

Antonio Herbert Lancha Junior

List of Publications by Year in Descending Order

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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	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> , 2020 , 10, 18777	4.9	4
157	Effect of high intensity interval training on body composition in women before and after menopause: a meta-analysis. <i>Experimental Physiology</i> , 2020 , 105, 1470-1490	2.4	11
156	Probiotic Supplementation In Marathonists: The Effects On T-cell Population. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 663-664	1.2	
155	Hit Effects On Substrates Oxidation Rates Of Women In Different Phases Of Monthly Ovarian Cycle. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 452-453	1.2	0
154	Total genotype score and athletic status: An exploratory cross-sectional study of a Brazilian athlete cohort. <i>Annals of Human Genetics</i> , 2020 , 84, 141-150	2.2	5
153	. <i>Nutrire</i> , 2020 , 45,	2.2	7
152	Influence of Alkalinity on the Synthesis of Zeolite A and Hydroxysodalite from Metakaolin. <i>Journal of Nano Research</i> , 2020 , 61, 51-60	1	3
151	Crosstalk Between Skeletal Muscle and Immune System: Which Roles Do IL-6 and Glutamine Play?. <i>Frontiers in Physiology</i> , 2020 , 11, 582258	4.6	9
150	Association study of SLC6A2 gene Thr99Ile variant (rs1805065) with athletic status in the Brazilian population. <i>Gene</i> , 2019 , 707, 53-57	3.8	1
149	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> , 2019 , 19, 458-459	2.9	2
148	Técnicas de coaching de bem-estar na mudança do estilo de vida no sistema público de saúde. <i>Estudos Avancados</i> , 2019 , 33, 235-242	0.6	
147	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> , 2019 , 33, 691-700	3.2	17
146	Mood: There Are Some Connection Between Probiotics Supplementation On Marathon Runners? A Double Blind Study. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 92-92	1.2	
145	Hit Increases Substrate Oxidation In Obese Adolescents With And Without Insulin Resistance. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 979-980	1.2	2
144	Six Hit Treadmill Training Sessions Improves Lipid Oxidation and Ventilatory Thresholds Intensities. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 188-188	1.2	
143	Probiotics and sports: A new magic bullet?. <i>Nutrition</i> , 2019 , 60, 152-160	4.8	23
142	Creatine supplementation can improve impact control in high-intensity interval training. <i>Nutrition</i> , 2019 , 61, 99-104	4.8	1

141	A new clinical perspective: Treating obesity with nutritional coaching versus energy-restricted diets. <i>Nutrition</i> , 2019 , 60, 147-151	4.8	11
140	Vitamin D, muscle recovery, sarcopenia, cachexia, and muscle atrophy. <i>Nutrition</i> , 2019 , 60, 66-69	4.8	42
139	Improving Nutritional Habits With No Diet Prescription: Details of a Nutritional Coaching Process. <i>American Journal of Lifestyle Medicine</i> , 2018 , 12, 160-165	1.9	7
138	Analysis of sports-relevant polymorphisms in a large Brazilian cohort of top-level athletes. <i>Annals of Human Genetics</i> , 2018 , 82, 254-264	2.2	20
137	The AGTR2 rs11091046 (A>C) polymorphism and power athletic status in top-level Brazilian athletes. <i>Journal of Sports Sciences</i> , 2018 , 36, 2327-2332	3.6	8
136	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	10.3	7
135	. <i>Nutrire</i> , 2018 , 43,	2.2	5
134	Impact Control in High-Intensity Interval Training Can Be Improved by Creatine Supplementation. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 441	1.2	
133	Health And Wellness Coaching Improves Body Composition and Quality Of Life With No Diet Prescription. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 204	1.2	
132	. <i>Nutrire</i> , 2018 , 43,	2.2	5
131	Fasting: a major limitation for resistance exercise training effects in rodents. <i>Brazilian Journal of Medical and Biological Research</i> , 2017 , 51, e5427	2.8	2
130	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> , 2017 , 27, 533-542	4.4	12
129	Dietary protein supplementation in the elderly for limiting muscle mass loss. <i>Amino Acids</i> , 2017 , 49, 33-43	3.5	33
128	Influence of ACTN3 R577X polymorphism on ventilatory thresholds related to endurance performance. <i>Journal of Sports Sciences</i> , 2016 , 34, 163-70	3.6	13
127	Loss of strength capacity is associated with mortality, but resistance exercise training promotes only modest effects during cachexia progression. <i>Life Sciences</i> , 2016 , 163, 11-22	6.8	19
126	Exploratory studies of the potential anti-cancer effects of creatine. <i>Amino Acids</i> , 2016 , 48, 1993-2001	3.5	19
125	ACVR1B rs2854464 Is Associated with Sprint/Power Athletic Status in a Large Cohort of Europeans but Not Brazilians. <i>PLoS ONE</i> , 2016 , 11, e0156316	3.7	16
124	Dual effects of a high-protein diet on DSS-treated mice during colitis resolution phase. <i>American Journal of Physiology - Renal Physiology</i> , 2016 , 311, G624-G633	5.1	13

123	ACTN3 R577X and ACE I/D gene variants influence performance in elite sprinters: a multi-cohort study. <i>BMC Genomics</i> , 2016 , 17, 285	4.5	66
122	Sleeve Gastrectomy Reduces Hepatic Steatosis by Improving the Coordinated Regulation of Aquaglyceroporins in Adipose Tissue and Liver in Obese Rats. <i>Obesity Surgery</i> , 2015 , 25, 1723-34	3.7	23
121	Mucosal healing in inflammatory bowel diseases: is there a place for nutritional supplementation?. <i>Inflammatory Bowel Diseases</i> , 2015 , 21, 198-207	4.5	26
120	A suplementa� de leucina pode atenuar a atrofia muscular? Uma revis� da literatura. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2015 , 17, 496	0.1	
119	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> , 2015 , 2, 34	6.2	9
118	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. <i>Sports Medicine</i> , 2015 , 45 Suppl 1, S71-81	10.6	63
117	Development of a specific anaerobic field test for aerobic gymnastics. <i>PLoS ONE</i> , 2015 , 10, e0123115	3.7	4
116	Influence of training status on high-intensity intermittent performance in response to �alanine supplementation. <i>Amino Acids</i> , 2014 , 46, 1207-15	3.5	26
115	Creatine supplementation prevents acute strength loss induced by concurrent exercise. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1749-55	3.4	26
114	An overview of amines as nutritional supplements to counteract cancer cachexia. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014 , 5, 105-10	10.3	27
113	Genetics and sport performance: current challenges and directions to the future. <i>Revista Brasileira De Educa� F�sica E Esporte: RBEFE</i> , 2014 , 28, 177-193	0.8	20
112	Influ�ncia do exerc�cio f�sico na cogni�: uma atualiza� sobre mecanismos fisiol�gicos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2014 , 20, 237-241	0.5	7
111	Efic�cia ergog�nica da suplementa� de caf�eina sobre o desempenho de for�? Uma an�lise cr�tica.. <i>Revista Da Educa� F�sica</i> , 2014 , 25, 501		
110	Blood flow restricted resistance training attenuates myostatin gene expression in a patient with inclusion body myositis. <i>Biology of Sport</i> , 2014 , 31, 121-4	4.3	19
109	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> , 2014 , 24, 286-95	4.4	8
108	The liposuction-induced effects on adiponectin and selected cytokines are not affected by exercise training in women. <i>International Journal of Endocrinology</i> , 2014 , 2014, 315382	2.7	8
107	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> , 2013 , 10, 26	4.5	27
106	Acute effects of isocaloric meals with different fiber and antioxidant contents on inflammatory markers in healthy individuals. <i>Annals of Nutrition and Metabolism</i> , 2013 , 62, 164-8	4.5	3

105	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> , 2013 , 12, 4532-46	5.6	22
104	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> , 2013 , 29, 1388-94	4.8	26
103	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> , 2013 , 47, 1155-60	10.3	45
102	Nutrition in Combat Sports 2013 , 115-127		1
101	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. <i>Amino Acids</i> , 2013 , 45, 309-17	3.5	71
100	The ergogenic effect of beta-alanine combined with sodium bicarbonate on high-intensity swimming performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 525-32	3	40
99	An Overview of Branched-Chain Amino Acids in Exercise and Sports Nutrition 2013 , 367-375		1
98	Effects of leucine supplementation and resistance exercise on dexamethasone-induced muscle atrophy and insulin resistance in rats. <i>Nutrition</i> , 2012 , 28, 465-71	4.8	32
97	Sleeve gastrectomy reduces blood pressure in obese (fa/fa) Zucker rats. <i>Obesity Surgery</i> , 2012 , 22, 309-15	3.7	14
96	Peripheral signalling involved in energy homeostasis control. <i>Nutrition Research Reviews</i> , 2012 , 25, 223-48	4.8	45
95	Anthropometric, physiological, performance, and nutritional profile of the Brazil National Canoe Polo Team. <i>Journal of Sports Sciences</i> , 2012 , 30, 305-11	3.6	13
94	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> , 2012 , 9, 13	4.5	6
93	Creatine-induced glucose uptake in type 2 diabetes: a role for AMPK- α . <i>Amino Acids</i> , 2012 , 43, 1803-7	3.5	24
92	The possible role of leucine in modulating glucose homeostasis under distinct catabolic conditions. <i>Medical Hypotheses</i> , 2012 , 79, 883-8	3.8	9
91	Short-term effects of sleeve gastrectomy and caloric restriction on blood pressure in diet-induced obese rats. <i>Obesity Surgery</i> , 2012 , 22, 1481-90	3.7	34
90	Renewed avenues through exercise muscle contractility and inflammatory status. <i>Scientific World Journal, The</i> , 2012 , 2012, 584205	2.2	7
89	Dose and latency effects of leucine supplementation in modulating glucose homeostasis: opposite effects in healthy and glucocorticoid-induced insulin-resistance states. <i>Nutrients</i> , 2012 , 4, 1851-67	6.7	13
88	Leucine supplementation combined with resistance exercise improves the plasma lipid profile of dexamethasone-treated rats. <i>Lipids in Health and Disease</i> , 2012 , 11, 7	4.4	6

87	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> , 2012 , 97, 2388-95	5.6	32
86	Short- and long-term changes in gastric morphology and histopathology following sleeve gastrectomy in diet-induced obese rats. <i>Obesity Surgery</i> , 2012 , 22, 634-40	3.7	15
85	Effects of creatine supplementation on muscle wasting and glucose homeostasis in rats treated with dexamethasone. <i>Amino Acids</i> , 2012 , 42, 1695-701	3.5	18
84	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. <i>Amino Acids</i> , 2012 , 42, 2299-305	3.5	38
83	In sickness and in health: the widespread application of creatine supplementation. <i>Amino Acids</i> , 2012 , 43, 519-29	3.5	107
82	Reduced muscle carnosine content in type 2, but not in type 1 diabetic patients. <i>Amino Acids</i> , 2012 , 43, 21-4	3.5	31
81	Beta-alanine (Carnosyn) supplementation in elderly subjects (60-80 years): effects on muscle carnosine content and physical capacity. <i>Amino Acids</i> , 2012 , 43, 49-56	3.5	90
80	An experimental model for resistance exercise in rodents. <i>Journal of Biomedicine and Biotechnology</i> , 2012 , 2012, 457065		8
79	Does Branched-Chain Amino Acids Supplementation Modulate Skeletal Muscle Remodeling through Inflammation Modulation? Possible Mechanisms of Action. <i>Journal of Nutrition and Metabolism</i> , 2012 , 2012, 136937	2.7	63
78	Obesity: considerations about etiology, metabolism, and the use of experimental models. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2012 , 5, 75-87	3.4	33
77	Protein turnover, amino acid requirements and recommendations for athletes and active populations. <i>Brazilian Journal of Medical and Biological Research</i> , 2012 , 45, 875-90	2.8	34
76	Determining the contribution of the energy systems during exercise. <i>Journal of Visualized Experiments</i> , 2012 ,	1.6	20
75	Nutritional status and food intake of patients with systemic psoriasis and psoriatic arthritis associated. <i>Einstein (Sao Paulo, Brazil)</i> , 2012 , 10, 44-52	1.2	17
74	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> , 2012 , 7, e29389	3.7	22
73	Influência da suplementação de creatina sobre a massa muscular de ratos espontaneamente hipertensos. <i>Revista Brasileira De Reumatologia</i> , 2012 , 52, 457-461		2
72	Effect of creatine supplementation on measured glomerular filtration rate in postmenopausal women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 419-22	3	20
71	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> , 2011 , 4, 141-54	3.4	17
70	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> , 2011 , 44, 966-72	2.8	37

69	Functional and morphological effects of resistance exercise on disuse-induced skeletal muscle atrophy. <i>Brazilian Journal of Medical and Biological Research</i> , 2011 , 44, 1070-9	2.8	8
68	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> , 2011 , 111, 749-56	3.4	46
67	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2381-6	3.4	50
66	An overview of the therapeutic effects of leucine supplementation on skeletal muscle under atrophic conditions. <i>Amino Acids</i> , 2011 , 40, 287-300	3.5	54
65	HMB supplementation: clinical and athletic performance-related effects and mechanisms of action. <i>Amino Acids</i> , 2011 , 40, 1015-25	3.5	88
64	Sleeve gastrectomy induces weight loss in diet-induced obese rats even if high-fat feeding is continued. <i>Obesity Surgery</i> , 2011 , 21, 1438-43	3.7	16
63	Creatine supplementation does not augment muscle carnosine content in type 2 diabetic patients. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 764-7	3	2
62	Beneficial effect of creatine supplementation in knee osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1538-43	1.2	33
61	Creatine in type 2 diabetes: a randomized, double-blind, placebo-controlled trial. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 770-8	1.2	57
60	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> , 2010 , 94, 293-300, 313-20	1.2	9
59	Efeitos da suplementação de creatina sobre força e hipertrofia muscular: atualizações. <i>Revista Brasileira De Medicina Do Esporte</i> , 2010 , 16, 219-223	0.5	7
58	Role of beta-alanine supplementation on muscle carnosine and exercise performance. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1162-73	1.2	116
57	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> , 2010 , 29, 343-51	3.5	21
56	Prevalence, magnitude, and methods of rapid weight loss among judo competitors. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 436-42	1.2	140
55	Carbohydrate mouth rinse: does it improve endurance exercise performance?. <i>Nutrition Journal</i> , 2010 , 9, 33	4.3	11
54	Exercise training changes IL-10/TNF-alpha ratio in the skeletal muscle of post-MI rats. <i>Cytokine</i> , 2010 , 49, 102-8	4	90
53	Rapid weight loss followed by recovery time does not affect judo-related performance. <i>Journal of Sports Sciences</i> , 2010 , 28, 21-32	3.6	88
52	Resistance training with vascular occlusion in inclusion body myositis: a case study. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 250-4	1.2	75

51	Vascular occlusion training for inclusion body myositis: a novel therapeutic approach. <i>Journal of Visualized Experiments</i> , 2010 ,	1.6	19
50	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> , 2010 , 56, 177-184	1.1	12
49	The Effects Of Rapid Weight Loss Upon High-Intensity Performance In Judo Competitors. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 17	1.2	23
48	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> , 2010 , 42, 440-441	1.2	
47	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> , 2010 , 109, 1095-1024	3.4	26
46	Alimentary proteins, amino acids and cholesterolemia. <i>Amino Acids</i> , 2010 , 38, 15-22	3.5	32
45	Exploring the therapeutic role of creatine supplementation. <i>Amino Acids</i> , 2010 , 38, 31-44	3.5	99
44	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> , 2010 , 55, e7-9	7.4	27
43	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> , 2010 , 28, 232-8	4.2	10
42	Glucocorticoids: extensive physiological actions modulated through multiple mechanisms of gene regulation. <i>Journal of Cellular Physiology</i> , 2010 , 224, 311-5	7	46
41	Creatine supplementation spares muscle glycogen during high intensity intermittent exercise in rats. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 6	4.5	17
40	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> , 2010 , 42, 163-164	1.2	1
39	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. <i>Autoimmunity Reviews</i> , 2009 , 8, 355-9	13.6	41
38	The effect of 5 days of aspartate and asparagine supplementation on glucose transport activity in rat muscle. <i>Cell Biochemistry and Function</i> , 2009 , 27, 552-7	4.2	11
37	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> , 2009 , 106, 415-23	3.4	38
36	Characteristics of women who frequently under report their energy intake: a doubly labelled water study. <i>European Journal of Clinical Nutrition</i> , 2009 , 63, 1192-9	5.2	82
35	Physiological, performance, and nutritional profile of the Brazilian Olympic Wushu (kung-fu) team. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 20-5	3.2	34
34	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> , 2008 , 108, 2031-40		93

33	Potential antiproteolytic effects of L-leucine: observations of in vitro and in vivo studies. <i>Nutrition and Metabolism</i> , 2008 , 5, 20	4.6	50
32	Under-reporting of energy intake is more prevalent in a healthy dietary pattern cluster. <i>British Journal of Nutrition</i> , 2008 , 100, 1060-8	3.6	38
31	Swimming training down-regulates plasma leptin levels, but not adipose tissue ob mRNA expression. <i>Brazilian Journal of Medical and Biological Research</i> , 2008 , 41, 866-71	2.8	5
30	A suplementa� de creatina prejudica a fun� renal?. <i>Revista Brasileira De Medicina Do Esporte</i> , 2008 , 14, 68-73	0.5	6
29	Efeitos da suplementa� de creatina no exerc�io intermitente de alta intensidade: diverg�cias e recomenda�s metodol�gicas. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2008 , 10,	0.1	2
28	Efeitos da suplementa� de creatina na capta� de glicose em ratos submetidos ao exerc�io f�sico. <i>Revista Brasileira De Medicina Do Esporte</i> , 2008 , 14, 431-435	0.5	6
27	Effects of creatine supplementation on glucose tolerance and insulin sensitivity in sedentary healthy males undergoing aerobic training. <i>Amino Acids</i> , 2008 , 34, 245-50	3.5	40
26	Mechanical stimuli of skeletal muscle: implications on mTOR/p70s6k and protein synthesis. <i>European Journal of Applied Physiology</i> , 2008 , 102, 253-63	3.4	76
25	Effects of creatine supplementation on renal function: a randomized, double-blind, placebo-controlled clinical trial. <i>European Journal of Applied Physiology</i> , 2008 , 103, 33-40	3.4	48
24	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> , 2008 , 5, 16	4.5	4
23	Effects Of Creatine Supplementation On Glucose Uptake In Rats Submitted To Exercise Training.. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S99	1.2	1
22	Development and Validity Assessment of a Specific Judo Performance Test. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S417	1.2	1
21	Suplementa� de creatina e metabolismo de glicose: efeitos terap�uticos ou adversos?. <i>Revista Brasileira De Medicina Do Esporte</i> , 2008 , 14, 478-478	0.5	1
20	Magnitude e m�todos de perda r�pida de peso em judocas de elite. <i>Revista De Nutricao</i> , 2007 , 20, 307-315	1.8	9
19	Does sodium-bicarbonate ingestion improve simulated judo performance?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007 , 17, 206-17	4.4	67
18	Concurrent and discriminant validity of the Stunkard� figure rating scale adapted into Portuguese. <i>Appetite</i> , 2006 , 47, 77-82	4.5	82
17	Sodium Bicarbonate Ingestion and its Effects on Blood Lactate and Judo-Related Performance. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, S126-S127	1.2	2
16	Underreporting of energy intake in developing nations. <i>Nutrition Reviews</i> , 2006 , 64, 319-30	6.4	10

15	Test-retest reliability and discriminant validity of the Restraint Scale translated into Portuguese. <i>Eating Behaviors</i> , 2005 , 6, 85-93	3	16
14	Psychometric testing and applications of the Body Attitudes Questionnaire translated into Portuguese. <i>Perceptual and Motor Skills</i> , 2005 , 101, 25-41	2.2	21
13	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> , 2005 , 37, S38	1.2	
12	Lipid Profile Of Trained And Sedentary Rats Submitted To A High Carbohydrate Diet. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, S380-S381	1.2	
11	Effect of insulin and contraction up on glucose transport in skeletal muscle. <i>Progress in Biophysics and Molecular Biology</i> , 2004 , 84, 1-27	4.7	35
10	The role of Ynt1 in nitrate and nitrite transport in the yeast <i>Hansenula polymorpha</i> . <i>Yeast</i> , 2004 , 21, 265-276	3.4	25
9	Effect of aspartate and asparagine supplementation on fatigue determinants in intense exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003 , 13, 65-75	4.4	48
8	Selective underreporting of energy intake in women: magnitude, determinants, and effect of training. <i>Journal of the American Dietetic Association</i> , 2003 , 103, 1306-13		128
7	Effect of arginine, ornithine and citrulline supplementation upon performance and metabolism of trained rats. <i>Cell Biochemistry and Function</i> , 2003 , 21, 85-91	4.2	41
6	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> , 2003 , 4, 149-55	3.1	25
5	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> , 2001 , 33, S206	1.2	
4	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> , 2001 , 33, S166	1.2	1
3	Relative reactivity of lysine and other peptide-bound amino acids to oxidation by hypochlorite. <i>Free Radical Biology and Medicine</i> , 2000 , 29, 425-33	7.8	46
2	Effect of aspartate, asparagine, and carnitine supplementation in the diet on metabolism of skeletal muscle during a moderate exercise. <i>Physiology and Behavior</i> , 1995 , 57, 367-71	3.5	42
1	Ureteral blockage as a complication of Burch colposuspension: report of 6 cases. <i>Gynecologic and Obstetric Investigation</i> , 1990 , 29, 239-40	2.5	11