Ricardo JosÃ© da Costa

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/8650368/publications.pdf

Version: 2024-02-01

62	2,297	218592	233338
papers	citations	26 h-index	45 g-index

63	63	63	1467
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Systematic review: exerciseâ€induced gastrointestinal syndromeâ€”implications for health and intestinal disease. Alimentary Pharmacology and Therapeutics, 2017, 46, 246-265.	1.9	258
2	International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 73-84.	1.0	110
3	Gut-training: the impact of two weeks repetitive gut-challenge during exercise on gastrointestinal status, glucose availability, fuel kinetics, and running performance. Applied Physiology, Nutrition and Metabolism, 2017, 42, 547-557.	0.9	106
4	The impact of exertional-heat stress on gastrointestinal integrity, gastrointestinal symptoms, systemic endotoxin and cytokine profile. European Journal of Applied Physiology, 2018, 118, 389-400.	1.2	97
5	Carbohydrate and protein intake during exertional heat stress ameliorates intestinal epithelial injury and small intestine permeability. Applied Physiology, Nutrition and Metabolism, 2017, 42, 1283-1292.	0.9	76
6	The Impact of Gastrointestinal Symptoms and Dermatological Injuries on Nutritional Intake and Hydration Status During Ultramarathon Events. Sports Medicine - Open, 2016, 2, 16.	1.3	74
7	The Impact of a 24-h Ultra-Marathon on Circulatory Endotoxin and Cytokine Profile. International Journal of Sports Medicine, 2015, 36, 688-695.	0.8	73
8	Circulatory endotoxin concentration and cytokine profile in response to exertional-heat stress during a multi-stage ultra-marathon competition. Exercise Immunology Review, 2015, 21, 114-28.	0.4	71
9	Defining Off-road Running: A Position Statement from the Ultra Sports Science Foundation. International Journal of Sports Medicine, 2020, 41, 275-284.	0.8	70
10	Exertional-heat stress-associated gastrointestinal perturbations during Olympic sports: Management strategies for athletes preparing and competing in the 2020 Tokyo Olympic Games. Temperature, 2020, 7, 58-88.	1.6	61
11	Perturbed energy balance and hydration status in ultra-endurance runners during a 24Âh ultra-marathon. British Journal of Nutrition, 2014, 112, 428-437.	1.2	60
12	Nutrition for Ultramarathon Running: Trail, Track, and Road. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 130-140.	1.0	58
13	Influence of Timing of Postexercise Carbohydrate-Protein Ingestion on Selected Immune Indices. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 366-384.	1.0	56
14	The Impact of Mild Heat Stress During Prolonged Running On Gastrointestinal Integrity, Gastrointestinal Symptoms, Systemic Endotoxin and Cytokine Profiles. International Journal of Sports Medicine, 2018, 39, 255-263.	0.8	56
15	Water and sodium intake habits and status of ultra-endurance runners during a multi-stage ultra-marathon conducted in a hot ambient environment: an observational field based study. Nutrition Journal, 2013, 12, 13.	1.5	54
16	Considerations for ultra-endurance activities: part 1- nutrition. Research in Sports Medicine, 2019, 27, 166-181.	0.7	54
17	Impact of exercise-induced hypohydration on gastrointestinal integrity, function, symptoms, and systemic endotoxin and inflammatory profile. Journal of Applied Physiology, 2019, 126, 1281-1291.	1.2	54
18	Does Short-Term High Dose Probiotic Supplementation Containing Lactobacillus casei Attenuate Exertional-Heat Stress Induced Endotoxaemia and Cytokinaemia?. International Journal of Sport Nutrition and Exercise Metabolism, 2016, 26, 268-275.	1.0	53

#	Article	IF	Citations
19	Testâ€“Retest Reliability of a Modified Visual Analog Scale Assessment Tool for Determining Incidence and Severity of Gastrointestinal Symptoms in Response to Exercise Stress. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 411-419.	1.0	51
20	Two weeks of repetitive gutâ€challenge reduce exerciseâ€associated gastrointestinal symptoms and malabsorption. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 630-640.	1.3	50
21	Heat acclimation responses of an ultraâ€endurance running group preparing for hot desertâ€based competition. European Journal of Sport Science, 2014, 14, S131-41.	1.4	47
22	Considerations for ultra-endurance activities: part 2 â€“ hydration. Research in Sports Medicine, 2019, 27, 182-194.	0.7	45
23	Impact of 24-h high and low fermentable oligo-, di-, monosaccharide, and polyol diets on markers of exercise-induced gastrointestinal syndrome in response to exertional heat stress. Applied Physiology, Nutrition and Metabolism, 2020, 45, 569-580.	0.9	43
24	The Effects of a High Carbohydrate Diet on Cortisol and Salivary Immunoglobulin A (s-IgA) During a Period of Increase Exercise Workload Amongst Olympic and Ironman Triathletes. International Journal of Sports Medicine, 2005, 26, 880-885.	0.8	42
25	Does the temperature of water ingested during exertional-heat stress influence gastrointestinal injury, symptoms, and systemic inflammatory profile?. Journal of Science and Medicine in Sport, 2018, 21, 771-776.	0.6	41
26	Sports Dietitians Australia Position Statement: Nutrition for Exercise in Hot Environments. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 83-98.	1.0	31
27	Diurnal versus Nocturnal Exerciseâ€”Effect on the Gastrointestinal Tract. Medicine and Science in Sports and Exercise, 2021, 53, 1056-1067.	0.2	31
28	Effects of Immediate Postexercise Carbohydrate Ingestion With and Without Protein on Neutrophil Degranulation. International Journal of Sport Nutrition and Exercise Metabolism, 2011, 21, 205-213.	1.0	30
29	Does biological sex impact intestinal epithelial injury, small intestine permeability, gastrointestinal symptoms and systemic cytokine profile in response to exertional-heat stress?. Journal of Sports Sciences, 2018, 36, 2827-2835.	1.0	28
30	The Effects of Postexercise Feeding on Saliva Antimicrobial Proteins. International Journal of Sport Nutrition and Exercise Metabolism, 2012, 22, 184-191.	1.0	27
31	The effects of two nights of sleep deprivation with or without energy restriction on immune indices at rest and in response to cold exposure. European Journal of Applied Physiology, 2010, 109, 417-428.	1.2	26
32	Is the gut microbiota bacterial abundance and composition associated with intestinal epithelial injury, systemic inflammatory profile, and gastrointestinal symptoms in response to exertional-heat stress?. Journal of Science and Medicine in Sport, 2020, 23, 1141-1153.	0.6	25
33	Gastrointestinal Assessment and Therapeutic Intervention for the Management of Exercise-Associated Gastrointestinal Symptoms: A Case Series Translational and Professional Practice Approach. Frontiers in Physiology, 2021, 12, 719142.	1.3	25
34	The Influence of Aerobic Exercise on Hippocampal Integrity and Function: Preliminary Findings of a Multi-Modal Imaging Analysis. Brain Plasticity, 2018, 4, 211-216.	1.9	23
35	Case Study: Providing Nutritional Support to an Ultraendurance Runner in Preparation for a Self-Sufficient Multistage Ultramarathon: Rationed Versus Full Energy Provisions. Wilderness and Environmental Medicine, 2018, 29, 508-520.	0.4	21
36	Sodium Intake Beliefs, Information Sources, and Intended Practices of Endurance Athletes Before and During Exercise. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 371-381.	1.0	19

#	Article	IF	Citations
37	Ad libitum drinking adequately supports hydration during 2Âh of running in different ambient temperatures. European Journal of Applied Physiology, 2018, 118, 2687-2697.	1.2	18
38	Assessing Overall Exercise Recovery Processes Using Carbohydrate and Carbohydrate-Protein Containing Recovery Beverages. Frontiers in Physiology, 2021, 12, 628863.	1.3	18
39	Applying a Low-FODMAP Dietary Intervention to a Female Ultraendurance Runner With Irritable Bowel Syndrome During a Multistage Ultramarathon. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 61-67.	1.0	17
40	Measurement of saliva flow rate in healthy young humans: influence of collection time and mouthrinse water temperature. European Journal of Oral Sciences, 2016, 124, 447-453.	0.7	15
41	Impact of 3-day high and low dietary sodium intake on sodium status in response to exertional-heat stress: a double-blind randomized control trial. European Journal of Applied Physiology, 2019, 119, 2105-2118.	1.2	15
42	Born to run. Studying the limits of human performance. BMC Medicine, 2012, 10, 76.	2.3	14
43	Changes of Hematological Markers during a Multi-stage Ultra-marathon Competition in the Heat. International Journal of Sports Medicine, 2016, 37, 104-111.	0.8	14
44	The Effects of a High-Protein Dairy Milk Beverage With or Without Progressive Resistance Training on Fat-Free Mass, Skeletal Muscle Strength and Power, and Functional Performance in Healthy Active Older Adults: A 12-Week Randomized Controlled Trial. Frontiers in Nutrition, 2021, 8, 644865.	1.6	14
45	Does the Nutritional Composition of Dairy Milk Based Recovery Beverages Influence Post-exercise Gastrointestinal and Immune Status, and Subsequent Markers of Recovery Optimisation in Response to High Intensity Interval Exercise?. Frontiers in Nutrition, 2020, 7, 622270.	1.6	14
46	Case Study: Nutrition and Hydration Status during 4,254 km of Running Over 78 Consecutive Days. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 533-541.	1.0	13
47	The Effects of an Acute â€œTrain-Lowâ€•Nutritional Protocol on Markers of Recovery Optimization in Endurance-Trained Male Athletes. International Journal of Sports Physiology and Performance, 2021, 16, 1764-1776.	1.1	13
48	Feeding Tolerance, Glucose Availability, and Whole-Body Total Carbohydrate and Fat Oxidation in Male Endurance and Ultra-Endurance Runners in Response to Prolonged Exercise, Consuming a Habitual Mixed Macronutrient Diet and Carbohydrate Feeding During Exercise. Frontiers in Physiology, 2021, 12, 773054.	1.3	13
49	Recommendations on Youth Participation in Ultra-Endurance Running Events: A Consensus Statement. Sports Medicine, 2021, 51, 1123-1135.	3.1	11
50	Sarcopenic Characteristics of Active Older Adults: a Cross-Sectional Exploration. Sports Medicine - Open, 2021, 7, 32.	1.3	11
51	Two nights of sleep deprivation with or without energy restriction does not impair the thermal response to cold. European Journal of Applied Physiology, 2015, 115, 2059-2068.	1.2	9
52	The Relationship Between Psychological Stress and Anxiety with Gastrointestinal Symptoms Before and During a 56Âkm Ultramarathon Running Race. Sports Medicine - Open, 2021, 7, 93.	1.3	8
53	The impact of exercise modality on exercise-induced gastrointestinal syndrome and associated gastrointestinal symptoms. Journal of Science and Medicine in Sport, 2022, 25, 788-793.	0.6	8
54	Development and validation of a questionnaire investigating endurance athletes practices to manage gastrointestinal symptoms around exercise. Nutrition and Dietetics, 2021, 78, 286-295.	0.9	7

#	Article	IF	Citations
55	Short-Term Very High Carbohydrate Diet and Gut-Training Have Minor Effects on Gastrointestinal Status and Performance in Highly Trained Endurance Athletes. Nutrients, 2022, 14, 1929.	1.7	5
56	Letter: lowâ€<scp>FODMAP</scp> diet for exerciseâ€induced gastrointestinal syndromeâ€"Authorsâ€™ reply. Alimentary Pharmacology and Therapeutics, 2017, 46, 1023-1024.	1.9	4
57	The effect of dietary interventions and nutritional supplementation on bone mineral density inÂotherwise healthy adults with osteopenia: AÂsystematic review. Nutrition Bulletin, 2016, 41, 108-121.	0.8	3
58	Comments and future directions arising from â€œThe Impact of Dairy Protein Intake on Muscle Mass, Muscle Strength, and Physical Performance in Middle-Aged to Older Adults with or without Existing Sarcopeniaâ€. Advances in Nutrition, 2020, 11, 175-176.	2.9	3
59	DAILY HEMATOLOGIC ASSESSMENT DURING A 230-KM MULTISTAGE ULTRAMARATHON. Revista Brasileira De Medicina Do Esporte, 2018, 24, 206-211.	0.1	2
60	Exertional heat stress-induced gastrointestinal perturbations: prevention and management strategies. British Journal of Sports Medicine, 2019, 53, 1312-1313.	3.1	1
61	Effects of adding aerobic physical activity to strengthening exercise on hip osteoarthritis symptoms: protocol for the PHOENIX randomised controlled trial. BMC Musculoskeletal Disorders, 2022, 23, 361.	0.8	1
62	Response to Armstrong and Bergeron. European Journal of Applied Physiology, 2019, 119, 1453-1454.	1.2	0