

Bryan Saunders

List of Publications by Year in descending order

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Version: 2024-02-01

102
papers

2,472
citations

257101

24
h-index

214527

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. <i>Research in Sports Medicine</i> , 2023, 31, 544-549.	0.7	2
2	Effects of caffeine chewing gum supplementation on exercise performance: A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2023, 23, 714-725.	1.4	7
3	Sodium bicarbonate supplementation and the female athlete: A brief commentary with small scale systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2022, 22, 745-754.	1.4	10
4	Beta-alanine did not improve high-intensity performance throughout simulated road cycling. <i>European Journal of Sport Science</i> , 2022, 22, 1240-1249.	1.4	0
5	Single and Serial Carbohydrate Mouth Rinsing Do Not Improve Yo-Yo Intermittent Recovery Test Performance in Soccer Players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 22-29.	1.0	3
6	Extracellular Buffering Supplements to Improve Exercise Capacity and Performance: A Comprehensive Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 505-526.	3.1	12
7	The Skeletal Muscle Response to Energy Deficiency: A Life History Perspective. <i>Adaptive Human Behavior and Physiology</i> , 2022, 8, 114-129.	0.6	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. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, 52.	0.7	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. <i>Sports Medicine</i> , 2022, 52, 2209-2220.	3.1	16
10	Factors that Moderate the Effect of Nitrate Ingestion on Exercise Performance in Adults: A Systematic Review with Meta-Analyses and Meta-Regressions. <i>Advances in Nutrition</i> , 2022, 13, 1866-1881.	2.9	19
11	Evening Caffeine Did Not Improve 100-m Swimming Time Trials Performed 60 Min Post-Ingestion or the Next Morning After Sleep. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 1-9.	1.0	1
12	Absence of dietary control precludes solid conclusions for sport nutrition trials. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 518-519.	0.6	1
13	Warm-Up Intensity Does Not Affect the Ergogenic Effect of Sodium Bicarbonate in Adult Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 482-489.	1.0	4
14	Nonplacebo Controls to Determine the Magnitude of Ergogenic Interventions: A Systematic Review and Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1766-1777.	0.2	12
15	Capsule Size Alters the Timing of Metabolic Alkalosis Following Sodium Bicarbonate Supplementation. <i>Frontiers in Nutrition</i> , 2021, 8, 634465.	1.6	3
16	Editorial: Nutritional Buffering Strategies to Improve Exercise Capacity and Performance. <i>Frontiers in Nutrition</i> , 2021, 8, 669102.	1.6	1
17	A Systematic Review of CrossFit® Workouts and Dietary and Supplementation Interventions to Guide Nutritional Strategies and Future Research in CrossFit®. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 187-205.	1.0	16
18	Extracellular buffer choice influences acid-base responses and gastrointestinal symptoms. <i>Research in Sports Medicine</i> , 2021, 29, 505-516.	0.7	4

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19	Acute caffeine mouth rinsing does not improve 10-km running performance in CYP1A2 C-allele carriers. <i>Clinical Nutrition ESPEN</i> , 2021, 42, 93-97.	0.5	6
20	Translation, Cultural Adaptation, and Reproducibility of the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+): The Brazilian Portuguese Version. <i>Frontiers in Cardiovascular Medicine</i> , 2021, 8, 712696.	1.1	10
21	Individual Participant Data Meta-Analysis Provides No Evidence of Intervention Response Variation in Individuals Supplementing With Beta-Alanine. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 305-313.	1.0	7
22	Non-placebo Controls To Determine The Magnitude Of Ergogenic Interventions: A Systematic Review And Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 280-281.	0.2	0
23	Individual Data Meta-analysis Provides No Evidence Of Individual Response Variation For Individuals Supplementing With Beta-alanine. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 282-282.	0.2	0
24	Timing of Creatine Supplementation around Exercise: A Real Concern?. <i>Nutrients</i> , 2021, 13, 2844.	1.7	4
25	Reduced Endurance Capacity and Suboptimal Energy Availability in Top-Level Female Cyclists. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1194-1203.	1.1	4
26	Beta-Alanine Did Not Improve High-Intensity Performance Throughout Simulated Road Cycling. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 281-281.	0.2	0
27	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 61.	1.7	38
28	Caffeine Mouth Rinse Does Not Improve Time to Exhaustion in Male Trained Cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 412-419.	1.0	3
29	Skeletal muscle histidine-containing dipeptide contents are increased in freshwater turtles (<i>C. picta</i>) Tj ETQq1 1 0.784314 rgBT /Over Integrative Physiology, 2021, 262, 111071.	0.8	0
30	Novel insights on caffeine supplementation, CYP1A2 genotype, physiological responses and exercise performance. <i>European Journal of Applied Physiology</i> , 2021, 121, 749-769.	1.2	24
31	Comment on "CYP1A2 Genotype Modifies the Effects of Caffeine Compared With Placebo on Muscle Strength in Competitive Male Athletes" <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 32, 62-63.	1.0	0
32	Extracellular pH, osmolarity, temperature and humidity could discourage SARS-CoV-2 cell docking and propagation via intercellular signaling pathways. <i>PeerJ</i> , 2021, 9, e12227.	0.9	3
33	Location location location: muscle glycogen content and endurance exercise. <i>Journal of Physiology</i> , 2021, 599, 19-21.	1.3	0
34	Combined but Not Isolated Ingestion of Caffeine and Taurine Improves Wingate Sprint Performance in Female Team-Sport Athletes Habituated to Caffeine. <i>Sports</i> , 2021, 9, 162.	0.7	8
35	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
36	High dose Nitrate ingestion does not improve 40 km cycling time trial performance in trained cyclists. <i>Research in Sports Medicine</i> , 2020, 28, 138-146.	0.7	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. <i>British Journal of Sports Medicine</i> , 2020, 54, 925-926.	3.1	1
38	Is Individualization of Sodium Bicarbonate Ingestion Based on Time to Peak Necessary?. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1801-1808.	0.2	21
39	Sex, But Not Age, Associates With Whole Muscle Carnosine Content Of Trained Men And Women. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 397-398.	0.2	0
40	Translation and Validation of the Caffeine Expectancy Questionnaire in Brazil (CaffEQ-BR). <i>Nutrients</i> , 2020, 12, 2248.	1.7	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. <i>Frontiers in Nutrition</i> , 2020, 7, 43.	1.6	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. <i>Frontiers in Physiology</i> , 2020, 11, 913.	1.3	19
43	Effects of Sodium Bicarbonate Supplementation on Muscular Strength and Endurance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 1361-1375.	3.1	35
44	Is Open-Label Placebo a New Ergogenic Aid? A Commentary on Existing Studies and Guidelines for Future Research. <i>Sports Medicine</i> , 2020, 50, 1225-1229.	3.1	2
45	Sodium Bicarbonate Supplementation Does Not Improve Running Anaerobic Sprint Test Performance in Semiprofessional Adolescent Soccer Players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 330-337.	1.0	7
46	Low efficiency of β -alanine supplementation to increase muscle carnosine. <i>Revista Brasileira De Educaçãoe Física E Esporte: RBEFE</i> , 2020, 34, 357-364.	0.1	1
47	The Perfect Timing For Sodium Bicarbonate Supplementation: Greater Possibilities With Probabilities. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 170-170.	0.2	0
48	Acute caffeine mouth rinse does not improve performance in recreationally trained runners: a pilot study. <i>Nutrire</i> , 2020, 45, .	0.3	2
49	Low efficiency of β -alanine supplementation to increase muscle carnosine. <i>Revista Brasileira De Educaçãoe Física E Esporte: RBEFE</i> , 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. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1050-1051.	0.2	1
53	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. <i>Revista Brasileira De Educaçãoe Física E Esporte: RBEFE</i> , 2020, 34, 471-481.	0.1	0
54	Does caffeine supplementation alter energy contribution during a work-based ~30 min cycling time-trial?. <i>Revista Brasileira De Educaçãoe Física E Esporte: RBEFE</i> , 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.	1.2	11
56	Can the Skeletal Muscle Carnosine Response to Beta-Alanine Supplementation Be Optimized?. <i>Frontiers in Nutrition</i> , 2019, 6, 135.	1.6	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.	1.2	14
58	The Influence of Caffeine Expectancies on Simulated Soccer Performance in Recreational Individuals. <i>Nutrients</i> , 2019, 11, 2289.	1.7	15
59	“I 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.	1.1	21
60	Editorial: Personalized Sport and Exercise Nutrition. <i>Frontiers in Nutrition</i> , 2019, 6, 139.	1.6	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.	0.8	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.	2.9	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.	1.2	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.	1.0	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.	1.6	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.	0.2	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.	0.2	2
70	Time to Optimize Supplementation: Modifying Factors Influencing the Individual Responses to Extracellular Buffering Agents. <i>Frontiers in Nutrition</i> , 2018, 5, 35.	1.6	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.	1.6	134
72	Optimising Sodium Bicarbonate Supplementation. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 595.	0.2	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.	0.2	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.	1.2	128
75	β -alanine Supplementation To Improve Exercise Capacity And Performance. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 84.	0.2	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.	3.1	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.	3.1	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.	0.2	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.	1.3	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.	1.3	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.	1.2	0
82	It is Time to Ban Rapid Weight Loss from Combat Sports. <i>Sports Medicine</i> , 2016, 46, 1579-1584.	3.1	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.	1.0	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.	0.2	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.	1.1	36
86	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. <i>Sports Medicine</i> , 2015, 45, 71-81.	3.1	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.	1.0	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.	1.2	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.	1.1	76

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91	Reliability of a high-intensity cycling capacity test. <i>Journal of Science and Medicine in Sport</i> , 2013, 16, 286-289.	0.6	16
92	Carnosine: from exercise performance to health. <i>Amino Acids</i> , 2013, 44, 1477-1491.	1.2	90
93	Half-Time and High-Speed Running in the Second Half of Soccer. <i>International Journal of Sports Medicine</i> , 2013, 34, 514-519.	0.8	8
94	Half-Time and High-Speed Running in the Second Half of Soccer. <i>International Journal of Sports Medicine</i> , 2013, 34, 847-848.	0.8	3
95	Î²-alanine supplementation improves YoYo intermittent recovery test performance. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 39.	1.7	48
96	Effects of Î²-alanine supplementation on exercise performance: a meta-analysis. <i>Amino Acids</i> , 2012, 43, 25-37.	1.2	231
97	Effect of beta-alanine supplementation on repeated sprint performance during the Loughborough Intermittent Shuttle Test. <i>Amino Acids</i> , 2012, 43, 39-47.	1.2	37
98	Effect Of Sodium Bicarbonate Supplementation On Cycling Capacity At 110% Of Maximum Power Output. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 847.	0.2	5
99	High-intensity Running Performance in Competitive Soccer Following the Half-time Interval. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 857.	0.2	0
100	Effect of Î²-Alanine Plus Sodium Bicarbonate on High-Intensity Cycling Capacity. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1972-1978.	0.2	89
101	Effect Of B-Alanine Supplementation, With And Without Sodium Bicarbonate, On High-Intensity Cycling Capacity.. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 108.	0.2	5
102	Effect of beta-alanine supplementation on muscle carnosine concentrations and exercise performance. <i>Amino Acids</i> , 2010, 39, 321-333.	1.2	173