

65
docs citations

65
times ranked

1464
citing authors

#	ARTICLE	IF	CITATIONS
1	A Narrative Review of Current Concerns and Future Perspectives of the Carbohydrate Mouth Rinse Effects on Exercise Performance. <i>SAGE Open Medicine</i> , 2022, 10, 205031212210981.	0.7	4
2	Does the Expectancy on the Static Stretching Effect Interfere With Strength-Endurance Performance?. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2439-2443.	1.0	3
3	Dietary Strategies of Modern Bodybuilders During Different Phases of the Competitive Cycle. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2546-2551.	1.0	17
4	Blood Flow Restriction Does Not Attenuate Short-Term Detraining-Induced Muscle Size and Strength Losses After Resistance Training With Blood Flow Restriction. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2082-2088.	1.0	3
5	Acute effects of resistance and functional-task exercises on executive function of obese older adults: Two counterbalanced, crossover, randomized exploratory studies.. <i>Sport, Exercise, and Performance Psychology</i> , 2021, 10, 102-113.	0.6	2
6	Blood Flow Restriction Does Not Promote Additional Effects on Muscle Adaptations When Combined With High-Load Resistance Training Regardless of Blood Flow Restriction Protocol. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1194-1200.	1.0	6
7	Habitual Caffeine Consumption Does Not Interfere With the Acute Caffeine Supplementation Effects on Strength Endurance and Jumping Performance in Trained Individuals. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 321-328.	1.0	14
8	Comment on "Cores of Reproducibility in Physiology (CORP): quantification of human skeletal muscle carnosine concentration by proton magnetic resonance spectroscopy". <i>Journal of Applied Physiology</i> , 2021, 131, 1613-1614.	1.2	1
9	24-Week β -alanine ingestion does not affect muscle taurine or clinical blood parameters in healthy males. <i>European Journal of Nutrition</i> , 2020, 59, 57-65.	1.8	13
10	Carbohydrate Mouth Rinse Mitigates Mental Fatigue Effects on Maximal Incremental Test Performance, but Not in Cortical Alterations. <i>Brain Sciences</i> , 2020, 10, 493.	1.1	13
11	Magnetic Resonance Spectroscopy as a Non-invasive Method to Quantify Muscle Carnosine in Humans: a Comprehensive Validity Assessment. <i>Scientific Reports</i> , 2020, 10, 4908.	1.6	12
12	Volume Load Rather Than Resting Interval Influences Muscle Hypertrophy During High-Intensity Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	9
13	Comment on: "Caffeine and Exercise: What Next?". <i>Sports Medicine</i> , 2020, 50, 1211-1218.	3.1	11
14	Varying the Order of Combinations of Single- and Multi-Joint Exercises Differentially Affects Resistance Training Adaptations. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1254-1263.	1.0	20
15	Perceptual and Neuromuscular Responses Adapt Similarly Between High-Load Resistance Training and Low-Load Resistance Training With Blood Flow Restriction. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	1.0	11
16	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. <i>Revista Brasileira De EducaçãO FÍSica E Esporte: RBEFE</i> , 2020, 34, 471-481.	0.1	0
17	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. <i>Revista Brasileira De EducaçãO FÍSica E Esporte: RBEFE</i> , 2020, 34, 471-481.	0.1	0
18	Beta-alanine supplementation improves isometric, but not isotonic or isokinetic strength endurance in recreationally strength-trained young men. <i>Amino Acids</i> , 2019, 51, 27-37.	1.2	11

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19	Differential muscle hypertrophy and edema responses between high-load and low-load exercise with blood flow restriction. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 1713-1726.	1.3	15
20	A Systematic Risk Assessment and Meta-Analysis on the Use of Oral β -Alanine Supplementation. <i>Advances in Nutrition</i> , 2019, 10, 452-463.	2.9	33
21	Effects of β -alanine and sodium bicarbonate supplementation on the estimated energy system contribution during high-intensity intermittent exercise. <i>Amino Acids</i> , 2019, 51, 83-96.	1.2	22
22	Does the duration of static stretching acutely interferes on the strength endurance performance?. <i>Acta Gymnica</i> , 2019, 49, 174-180.	1.1	0
23	A suplementa�o com vitamina C e E pode atrapalhar as adapta�es ao treinamento f�sico?. <i>Revista Brasileira De Ci�ncia E Movimento</i> , 2019, 27, 241.	0.0	0
24	Thirty years of investigation on the ergogenic effects of sodium citrate: is it time for a fresh start?. <i>British Journal of Sports Medicine</i> , 2018, 52, 942-943.	3.1	8
25	High-Intensity Interval Training Augments Muscle Carnosine in the Absence of Dietary Beta-alanine Intake. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 2242-2252.	0.2	26
26	Chronic (24 weeks) Beta-alanine Supplementation Does Not Affect Muscle Taurine Or Blood Clinical Chemistry. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 590.	0.2	2
27	Twenty-four Weeks of β -Alanine Supplementation on Carnosine Content, Related Genes, and Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 896-906.	0.2	66
28	Dispelling the myth that habitual caffeine consumption influences the performance response to acute caffeine supplementation. <i>Journal of Applied Physiology</i> , 2017, 123, 213-220.	1.2	128
29	Twenty-four Weeks Of Beta-alanine Supplementation Increases Muscle Carnosine Content Despite Downregulation Of Beta-alanine Transporter Expression. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 85.	0.2	1
30	Beta-alanine supplementation enhances judo-related performance in highly-trained athletes. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 403-408.	0.6	37
31	Chronic lactate supplementation does not improve blood buffering capacity and repeated high-intensity exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1231-1239.	1.3	22
32	Placebo in sports nutrition: a proof-of-principle study involving caffeine supplementation. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1240-1247.	1.3	137
33	A TEMPERATURA DOS REPOSITORES H�DRICOS PODE INFLUENCIAR A CAPACIDADE AER�BIA?. <i>Revista Brasileira De Ci�ncia E Movimento</i> , 2017, 25, 205.	0.0	1
34	Reply to Areta et al.: Time to withdraw and let the myth rest. <i>Journal of Applied Physiology</i> , 2017, 123, 1415-1415.	1.2	0
35	Effect Of 24 Weeks β -alanine Supplementation On High-intensity Cycling. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 55-56.	0.2	0
36	Activin Receptor 1b (acvr1b) Rs2854464 Distribution Among Brazilian Elite Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 425.	0.2	0

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37	A suplementação de leucina pode atenuar a atrofia muscular? Uma revisão da literatura. Revista Brasileira De Cineantropometria E Desempenho Humano, 2015, 17, 496.	0.5	1
38	(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
39	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. Sports Medicine, 2015, 45, 71-81.	3.1	89
40	Effects of Beta-Alanine Supplementation on Brain Homocarnosine/Carnosine Signal and Cognitive Function: An Exploratory Study. PLoS ONE, 2015, 10, e0123857.	1.1	32
41	Sodium Bicarbonate And High-intensity Cycling. Medicine and Science in Sports and Exercise, 2015, 47, 183-184.	0.2	0
42	Eficácia ergogênica da suplementação de cafeína sobre o desempenho de força? Uma análise crítica.. Revista Da Educação Física, 2014, 25, 501.	0.0	2
43	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
44	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
45	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
46	Brain creatine depletion in vegetarians? A cross-sectional ¹ H-magnetic resonance spectroscopy (¹ H-MRS) study. British Journal of Nutrition, 2014, 111, 1272-1274.	1.2	25
47	Influence of training status on high-intensity intermittent performance in response to β-alanine supplementation. Amino Acids, 2014, 46, 1207-1215.	1.2	34
48	Creatine supplementation prevents acute strength loss induced by concurrent exercise. European Journal of Applied Physiology, 2014, 114, 1749-1755.	1.2	30
49	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
50	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. Amino Acids, 2013, 45, 309-317.	1.2	88
51	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
52	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
53	Effects of creatine supplementation on muscle wasting and glucose homeostasis in rats treated with dexamethasone. Amino Acids, 2012, 42, 1695-1701.	1.2	25
54	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

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55	Efficacy and Safety of Concurrent Training in Systemic Sclerosis. Journal of Strength and Conditioning Research, 2011, 25, 1423-1428.	1.0	40
56	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
57	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. European Journal of Applied Physiology, 2011, 111, 2381-2386.	1.2	54
58	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
59	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
60	Efficacy and Safety of Concurrent Training in Systemic Sclerosis.. Medicine and Science in Sports and Exercise, 2010, 42, 752.	0.2	0
61	Carbohydrate mouth rinse: does it improve endurance exercise performance?. Nutrition Journal, 2010, 9, 33.	1.5	16
62	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. Autoimmunity Reviews, 2009, 8, 355-359.	2.5	48
63	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