

# Antonio Herbert Lancha Junior

## List of Publications by Citations

**Source:**

<https://exaly.com/author-pdf/8199762/antonio-herbert-lancha-junior-publications-by-citations.pdf>

**Version:** 2024-04-09

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

158 papers	4,190 citations	38 h-index	56 g-index
184 ext. papers	4,719 ext. citations	2.9 avg, IF	5.22 L-index

#	Paper	IF	Citations
158	Prevalence, magnitude, and methods of rapid weight loss among judo competitors. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 436-42	1.2	140
157	Selective underreporting of energy intake in women: magnitude, determinants, and effect of training. <i>Journal of the American Dietetic Association</i> , <b>2003</b> , 103, 1306-13		128
156	Role of beta-alanine supplementation on muscle carnosine and exercise performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 1162-73	1.2	116
155	In sickness and in health: the widespread application of creatine supplementation. <i>Amino Acids</i> , <b>2012</b> , 43, 519-29	3.5	107
154	Exploring the therapeutic role of creatine supplementation. <i>Amino Acids</i> , <b>2010</b> , 38, 31-44	3.5	99
153	Underreporting of energy intake in Brazilian women varies according to dietary assessment: a cross-sectional study using doubly labeled water. <i>Journal of the American Dietetic Association</i> , <b>2008</b> , 108, 2031-40		93
152	Beta-alanine (Carnosyn) supplementation in elderly subjects (60-80 years): effects on muscle carnosine content and physical capacity. <i>Amino Acids</i> , <b>2012</b> , 43, 49-56	3.5	90
151	Exercise training changes IL-10/TNF-alpha ratio in the skeletal muscle of post-MI rats. <i>Cytokine</i> , <b>2010</b> , 49, 102-8	4	90
150	HMB supplementation: clinical and athletic performance-related effects and mechanisms of action. <i>Amino Acids</i> , <b>2011</b> , 40, 1015-25	3.5	88
149	Rapid weight loss followed by recovery time does not affect judo-related performance. <i>Journal of Sports Sciences</i> , <b>2010</b> , 28, 21-32	3.6	88
148	Characteristics of women who frequently under report their energy intake: a doubly labelled water study. <i>European Journal of Clinical Nutrition</i> , <b>2009</b> , 63, 1192-9	5.2	82
147	Concurrent and discriminant validity of the Stunkard Q figure rating scale adapted into Portuguese. <i>Appetite</i> , <b>2006</b> , 47, 77-82	4.5	82
146	Mechanical stimuli of skeletal muscle: implications on mTOR/p70s6k and protein synthesis. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 102, 253-63	3.4	76
145	Resistance training with vascular occlusion in inclusion body myositis: a case study. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 250-4	1.2	75
144	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. <i>Amino Acids</i> , <b>2013</b> , 45, 309-17	3.5	71
143	Does sodium-bicarbonate ingestion improve simulated judo performance?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2007</b> , 17, 206-17	4.4	67
142	ACTN3 R577X and ACE I/D gene variants influence performance in elite sprinters: a multi-cohort study. <i>BMC Genomics</i> , <b>2016</b> , 17, 285	4.5	66

141	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. <i>Sports Medicine</i> , <b>2015</b> , 45 Suppl 1, S71-81	10.6	63
140	Does Branched-Chain Amino Acids Supplementation Modulate Skeletal Muscle Remodeling through Inflammation Modulation? Possible Mechanisms of Action. <i>Journal of Nutrition and Metabolism</i> , <b>2012</b> , 2012, 136937	2.7	63
139	Creatine in type 2 diabetes: a randomized, double-blind, placebo-controlled trial. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 770-8	1.2	57
138	An overview of the therapeutic effects of leucine supplementation on skeletal muscle under atrophic conditions. <i>Amino Acids</i> , <b>2011</b> , 40, 287-300	3.5	54
137	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 2381-6	3.4	50
136	Potential antiproteolytic effects of L-leucine: observations of in vitro and in vivo studies. <i>Nutrition and Metabolism</i> , <b>2008</b> , 5, 20	4.6	50
135	Effects of creatine supplementation on renal function: a randomized, double-blind, placebo-controlled clinical trial. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 103, 33-40	3.4	48
134	Effect of aspartate and asparagine supplementation on fatigue determinants in intense exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2003</b> , 13, 65-75	4.4	48
133	Creatine supplementation does not impair kidney function in type 2 diabetic patients: a randomized, double-blind, placebo-controlled, clinical trial. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 749-56	3.4	46
132	Glucocorticoids: extensive physiological actions modulated through multiple mechanisms of gene regulation. <i>Journal of Cellular Physiology</i> , <b>2010</b> , 224, 311-5	7	46
131	Relative reactivity of lysine and other peptide-bound amino acids to oxidation by hypochlorite. <i>Free Radical Biology and Medicine</i> , <b>2000</b> , 29, 425-33	7.8	46
130	Effect of rapid weight loss on performance in combat sport male athletes: does adaptation to chronic weight cycling play a role?. <i>British Journal of Sports Medicine</i> , <b>2013</b> , 47, 1155-60	10.3	45
129	Peripheral signalling involved in energy homeostasis control. <i>Nutrition Research Reviews</i> , <b>2012</b> , 25, 223-48	4.8	45
128	Effect of aspartate, asparagine, and carnitine supplementation in the diet on metabolism of skeletal muscle during a moderate exercise. <i>Physiology and Behavior</i> , <b>1995</b> , 57, 367-71	3.5	42
127	Vitamin D, muscle recovery, sarcopenia, cachexia, and muscle atrophy. <i>Nutrition</i> , <b>2019</b> , 60, 66-69	4.8	42
126	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. <i>Autoimmunity Reviews</i> , <b>2009</b> , 8, 355-9	13.6	41
125	Effect of arginine, ornithine and citrulline supplementation upon performance and metabolism of trained rats. <i>Cell Biochemistry and Function</i> , <b>2003</b> , 21, 85-91	4.2	41
124	The ergogenic effect of beta-alanine combined with sodium bicarbonate on high-intensity swimming performance. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2013</b> , 38, 525-32	3	40

123	Effects of creatine supplementation on glucose tolerance and insulin sensitivity in sedentary healthy males undergoing aerobic training. <i>Amino Acids</i> , <b>2008</b> , 34, 245-50	3.5	40
122	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. <i>Amino Acids</i> , <b>2012</b> , 42, 2299-305	3.5	38
121	Chronic resistance training decreases MuRF-1 and Atrogin-1 gene expression but does not modify Akt, GSK-3beta and p70S6K levels in rats. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 106, 415-23	3.4	38
120	Under-reporting of energy intake is more prevalent in a healthy dietary pattern cluster. <i>British Journal of Nutrition</i> , <b>2008</b> , 100, 1060-8	3.6	38
119	Effect of high-fat diets on body composition, lipid metabolism and insulin sensitivity, and the role of exercise on these parameters. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2011</b> , 44, 966-72	2.8	37
118	Effect of insulin and contraction up on glucose transport in skeletal muscle. <i>Progress in Biophysics and Molecular Biology</i> , <b>2004</b> , 84, 1-27	4.7	35
117	Short-term effects of sleeve gastrectomy and caloric restriction on blood pressure in diet-induced obese rats. <i>Obesity Surgery</i> , <b>2012</b> , 22, 1481-90	3.7	34
116	Protein turnover, amino acid requirements and recommendations for athletes and active populations. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2012</b> , 45, 875-90	2.8	34
115	Physiological, performance, and nutritional profile of the Brazilian Olympic Wushu (kung-fu) team. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 20-5	3.2	34
114	Dietary protein supplementation in the elderly for limiting muscle mass loss. <i>Amino Acids</i> , <b>2017</b> , 49, 33-43	3.5	33
113	Beneficial effect of creatine supplementation in knee osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 1538-43	1.2	33
112	Obesity: considerations about etiology, metabolism, and the use of experimental models. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , <b>2012</b> , 5, 75-87	3.4	33
111	Effects of leucine supplementation and resistance exercise on dexamethasone-induced muscle atrophy and insulin resistance in rats. <i>Nutrition</i> , <b>2012</b> , 28, 465-71	4.8	32
110	Liposuction induces a compensatory increase of visceral fat which is effectively counteracted by physical activity: a randomized trial. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2012</b> , 97, 2388-95	5.6	32
109	Alimentary proteins, amino acids and cholesterolemia. <i>Amino Acids</i> , <b>2010</b> , 38, 15-22	3.5	32
108	Reduced muscle carnosine content in type 2, but not in type 1 diabetic patients. <i>Amino Acids</i> , <b>2012</b> , 43, 21-4	3.5	31
107	An overview of amines as nutritional supplements to counteract cancer cachexia. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2014</b> , 5, 105-10	10.3	27
106	Does long-term creatine supplementation impair kidney function in resistance-trained individuals consuming a high-protein diet?. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 26	4.5	27

105	Effect of short-term high-dose creatine supplementation on measured GFR in a young man with a single kidney. <i>American Journal of Kidney Diseases</i> , <b>2010</b> , 55, e7-9	7.4	27
104	Mucosal healing in inflammatory bowel diseases: is there a place for nutritional supplementation?. <i>Inflammatory Bowel Diseases</i> , <b>2015</b> , 21, 198-207	4.5	26
103	Influence of training status on high-intensity intermittent performance in response to Alanine supplementation. <i>Amino Acids</i> , <b>2014</b> , 46, 1207-15	3.5	26
102	Creatine supplementation prevents acute strength loss induced by concurrent exercise. <i>European Journal of Applied Physiology</i> , <b>2014</b> , 114, 1749-55	3.4	26
101	Distinct effects of leucine or a mixture of the branched-chain amino acids (leucine, isoleucine, and valine) supplementation on resistance to fatigue, and muscle and liver-glycogen degradation, in trained rats. <i>Nutrition</i> , <b>2013</b> , 29, 1388-94	4.8	26
100	Chronic low frequency/low volume resistance training reduces pro-inflammatory cytokine protein levels and TLR4 mRNA in rat skeletal muscle. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 109, 1095-102	3.4	26
99	The role of Ynt1 in nitrate and nitrite transport in the yeast <i>Hansenula polymorpha</i> . <i>Yeast</i> , <b>2004</b> , 21, 265-76	3.6	25
98	The role of nitrate reductase in the regulation of the nitrate assimilation pathway in the yeast <i>Hansenula polymorpha</i> . <i>FEMS Yeast Research</i> , <b>2003</b> , 4, 149-55	3.1	25
97	Creatine-induced glucose uptake in type 2 diabetes: a role for AMPK- $\alpha$ . <i>Amino Acids</i> , <b>2012</b> , 43, 1803-7	3.5	24
96	Sleeve Gastrectomy Reduces Hepatic Steatosis by Improving the Coordinated Regulation of Aquaglyceroporins in Adipose Tissue and Liver in Obese Rats. <i>Obesity Surgery</i> , <b>2015</b> , 25, 1723-34	3.7	23
95	The Effects Of Rapid Weight Loss Upon High-Intensity Performance In Judo Competitors. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 17	1.2	23
94	Probiotics and sports: A new magic bullet?. <i>Nutrition</i> , <b>2019</b> , 60, 152-160	4.8	23
93	Comparative proteomic analysis of the aging soleus and extensor digitorum longus rat muscles using TMT labeling and mass spectrometry. <i>Journal of Proteome Research</i> , <b>2013</b> , 12, 4532-46	5.6	22
92	Leptin reduces the expression and increases the phosphorylation of the negative regulators of GLUT4 traffic TBC1D1 and TBC1D4 in muscle of ob/ob mice. <i>PLoS ONE</i> , <b>2012</b> , 7, e29389	3.7	22
91	Body fat regulation: is it a result of a simple energy balance or a high fat intake?. <i>Journal of the American College of Nutrition</i> , <b>2010</b> , 29, 343-51	3.5	21
90	Psychometric testing and applications of the Body Attitudes Questionnaire translated into Portuguese. <i>Perceptual and Motor Skills</i> , <b>2005</b> , 101, 25-41	2.2	21
89	Analysis of sports-relevant polymorphisms in a large Brazilian cohort of top-level athletes. <i>Annals of Human Genetics</i> , <b>2018</b> , 82, 254-264	2.2	20
88	Genetics and sport performance: current challenges and directions to the future. <i>Revista Brasileira De Educaco Fsica E Esporte: RBEFE</i> , <b>2014</b> , 28, 177-193	0.8	20

87	Effect of creatine supplementation on measured glomerular filtration rate in postmenopausal women. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 419-22	3	20
86	Determining the contribution of the energy systems during exercise. <i>Journal of Visualized Experiments</i> , <b>2012</b> ,	1.6	20
85	Loss of strength capacity is associated with mortality, but resistance exercise training promotes only modest effects during cachexia progression. <i>Life Sciences</i> , <b>2016</b> , 163, 11-22	6.8	19
84	Exploratory studies of the potential anti-cancer effects of creatine. <i>Amino Acids</i> , <b>2016</b> , 48, 1993-2001	3.5	19
83	Blood flow restricted resistance training attenuates myostatin gene expression in a patient with inclusion body myositis. <i>Biology of Sport</i> , <b>2014</b> , 31, 121-4	4.3	19
82	Vascular occlusion training for inclusion body myositis: a novel therapeutic approach. <i>Journal of Visualized Experiments</i> , <b>2010</b> ,	1.6	19
81	Effects of creatine supplementation on muscle wasting and glucose homeostasis in rats treated with dexamethasone. <i>Amino Acids</i> , <b>2012</b> , 42, 1695-701	3.5	18
80	Strategies for reducing body fat mass: effects of liposuction and exercise on cardiovascular risk factors and adiposity. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , <b>2011</b> , 4, 141-54	3.4	17
79	Nutritional status and food intake of patients with systemic psoriasis and psoriatic arthritis associated. <i>Einstein (Sao Paulo, Brazil)</i> , <b>2012</b> , 10, 44-52	1.2	17
78	Creatine supplementation spares muscle glycogen during high intensity intermittent exercise in rats. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 6	4.5	17
77	The A-allele of the FTO Gene rs9939609 Polymorphism Is Associated With Decreased Proportion of Slow Oxidative Muscle Fibers and Over-represented in Heavier Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 691-700	3.2	17
76	Sleeve gastrectomy induces weight loss in diet-induced obese rats even if high-fat feeding is continued. <i>Obesity Surgery</i> , <b>2011</b> , 21, 1438-43	3.7	16
75	Test-retest reliability and discriminant validity of the Restraint Scale translated into Portuguese. <i>Eating Behaviors</i> , <b>2005</b> , 6, 85-93	3	16
74	ACVR1B rs2854464 Is Associated with Sprint/Power Athletic Status in a Large Cohort of Europeans but Not Brazilians. <i>PLoS ONE</i> , <b>2016</b> , 11, e0156316	3.7	16
73	Short- and long-term changes in gastric morphology and histopathology following sleeve gastrectomy in diet-induced obese rats. <i>Obesity Surgery</i> , <b>2012</b> , 22, 634-40	3.7	15
72	Sleeve gastrectomy reduces blood pressure in obese (fa/fa) Zucker rats. <i>Obesity Surgery</i> , <b>2012</b> , 22, 309-15	3.7	14
71	Influence of ACTN3 R577X polymorphism on ventilatory thresholds related to endurance performance. <i>Journal of Sports Sciences</i> , <b>2016</b> , 34, 163-70	3.6	13
70	Anthropometric, physiological, performance, and nutritional profile of the Brazil National Canoe Polo Team. <i>Journal of Sports Sciences</i> , <b>2012</b> , 30, 305-11	3.6	13

69	Dose and latency effects of leucine supplementation in modulating glucose homeostasis: opposite effects in healthy and glucocorticoid-induced insulin-resistance states. <i>Nutrients</i> , <b>2012</b> , 4, 1851-67	6.7	13
68	Dual effects of a high-protein diet on DSS-treated mice during colitis resolution phase. <i>American Journal of Physiology - Renal Physiology</i> , <b>2016</b> , 311, G624-G633	5.1	13
67	Single Nucleotide Polymorphisms in Carnosinase Genes (CNDP1 and CNDP2) are Associated With Power Athletic Status. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2017</b> , 27, 533-542	4.4	12
66	Effects of Different Levels of Protein Intake and Physical Training on Growth and Nutritional Status of Young Rats. <i>Journal of Nutritional Science and Vitaminology</i> , <b>2010</b> , 56, 177-184	1.1	12
65	Effect of high intensity interval training on body composition in women before and after menopause: a meta-analysis. <i>Experimental Physiology</i> , <b>2020</b> , 105, 1470-1490	2.4	11
64	Carbohydrate mouth rinse: does it improve endurance exercise performance?. <i>Nutrition Journal</i> , <b>2010</b> , 9, 33	4.3	11
63	The effect of 5 days of aspartate and asparagine supplementation on glucose transport activity in rat muscle. <i>Cell Biochemistry and Function</i> , <b>2009</b> , 27, 552-7	4.2	11
62	Ureteral blockage as a complication of Burch colposuspension: report of 6 cases. <i>Gynecologic and Obstetric Investigation</i> , <b>1990</b> , 29, 239-40	2.5	11
61	A new clinical perspective: Treating obesity with nutritional coaching versus energy-restricted diets. <i>Nutrition</i> , <b>2019</b> , 60, 147-151	4.8	11
60	Experimental chronic low-frequency resistance training produces skeletal muscle hypertrophy in the absence of muscle damage and metabolic stress markers. <i>Cell Biochemistry and Function</i> , <b>2010</b> , 28, 232-8	4.2	10
59	Underreporting of energy intake in developing nations. <i>Nutrition Reviews</i> , <b>2006</b> , 64, 319-30	6.4	10
58	The Effects of a "Health at Every Size(®)"-Based Approach in Obese Women: A Pilot-Trial of the "Health and Wellness in Obesity" Study. <i>Frontiers in Nutrition</i> , <b>2015</b> , 2, 34	6.2	9
57	The possible role of leucine in modulating glucose homeostasis under distinct catabolic conditions. <i>Medical Hypotheses</i> , <b>2012</b> , 79, 883-8	3.8	9
56	Changes in the production of IL-10 and TNF-alpha in skeletal muscle of rats with heart failure secondary to acute myocardial infarction. <i>Arquivos Brasileiros De Cardiologia</i> , <b>2010</b> , 94, 293-300, 313-20	1.2	9
55	Magnitude e métodos de perda rápida de peso em judocas de elite. <i>Revista De Nutricao</i> , <b>2007</b> , 20, 307-315	1.8	9
54	Crosstalk Between Skeletal Muscle and Immune System: Which Roles Do IL-6 and Glutamine Play?. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 582258	4.6	9
53	The AGTR2 rs11091046 (A>C) polymorphism and power athletic status in top-level Brazilian athletes. <i>Journal of Sports Sciences</i> , <b>2018</b> , 36, 2327-2332	3.6	8
52	The effects of two different doses of calcium lactate on blood pH, bicarbonate, and repeated high-intensity exercise performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2014</b> , 24, 286-95	4.4	8



51	The liposuction-induced effects on adiponectin and selected cytokines are not affected by exercise training in women. <i>International Journal of Endocrinology</i> , <b>2014</b> , 2014, 315382	2.7	8
50	Functional and morphological effects of resistance exercise on disuse-induced skeletal muscle atrophy. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2011</b> , 44, 1070-9	2.8	8
49	An experimental model for resistance exercise in rodents. <i>Journal of Biomedicine and Biotechnology</i> , <b>2012</b> , 2012, 457065		8
48	Improving Nutritional Habits With No Diet Prescription: Details of a Nutritional Coaching Process. <i>American Journal of Lifestyle Medicine</i> , <b>2018</b> , 12, 160-165	1.9	7
47	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> , <b>2018</b> , 52, 942-943	10.3	7
46	Influência do exercício físico na cognição: uma atualização sobre mecanismos fisiológicos. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2014</b> , 20, 237-241	0.5	7
45	Renewed avenues through exercise muscle contractility and inflammatory status. <i>Scientific World Journal, The</i> , <b>2012</b> , 2012, 584205	2.2	7
44	Efeitos da suplementação de creatina sobre força e hipertrofia muscular: atualizações. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2010</b> , 16, 219-223	0.5	7
43	. <i>Nutrire</i> , <b>2020</b> , 45,	2.2	7
42	No effect of creatine supplementation on oxidative stress and cardiovascular parameters in spontaneously hypertensive rats. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 13	4.5	6
41	Leucine supplementation combined with resistance exercise improves the plasma lipid profile of dexamethasone-treated rats. <i>Lipids in Health and Disease</i> , <b>2012</b> , 11, 7	4.4	6
40	A suplementação de creatina prejudica a função renal?. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2008</b> , 14, 68-73	0.5	6
39	Efeitos da suplementação de creatina na captação de glicose em ratos submetidos ao exercício físico. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2008</b> , 14, 431-435	0.5	6
38	. <i>Nutrire</i> , <b>2018</b> , 43,	2.2	5
37	Swimming training down-regulates plasma leptin levels, but not adipose tissue ob mRNA expression. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2008</b> , 41, 866-71	2.8	5
36	Total genotype score and athletic status: An exploratory cross-sectional study of a Brazilian athlete cohort. <i>Annals of Human Genetics</i> , <b>2020</b> , 84, 141-150	2.2	5
35	. <i>Nutrire</i> , <b>2018</b> , 43,	2.2	5
34	Probiotic supplementation in marathonists and its impact on lymphocyte population and function after a marathon: a randomized placebo-controlled double-blind study. <i>Scientific Reports</i> , <b>2020</b> , 10, 18777 <sup>49</sup>		4



33	Does creatine supplementation improve the plasma lipid profile in healthy male subjects undergoing aerobic training?. <i>Journal of the International Society of Sports Nutrition</i> , <b>2008</b> , 5, 16	4.5	4
32	Development of a specific anaerobic field test for aerobic gymnastics. <i>PLoS ONE</i> , <b>2015</b> , 10, e0123115	3.7	4
31	Acute effects of isocaloric meals with different fiber and antioxidant contents on inflammatory markers in healthy individuals. <i>Annals of Nutrition and Metabolism</i> , <b>2013</b> , 62, 164-8	4.5	3
30	Influence of Alkalinity on the Synthesis of Zeolite A and Hydroxysodalite from Metakaolin. <i>Journal of Nano Research</i> , <b>2020</b> , 61, 51-60	1	3
29	Blood flow restriction and blood flow restriction resistance training improves muscle mass, muscle strength and mobility in an older patient with osteoarthritis carrying the ACTN3 endurance genotype: A case report. <i>Geriatrics and Gerontology International</i> , <b>2019</b> , 19, 458-459	2.9	2
28	Fasting: a major limitation for resistance exercise training effects in rodents. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2017</b> , 51, e5427	2.8	2
27	Creatine supplementation does not augment muscle carnosine content in type 2 diabetic patients. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2011</b> , 36, 764-7	3	2
26	Efeitos da suplementação de creatina no exercício intermitente de alta intensidade: divergências e recomendações metodológicas. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , <b>2008</b> , 10,	0.1	2
25	Sodium Bicarbonate Ingestion and its Effects on Blood Lactate and Judo-Related Performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2006</b> , 38, S126-S127	1.2	2
24	Influência da suplementação de creatina sobre a massa óssea de ratos espontaneamente hipertensos. <i>Revista Brasileira De Reumatologia</i> , <b>2012</b> , 52, 457-461		2
23	Hit Increases Substrate Oxidation In Obese Adolescents With And Without Insulin Resistance. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 979-980	1.2	2
22	Association study of SLC6A2 gene Thr99Ile variant (rs1805065) with athletic status in the Brazilian population. <i>Gene</i> , <b>2019</b> , 707, 53-57	3.8	1
21	Nutrition in Combat Sports <b>2013</b> , 115-127		1
20	An Overview of Branched-Chain Amino Acids in Exercise and Sports Nutrition <b>2013</b> , 367-375		1
19	Effects Of Creatine Supplementation On Glucose Uptake In Rats Submitted To Exercise Training.. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S99	1.2	1
18	Development and Validity Assessment of a Specific Judo Performance Test. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S417	1.2	1
17	Suplementação de creatina e metabolismo de glicose: efeitos terapêuticos ou adversos?. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2008</b> , 14, 478-478	0.5	1
16	EFFECT OF ASPARTATE AND ASPARAGINE SUPPLEMENTATION ON FATIGUE DETERMINANTS IN RATS SUBMITTED TO ACUTE SWIMMING EXERCISE TO EXHAUSTION ABOVE THE METABOLIC ANAEROBIC THERESHOLD. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, S166	1.2	1

15	Cardiopulmonary Responses and Exercise Prescription in Cancer Patients During Exercise Training Program in Addition to Chemotherapy. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 163-164	1.2	1
14	Creatine supplementation can improve impact control in high-intensity interval training. <i>Nutrition</i> , <b>2019</b> , 61, 99-104	4.8	1
13	Hit Effects On Substrates Oxidation Rates Of Women In Different Phases Of Monthly Ovarian Cycle. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 452-453	1.2	0
12	Técnicas de coaching de bem-estar na mudança do estilo de vida no sistema público de saúde. <i>Estudos Avancados</i> , <b>2019</b> , 33, 235-242	0.6	
11	A suplementação de leucina pode atenuar a atrofia muscular? Uma revisão da literatura. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , <b>2015</b> , 17, 496	0.1	
10	Eficiência ergogênica da suplementação de cafeína sobre o desempenho de força? Uma análise crítica.. <i>Revista Da Educação Física</i> , <b>2014</b> , 25, 501		
9	Exercise Training Improves Physical Capacity But Does Not Affect Adiposity in Women Submitted to Abdominal Liposuction. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 440-441	1.2	
8	Probiotic Supplementation In Marathonists: The Effects On T-cell Population. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 663-664	1.2	
7	INFLUENCE OF CREATINE SUPPLEMENTATION ON BLOOD LACTATE CONCENTRATION IN RATS SUBMITTED TO INTERMITTENT SWIMMING EXERCISE ABOVE THE METABOLIC ANAEROBIC THRESHOLD. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, S206	1.2	
6	Correlation Among Muscle Mass, Strength And Cross Sectional Muscle Area According To Carbohydrate And Protein Supplementation. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, S38	1.2	
5	Lipid Profile Of Trained And Sedentary Rats Submitted To A High Carbohydrate Diet. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, S380-S381	1.2	
4	Impact Control in High-Intensity Interval Training Can Be Improved by Creatine Supplementation. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 441	1.2	
3	Health And Wellness Coaching Improves Body Composition and Quality Of Life With No Diet Prescription. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 204	1.2	
2	Mood:There Are Some Connection Between Probiotics Supplementation On Marathon Runners?A Double Blind Study. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 92-92	1.2	
1	Six Hit Treadmill Training Sessions Improves Lipid Oxidation and Ventilatory Thresholds Intensities. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 188-188	1.2	