

Bryan Saunders

List of Publications by Year in descending order

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Version: 2024-02-01

102
papers

2,472
citations

257450

24
h-index

214800

47
g-index

110
all docs

110
docs citations

110
times ranked

1908
citing authors

#	ARTICLE	IF	CITATIONS
1	A cloth facemask increased ratings of perceived exertion and reduced affect, without affecting sprint or muscular performance. Research in Sports Medicine, 2023, 31, 544-549.	1.3	2
2	Effects of caffeine chewing gum supplementation on exercise performance: A systematic review and meta-analysis. European Journal of Sport Science, 2023, 23, 714-725.	2.7	7
3	Sodium bicarbonate supplementation and the female athlete: A brief commentary with small scale systematic review and meta-analysis. European Journal of Sport Science, 2022, 22, 745-754.	2.7	10
4	Beta-Alanine did not improve high-intensity performance throughout simulated road cycling. European Journal of Sport Science, 2022, 22, 1240-1249.	2.7	0
5	Single and Serial Carbohydrate Mouth Rinsing Do Not Improve Yo-Yo Intermittent Recovery Test Performance in Soccer Players. International Journal of Sport Nutrition and Exercise Metabolism, 2022, 32, 22-29.	2.1	3
6	Extracellular Buffering Supplements to Improve Exercise Capacity and Performance: A Comprehensive Systematic Review and Meta-analysis. Sports Medicine, 2022, 52, 505-526.	6.5	12
7	The Skeletal Muscle Response to Energy Deficiency: A Life History Perspective. Adaptive Human Behavior and Physiology, 2022, 8, 114-129.	1.1	6
8	Acute effects of beetroot juice and caffeine co-ingestion during a team-sport-specific intermittent exercise test in semi-professional soccer players: a randomized, double-blind, placebo-controlled study. BMC Sports Science, Medicine and Rehabilitation, 2022, 14, 52.	1.7	7
9	Can I Have My Coffee and Drink It? A Systematic Review and Meta-analysis to Determine Whether Habitual Caffeine Consumption Affects the Ergogenic Effect of Caffeine. Sports Medicine, 2022, 52, 2209-2220.	6.5	16
10	Factors that Moderate the Effect of Nitrate Ingestion on Exercise Performance in Adults: A Systematic Review with Meta-Analyses and Meta-Regressions. Advances in Nutrition, 2022, 13, 1866-1881.	6.4	19
11	Evening Caffeine Did Not Improve 100-m Swimming Time Trials Performed 60 Min Post-Ingestion or the Next Morning After Sleep. International Journal of Sport Nutrition and Exercise Metabolism, 2022, , 1-9.	2.1	1
12	Absence of dietary control precludes solid conclusions for sport nutrition trials. Journal of Science and Medicine in Sport, 2021, 24, 518-519.	1.3	1
13	Warm-Up Intensity Does Not Affect the Ergogenic Effect of Sodium Bicarbonate in Adult Men. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 482-489.	2.1	4
14	Nonplacebo Controls to Determine the Magnitude of Ergogenic Interventions: A Systematic Review and Meta-analysis. Medicine and Science in Sports and Exercise, 2021, 53, 1766-1777.	0.4	12
15	Capsule Size Alters the Timing of Metabolic Alkalosis Following Sodium Bicarbonate Supplementation. Frontiers in Nutrition, 2021, 8, 634465.	3.7	3
16	Editorial: Nutritional Buffering Strategies to Improve Exercise Capacity and Performance. Frontiers in Nutrition, 2021, 8, 669102.	3.7	1
17	A Systematic Review of CrossFit® Workouts and Dietary and Supplementation Interventions to Guide Nutritional Strategies and Future Research in CrossFit®. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 187-205.	2.1	16
18	Extracellular buffer choice influences acid-base responses and gastrointestinal symptoms. Research in Sports Medicine, 2021, 29, 505-516.	1.3	4

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19	Acute caffeine mouth rinsing does not improve 10-km running performance in CYP1A2 C-allele carriers. Clinical Nutrition ESPEN, 2021, 42, 93-97.	1.2	6
20	Translation, Cultural Adaptation, and Reproducibility of the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+): The Brazilian Portuguese Version. Frontiers in Cardiovascular Medicine, 2021, 8, 712696.	2.4	10
21	Individual Participant Data Meta-Analysis Provides No Evidence of Intervention Response Variation in Individuals Supplementing With Beta-Alanine. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 305-313.	2.1	7
22	Non-placebo Controls To Determine The Magnitude Of Ergogenic Interventions: A Systematic Review And Meta-analysis. Medicine and Science in Sports and Exercise, 2021, 53, 280-281.	0.4	0
23	Individual Data Meta-analysis Provides No Evidence Of Individual Response Variation For Individuals Supplementing With Beta-alanine. Medicine and Science in Sports and Exercise, 2021, 53, 282-282.	0.4	0
24	Timing of Creatine Supplementation around Exercise: A Real Concern?. Nutrients, 2021, 13, 2844.	4.1	4
25	Reduced Endurance Capacity and Suboptimal Energy Availability in Top-Level Female Cyclists. International Journal of Sports Physiology and Performance, 2021, 16, 1194-1203.	2.3	4
26	Beta-Alanine Did Not Improve High-Intensity Performance Throughout Simulated Road Cycling. Medicine and Science in Sports and Exercise, 2021, 53, 281-281.	0.4	0
27	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. Journal of the International Society of Sports Nutrition, 2021, 18, 61.	3.9	38
28	Caffeine Mouth Rinse Does Not Improve Time to Exhaustion in Male Trained Cyclists. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 412-419.	2.1	3
29	Skeletal muscle histidine-containing dipeptide contents are increased in freshwater turtles (<i>C. picta</i>) Tj ETQq1 1 0.784314 rgBT /Overl Integrative Physiology, 2021, 262, 111071.	1.8	0
30	Novel insights on caffeine supplementation, CYP1A2 genotype, physiological responses and exercise performance. European Journal of Applied Physiology, 2021, 121, 749-769.	2.5	24
31	Comment on "CYP1A2 Genotype Modifies the Effects of Caffeine Compared With Placebo on Muscle Strength in Competitive Male Athletes", International Journal of Sport Nutrition and Exercise Metabolism, 2021, 32, 62-63.	2.1	0
32	Extracellular pH, osmolarity, temperature and humidity could discourage SARS-CoV-2 cell docking and propagation via intercellular signaling pathways. PeerJ, 2021, 9, e12227.	2.0	3
33	Location location location: muscle glycogen content and endurance exercise. Journal of Physiology, 2021, 599, 19-21.	2.9	0
34	Combined but Not Isolated Ingestion of Caffeine and Taurine Improves Wingate Sprint Performance in Female Team-Sport Athletes Habituated to Caffeine. Sports, 2021, 9, 162.	1.7	8
35	24-Week β -alanine ingestion does not affect muscle taurine or clinical blood parameters in healthy males. European Journal of Nutrition, 2020, 59, 57-65.	3.9	13
36	High dose Nitrate ingestion does not improve 40 km cycling time trial performance in trained cyclists. Research in Sports Medicine, 2020, 28, 138-146.	1.3	8

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37	Infographic. A systematic review and meta-analysis of the effect of β -alanine supplementation on exercise capacity and performance. British Journal of Sports Medicine, 2020, 54, 925-926.	6.7	1
38	Is Individualization of Sodium Bicarbonate Ingestion Based on Time to Peak Necessary?. Medicine and Science in Sports and Exercise, 2020, 52, 1801-1808.	0.4	21
39	Sex, But Not Age, Associates With Whole Muscle Carnosine Content Of Trained Men And Women. Medicine and Science in Sports and Exercise, 2020, 52, 397-398.	0.4	0
40	Translation and Validation of the Caffeine Expectancy Questionnaire in Brazil (CaffEQ-BR). Nutrients, 2020, 12, 2248.	4.1	6
41	Short-Duration Beta-Alanine Supplementation Did Not Prevent the Detrimental Effects of an Intense Preparatory Period on Exercise Capacity in Top-Level Female Footballers. Frontiers in Nutrition, 2020, 7, 43.	3.7	9
42	The Muscle Carnosine Response to Beta-Alanine Supplementation: A Systematic Review With Bayesian Individual and Aggregate Data E-Max Model and Meta-Analysis. Frontiers in Physiology, 2020, 11, 913.	2.8	19
43	Effects of Sodium Bicarbonate Supplementation on Muscular Strength and Endurance: A Systematic Review and Meta-analysis. Sports Medicine, 2020, 50, 1361-1375.	6.5	35
44	Is Open-Label Placebo a New Ergogenic Aid? A Commentary on Existing Studies and Guidelines for Future Research. Sports Medicine, 2020, 50, 1225-1229.	6.5	2
45	Sodium Bicarbonate Supplementation Does Not Improve Running Anaerobic Sprint Test Performance in Semiprofessional Adolescent Soccer Players. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 330-337.	2.1	7
46	Low efficiency of β -alanine supplementation to increase muscle carnosine. Revista Brasileira De Educaç�o F�sica E Esporte: RBEFE, 2020, 34, 357-364.	0.1	1
47	The Perfect Timing For Sodium Bicarbonate Supplementation: Greater Possibilities With Probabilities. Medicine and Science in Sports and Exercise, 2020, 52, 170-170.	0.4	0
48	Acute caffeine mouth rinse does not improve performance in recreationally trained runners: a pilot study. Nutrire, 2020, 45, .	0.7	2
49	Low efficiency of β -alanine supplementation to increase muscle carnosine. Revista Brasileira De Educaç�o F�sica E Esporte: RBEFE, 2020, 34, 357-364.	0.1	0
50	Biochemistry of Buffering Capacity and Ingestion of Buffers In Exercise and Athletic Performance. , 2020, , 334-352.		1
51	The Journal of Physiology��s Virtual Journal Club: A new way to discuss research online. , 2020, , .		0
52	Self-reported Training Variables Are Poor Predictors Of Laboratory Measures In A Heterogenous Group Of Cyclists. Medicine and Science in Sports and Exercise, 2020, 52, 1050-1051.	0.4	1
53	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. Revista Brasileira De Educaç�o F�sica E Esporte: RBEFE, 2020, 34, 471-481.	0.1	0
54	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. Revista Brasileira De Educaç�o F�sica E Esporte: RBEFE, 2020, 34, 471-481.	0.1	0

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55	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.	2.7	11
56	Can the Skeletal Muscle Carnosine Response to Beta-Alanine Supplementation Be Optimized?. <i>Frontiers in Nutrition</i> , 2019, 6, 135.	3.7	37
57	Effect of β -alanine supplementation during high-intensity interval training on repeated sprint ability performance and neuromuscular fatigue. <i>Journal of Applied Physiology</i> , 2019, 127, 1599-1610.	2.5	14
58	The Influence of Caffeine Expectancies on Simulated Soccer Performance in Recreational Individuals. <i>Nutrients</i> , 2019, 11, 2289.	4.1	15
59	“œl put it in my head that the supplement would help me” Open-placebo improves exercise performance in female cyclists. <i>PLoS ONE</i> , 2019, 14, e0222982.	2.5	21
60	Editorial: Personalized Sport and Exercise Nutrition. <i>Frontiers in Nutrition</i> , 2019, 6, 139.	3.7	2
61	Comparative physiology investigations support a role for histidine-containing dipeptides in intracellular acid–base regulation of skeletal muscle. <i>Comparative Biochemistry and Physiology Part A, Molecular & Integrative Physiology</i> , 2019, 234, 77-86.	1.8	27
62	A Systematic Risk Assessment and Meta-Analysis on the Use of Oral β -Alanine Supplementation. <i>Advances in Nutrition</i> , 2019, 10, 452-463.	6.4	33
63	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.	2.7	22
64	Creatine supplementation in sport, exercise and health. , 2019, , 141-164.		3
65	Beta-alanine supplementation IN SPORT, EXERCISE AND HEALTH. , 2019, , 117-140.		0
66	Is Bypassing the Stomach a Means to Optimize Sodium Bicarbonate Supplementation? A Case Study With a Postbariatric Surgery Individual. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 660-663.	2.1	16
67	A Comparative Study of Hummingbirds and Chickens Provides Mechanistic Insight on the Histidine Containing Dipeptide Role in Skeletal Muscle Metabolism. <i>Scientific Reports</i> , 2018, 8, 14788.	3.3	26
68	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.	0.4	26
69	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.	0.4	2
70	Time to Optimize Supplementation: Modifying Factors Influencing the Individual Responses to Extracellular Buffering Agents. <i>Frontiers in Nutrition</i> , 2018, 5, 35.	3.7	57
71	A Statistical Framework to Interpret Individual Response to Intervention: Paving the Way for Personalized Nutrition and Exercise Prescription. <i>Frontiers in Nutrition</i> , 2018, 5, 41.	3.7	134
72	Optimising Sodium Bicarbonate Supplementation. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 595.	0.4	0

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73	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.	0.4	66
74	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.	2.5	128
75	β -alanine Supplementation To Improve Exercise Capacity And Performance. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 84.	0.4	1
76	Authors' Reply to Davis: "It is Time to Ban Rapid Weight Loss from Combat Sports". <i>Sports Medicine</i> , 2017, 47, 1677-1681.	6.5	2
77	β -alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2017, 51, 658-669.	6.7	193
78	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.	0.4	1
79	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.	2.9	22
80	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.	2.9	137
81	Reply to Areta et al.: Time to withdraw and let the myth rest. <i>Journal of Applied Physiology</i> , 2017, 123, 1415-1415.	2.5	0
82	It is Time to Ban Rapid Weight Loss from Combat Sports. <i>Sports Medicine</i> , 2016, 46, 1579-1584.	6.5	86
83	Dose-Response of Sodium Bicarbonate Ingestion Highlights Individuality in Time Course of Blood Analyte Responses. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 445-453.	2.1	53
84	Effect Of 24 Weeks β -alanine Supplementation On High-intensity Cycling. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 55-56.	0.4	0
85	(In)Consistencies in Responses to Sodium Bicarbonate Supplementation: A Randomised, Repeated Measures, Counterbalanced and Double-Blind Study. <i>PLoS ONE</i> , 2015, 10, e0143086.	2.5	36
86	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. <i>Sports Medicine</i> , 2015, 45, 71-81.	6.5	89
87	CHAPTER 14. β -Alanine, Muscle Carnosine and Exercise. <i>Food and Nutritional Components in Focus</i> , 2015, , 277-294.	0.1	0
88	Effect of Sodium Bicarbonate and Beta-Alanine on Repeated Sprints During Intermittent Exercise Performed in Hypoxia. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 196-205.	2.1	38
89	Influence of training status on high-intensity intermittent performance in response to β -alanine supplementation. <i>Amino Acids</i> , 2014, 46, 1207-1215.	2.7	34
90	Sodium Bicarbonate and High-Intensity-Cycling Capacity: Variability in Responses. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 627-632.	2.3	76

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91	Reliability of a high-intensity cycling capacity test. Journal of Science and Medicine in Sport, 2013, 16, 286-289.	1.3	16
92	Carnosine: from exercise performance to health. Amino Acids, 2013, 44, 1477-1491.	2.7	90
93	Half-Time and High-Speed Running in the Second Half of Soccer. International Journal of Sports Medicine, 2013, 34, 514-519.	1.7	8
94	Half-Time and High-Speed Running in the Second Half of Soccer. International Journal of Sports Medicine, 2013, 34, 847-848.	1.7	3
95	Î²-alanine supplementation improves YoYo intermittent recovery test performance. Journal of the International Society of Sports Nutrition, 2012, 9, 39.	3.9	48
96	Effects of Î²-alanine supplementation on exercise performance: a meta-analysis. Amino Acids, 2012, 43, 25-37.	2.7	231
97	Effect of beta-alanine supplementation on repeated sprint performance during the Loughborough Intermittent Shuttle Test. Amino Acids, 2012, 43, 39-47.	2.7	37
98	Effect Of Sodium Bicarbonate Supplementation On Cycling Capacity At 110% Of Maximum Power Output. Medicine and Science in Sports and Exercise, 2011, 43, 847.	0.4	5
99	High-intensity Running Performance in Competitive Soccer Following the Half-time Interval. Medicine and Science in Sports and Exercise, 2011, 43, 857.	0.4	0
100	Effect of Î²-Alanine Plus Sodium Bicarbonate on High-Intensity Cycling Capacity. Medicine and Science in Sports and Exercise, 2011, 43, 1972-1978.	0.4	89
101	Effect Of B-Alanine Supplementation, With And Without Sodium Bicarbonate, On High-Intensity Cycling Capacity.. Medicine and Science in Sports and Exercise, 2010, 42, 108.	0.4	5
102	Effect of beta-alanine supplementation on muscle carnosine concentrations and exercise performance. Amino Acids, 2010, 39, 321-333.	2.7	173