

# Antonio Herbert Lancha Junior

## List of Publications by Year in descending order

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Version: 2024-02-01

182  
papers

5,389  
citations

61977

43  
h-index

110368

64  
g-index

184  
all docs

184  
docs citations

184  
times ranked

6826  
citing authors

#	ARTICLE	IF	CITATIONS
1	Prevalence, Magnitude, and Methods of Rapid Weight Loss among Judo Competitors. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 436-442.	0.4	191
2	Role of $\beta$ -Alanine Supplementation on Muscle Carnosine and Exercise Performance. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1162-1173.	0.4	162
3	Selective underreporting of energy intake in women: Magnitude, determinants, and effect of training. <i>Journal of the American Dietetic Association</i> , 2003, 103, 1306-1313.	1.1	149
4	In sickness and in health: the widespread application of creatine supplementation. <i>Amino Acids</i> , 2012, 43, 519-529.	2.7	126
5	Exploring the therapeutic role of creatine supplementation. <i>Amino Acids</i> , 2010, 38, 31-44.	2.7	117
6	Rapid weight loss followed by recovery time does not affect judo-related performance. <i>Journal of Sports Sciences</i> , 2010, 28, 21-32.	2.0	110
7	Concurrent and discriminant validity of the Stunkard's figure rating scale adapted into Portuguese. <i>Appetite</i> , 2006, 47, 77-82.	3.7	107
8	Exercise training changes IL-10/TNF- $\alpha$ ratio in the skeletal muscle of post-MI rats. <i>Cytokine</i> , 2010, 49, 102-108.	3.2	107
9	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, 2031-2040.	1.1	106
10	HMB supplementation: clinical and athletic performance-related effects and mechanisms of action. <i>Amino Acids</i> , 2011, 40, 1015-1025.	2.7	106
11	ACTN3 R577X and ACE I/D gene variants influence performance in elite sprinters: a multi-cohort study. <i>BMC Genomics</i> , 2016, 17, 285.	2.8	106
12	Beta-alanine (Carnosyn $^{\text{®}}$ ) supplementation in elderly subjects (60-80 years): effects on muscle carnosine content and physical capacity. <i>Amino Acids</i> , 2012, 43, 49-56.	2.7	103
13	Characteristics of women who frequently under report their energy intake: a doubly labelled water study. <i>European Journal of Clinical Nutrition</i> , 2009, 63, 1192-1199.	2.9	98
14	Mechanical stimuli of skeletal muscle: implications on mTOR/p70s6k and protein synthesis. <i>European Journal of Applied Physiology</i> , 2008, 102, 253-263.	2.5	91
15	Nutritional Strategies to Modulate Intracellular and Extracellular Buffering Capacity During High-Intensity Exercise. <i>Sports Medicine</i> , 2015, 45, 71-81.	6.5	89
16	Resistance Training with Vascular Occlusion in Inclusion Body Myositis. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 250-254.	0.4	88
17	Additive effects of beta-alanine and sodium bicarbonate on upper-body intermittent performance. <i>Amino Acids</i> , 2013, 45, 309-317.	2.7	88
18	Does Sodium-Bicarbonate Ingestion Improve Simulated Judo Performance?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007, 17, 206-217.	2.1	84

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19	Creatine in Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 770-778.	0.4	79
20	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, 1-10.	1.8	78
21	Vitamin D, muscle recovery, sarcopenia, cachexia, and muscle atrophy. <i>Nutrition</i> , 2019, 60, 66-69.	2.4	75
22	An overview of the therapeutic effects of leucine supplementation on skeletal muscle under atrophic conditions. <i>Amino Acids</i> , 2011, 40, 287-300.	2.7	66
23	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, 367-371.	2.1	64
24	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.	2.1	64
25	The need of a weight management control program in judo: a proposal based on the successful case of wrestling. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 15.	3.9	63
26	Potential antiproteolytic effects of L-leucine: observations of in vitro and in vivo studies. <i>Nutrition and Metabolism</i> , 2008, 5, 20.	3.0	59
27	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, 966-972.	1.5	59
28	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, 1155-1160.	6.7	59
29	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.	2.5	58
30	Glucocorticoids: Extensive physiological actions modulated through multiple mechanisms of gene regulation. <i>Journal of Cellular Physiology</i> , 2010, 224, 311-315.	4.1	55
31	The effect of carbohydrate mouth rinse on maximal strength and strength endurance. <i>European Journal of Applied Physiology</i> , 2011, 111, 2381-2386.	2.5	54
32	Relative reactivity of lysine and other peptide-bound amino acids to oxidation by hypochlorite. <i>Free Radical Biology and Medicine</i> , 2000, 29, 425-433.	2.9	53
33	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.	2.7	51
34	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, 749-756.	2.5	51
35	Effect of arginine, ornithine and citrulline supplementation upon performance and metabolism of trained rats. <i>Cell Biochemistry and Function</i> , 2003, 21, 85-91.	2.9	49
36	Peripheral signalling involved in energy homeostasis control. <i>Nutrition Research Reviews</i> , 2012, 25, 223-248.	4.1	49

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37	The ergogenic effect of beta-alanine combined with sodium bicarbonate on high-intensity swimming performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013, 38, 525-532.	1.9	49
38	The possible role of physical exercise on the treatment of idiopathic inflammatory myopathies. <i>Autoimmunity Reviews</i> , 2009, 8, 355-359.	5.8	48
39	Protein turnover, amino acid requirements and recommendations for athletes and active populations. <i>Brazilian Journal of Medical and Biological Research</i> , 2012, 45, 875-890.	1.5	48
40	Beneficial Effect of Creatine Supplementation in Knee Osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1538-1543.	0.4	46
41	Obesity: considerations about etiology, metabolism, and the use of experimental models. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2012, 5, 75.	2.4	46
42	Physiological, Performance, and Nutritional Profile of the Brazilian Olympic Wushu (Kung-Fu) Team. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 20-25.	2.1	45
43	Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance. <i>Amino Acids</i> , 2012, 42, 2299-2305.	2.7	45
44	Chronic resistance training decreases MuRF-1 and Atrogin-1 gene expression but does not modify Akt, GSK-3 $\beta$ and p70S6K levels in rats. <i>European Journal of Applied Physiology</i> , 2009, 106, 415-423.	2.5	43
45	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, 2388-2395.	3.6	43
46	Effects of leucine supplementation and resistance exercise on dexamethasone-induced muscle atrophy and insulin resistance in rats. <i>Nutrition</i> , 2012, 28, 465-471.	2.4	43
47	Under-reporting of energy intake is more prevalent in a healthy dietary pattern cluster. <i>British Journal of Nutrition</i> , 2008, 100, 1060-1068.	2.3	42
48	Effect of insulin and contraction up on glucose transport in skeletal muscle. <i>Progress in Biophysics and Molecular Biology</i> , 2004, 84, 1-27.	2.9	41
49	Short-Term Effects of Sleeve Gastrectomy and Caloric Restriction on Blood Pressure in Diet-Induced Obese Rats. <i>Obesity Surgery</i> , 2012, 22, 1481-1490.	2.1	40
50	Reduced muscle carnosine content in type 2, but not in type 1 diabetic patients. <i>Amino Acids</i> , 2012, 43, 21-24.	2.7	40
51	Dietary protein supplementation in the elderly for limiting muscle mass loss. <i>Amino Acids</i> , 2017, 49, 33-47.	2.7	39
52	Mucosal Healing in Inflammatory Bowel Diseases. <i>Inflammatory Bowel Diseases</i> , 2015, 21, 198-207.	1.9	36
53	Probiotics and sports: A new magic bullet?. <i>Nutrition</i> , 2019, 60, 152-160.	2.4	36
54	Crosstalk Between Skeletal Muscle and Immune System: Which Roles Do IL-6 and Glutamine Play?. <i>Frontiers in Physiology</i> , 2020, 11, 582258.	2.8	36

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55	Alimentary proteins, amino acids and cholesterolemia. <i>Amino Acids</i> , 2010, 38, 15-22.	2.7	35
56	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-e9.	1.9	34
57	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.	3.9	34
58	Influence of training status on high-intensity intermittent performance in response to $\beta$ -alanine supplementation. <i>Amino Acids</i> , 2014, 46, 1207-1215.	2.7	34
59	The role of Ynt1 in nitrate and nitrite transport in the yeast <i>Hansenula polymorpha</i> . <i>Yeast</i> , 2004, 21, 265-276.	1.7	33
60	Distinct effects of leucine or a mixture of the branched-chain amino acids (leucine, isoleucine, and valine) on body composition and performance in trained rats. <i>Nutrition</i> , 2013, 29, 1388-1394.	2.4	33
61	An overview of amines as nutritional supplements to counteract cancer cachexia. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014, 5, 105-110.	7.3	33
62	Creatine supplementation prevents acute strength loss induced by concurrent exercise. <i>European Journal of Applied Physiology</i> , 2014, 114, 1749-1755.	2.5	30
63	The role of nitrate reductase in the regulation of the nitrate assimilation pathway in the yeast. <i>FEMS Yeast Research</i> , 2003, 4, 149-155.	2.3	29
64	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, 1095-1102.	2.5	29
65	Potential therapeutic effects of branched-chain amino acids supplementation on resistance exercise-based muscle damage in humans. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 23.	3.9	29
66	Creatine-induced glucose uptake in type 2 diabetes: a role for AMPK- $\beta$ ?. <i>Amino Acids</i> , 2012, 43, 1803-1807.	2.7	29
67	Analysis of sports-relevant polymorphisms in a large Brazilian cohort of top-level athletes. <i>Annals of Human Genetics</i> , 2018, 82, 254-264.	0.8	29
68	Genetics and sport performance: current challenges and directions to the future. <i>Revista Brasileira De Educaç�o F�sica E Esporte: RBEFE</i> , 2014, 28, 177-193.	0.1	28
69	Vascular Occlusion Training for Inclusion Body Myositis: A Novel Therapeutic Approach. <i>Journal of Visualized Experiments</i> , 2010, , .	0.3	27
70	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.	3.9	27
71	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, 343-351.	1.8	27
72	Determining the Contribution of the Energy Systems During Exercise. <i>Journal of Visualized Experiments</i> , 2012, , .	0.3	27

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73	Exploratory studies of the potential anti-cancer effects of creatine. <i>Amino Acids</i> , 2016, 48, 1993-2001.	2.7	27
74	Psychometric Testing and Applications of the Body Attitudes Questionnaire Translated into Portuguese. <i>Perceptual and Motor Skills</i> , 2005, 101, 25-41.	1.3	26
75	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, 1723-1734.	2.1	26
76	Effects of creatine supplementation on muscle wasting and glucose homeostasis in rats treated with dexamethasone. <i>Amino Acids</i> , 2012, 42, 1695-1701.	2.7	25
77	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.	2.5	25
78	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.	0.4	24
79	Effect of creatine supplementation on measured glomerular filtration rate in postmenopausal women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 419-422.	1.9	24
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> , 2011, 4, 141.	2.4	24
81	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, 4532-4546.	3.7	24
82	Influência do exercício físico na cognição: uma atualização sobre mecanismos fisiológicos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2014, 20, 237-241.	0.2	24
83	BLOOD FLOW RESTRICTED RESISTANCE TRAINING ATTENUATES MYOSTATIN GENE EXPRESSION IN A PATIENT WITH INCLUSION BODY MYOSITIS. <i>Biology of Sport</i> , 2014, 31, 121-124.	3.2	24
84	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.	2.1	24
85	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.	2.5	24
86	Sleeve Gastrectomy Induces Weight Loss in Diet-Induced Obese Rats Even if High-Fat Feeding Is Continued. <i>Obesity Surgery</i> , 2011, 21, 1438-1443.	2.1	23
87	A new clinical perspective: Treating obesity with nutritional coaching versus energy-restricted diets. <i>Nutrition</i> , 2019, 60, 147-151.	2.4	22
88	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, 1851-1867.	4.1	21
89	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.	4.3	21
90	Nutritional status and food intake of patients with systemic psoriasis and psoriatic arthritis associated. <i>Einstein (Sao Paulo, Brazil)</i> , 2012, 10, 44-52.	0.7	20

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91	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.	2.0	20
92	Test-retest reliability and discriminant validity of the Restraint Scale translated into Portuguese. <i>Eating Behaviors</i> , 2005, 6, 85-93.	2.0	18
93	Carbohydrate mouth rinse: does it improve endurance exercise performance?. <i>Nutrition Journal</i> , 2010, 9, 33.	3.4	16
94	Anthropometric, physiological, performance, and nutritional profile of the Brazil National Canoe Polo Team. <i>Journal of Sports Sciences</i> , 2012, 30, 305-311.	2.0	16
95	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.	3.4	16
96	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.	3.3	16
97	Efeitos da suplementação de creatina sobre força e hipertrofia muscular: atualização. <i>Revista Brasileira De Medicina Do Esporte</i> , 2010, 16, 219-223.	0.2	15
98	Short- and Long-Term Changes in Gastric Morphology and Histopathology Following Sleeve Gastrectomy in Diet-Induced Obese Rats. <i>Obesity Surgery</i> , 2012, 22, 634-640.	2.1	15
99	Sleeve Gastrectomy Reduces Blood Pressure in Obese (fa/fa) Zucker Rats. <i>Obesity Surgery</i> , 2012, 22, 309-315.	2.1	15
100	Development of a Specific Anaerobic Field Test for Aerobic Gymnastics. <i>PLoS ONE</i> , 2015, 10, e0123115.	2.5	15
101	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, 552-557.	2.9	14
102	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.	0.6	14
103	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.	3.7	13
104	Influence of ACTN3 R577X polymorphism on ventilatory thresholds related to endurance performance. <i>Journal of Sports Sciences</i> , 2016, 34, 163-170.	2.0	13
105	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.	2.1	13
106	The effects of COVID-19 quarantine on eating and sleeping behaviors. <i>Nutrire</i> , 2020, 45, .	0.7	13
107	Ureteral Blockage as a Complication of Burch Colposuspension: Report of 6 Cases. <i>Gynecologic and Obstetric Investigation</i> , 1990, 29, 239-240.	1.6	12
108	Magnitude e métodos de perda rápida de peso em judocas de elite. <i>Revista De Nutricao</i> , 2007, 20, 307-315.	0.4	12

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109	A suplementação de creatina prejudica a função renal?. Revista Brasileira De Medicina Do Esporte, 2008, 14, 68-73.	0.2	12
110	Experimental chronic low-frequency resistance training produces skeletal muscle hypertrophy in the absence of muscle damage and metabolic stress markers. Cell Biochemistry and Function, 2010, 28, 232-238.	2.9	12
111	Functional and morphological effects of resistance exercise on disuse-induced skeletal muscle atrophy. Brazilian Journal of Medical and Biological Research, 2011, 44, 1070-1079.	1.5	12
112	An Experimental Model for Resistance Exercise in Rodents. Journal of Biomedicine and Biotechnology, 2012, 2012, 1-7.	3.0	11
113	The <i>AGTR2</i> polymorphism and power athletic status in top-level Brazilian athletes. Journal of Sports Sciences, 2018, 36, 2327-2332.	2.0	11
114	Underreporting of Energy Intake in Developing Nations. Nutrition Reviews, 2006, 64, 319-330.	5.8	11
115	The possible role of leucine in modulating glucose homeostasis under distinct catabolic conditions. Medical Hypotheses, 2012, 79, 883-888.	1.5	10
116	The Liposuction-Induced Effects on Adiponectin and Selected Cytokines Are Not Affected by Exercise Training in Women. International Journal of Endocrinology, 2014, 2014, 1-6.	1.5	10
117	Alterações na produção de IL-10 e TNF- $\alpha$ no músculo esquelético em ratos com insuficiência cardíaca secundária ao infarto do miocárdio. Arquivos Brasileiros De Cardiologia, 2010, 94, 313-320.	0.8	9
118	Improving Nutritional Habits With No Diet Prescription: Details of a Nutritional Coaching Process. American Journal of Lifestyle Medicine, 2018, 12, 160-165.	1.9	9
119	Colon epithelial cells luminal environment and physiopathological consequences: impact of nutrition and exercise. Nutrire, 2018, 43, .	0.7	9
120	Leucine supplementation combined with resistance exercise improves the plasma lipid profile of dexamethasone-treated rats. Lipids in Health and Disease, 2012, 11, 7.	3.0	8
121	The Effects of Two Different Doses of Calcium Lactate on Blood pH, Bicarbonate, and Repeated High-Intensity Exercise Performance. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 286-295.	2.1	8
122	Thirty years of investigation on the ergogenic effects of sodium citrate: is it time for a fresh start?. British Journal of Sports Medicine, 2018, 52, 942-943.	6.7	8
123	An overview of nutritional strategies for recovery process in sports-related muscle injuries. Nutrire, 2018, 43, .	0.7	8
124	Total genotype score and athletic status: An exploratory cross-sectional study of a Brazilian athlete cohort. Annals of Human Genetics, 2020, 84, 141-150.	0.8	8
125	Does creatine supplementation improve the plasma lipid profile in healthy male subjects undergoing aerobic training?. Journal of the International Society of Sports Nutrition, 2008, 5, 16.	3.9	7
126	Efeitos da suplementação de creatina na captação de glicose em ratos submetidos ao exercício físico. Revista Brasileira De Medicina Do Esporte, 2008, 14, 431-435.	0.2	7



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127	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.	3.9	7
128	Renewed Avenues through Exercise Muscle Contractility and Inflammatory Status. <i>Scientific World Journal</i> , The, 2012, 2012, 1-7.	2.1	7
129	Influence of Alkalinity on the Synthesis of Zeolite A and Hydroxysodalite from Metakaolin. <i>Journal of Nano Research</i> , 0, 61, 51-60.	0.8	7
130	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, 866-871.	1.5	6
131	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, 164-168.	1.9	6
132	Creatine supplementation can improve impact control in high-intensity interval training. <i>Nutrition</i> , 2019, 61, 99-104.	2.4	6
133	Fasting: a major limitation for resistance exercise training effects in rodents. <i>Brazilian Journal of Medical and Biological Research</i> , 2018, 51, e5427.	1.5	4
134	Efeitos da suplementação de creatina no exercício intermitente de alta intensidade: divergências e recomendações metodológicas. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2008, 10, .	0.5	3
135	Association study of SLC6A2 gene Thr99Ile variant (rs1805065) with athletic status in the Brazilian population. <i>Gene</i> , 2019, 707, 53-57.	2.2	3
136	Blood flow restriction and blood flow restriction resistance training improves muscle mass, muscle strength and mobility in an older patient with osteoarthritis carrying the <i>ACTN3</i> endurance genotype: A case report. <i>Geriatrics and Gerontology International</i> , 2019, 19, 458-459.	1.5	3
137	Influência da suplementação de creatina sobre a massa glicogênio de ratos espontaneamente hipertensos. <i>Revista Brasileira De Reumatologia</i> , 2012, 52, 457-461.	0.8	3
138	Effects Of Leucine And Resistance Exercise On Glucocorticoid-induced Muscle Atrophy And Glucose Homeostasis In Rats. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 583.	0.4	2
139	Creatine supplementation does not augment muscle carnosine content in type 2 diabetic patients. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 764-767.	1.9	2
140	Eficácia ergogênica da suplementação de cafeína sobre o desempenho de força? Uma análise crítica.. <i>Revista Da Educação Física</i> , 2014, 25, 501.	0.0	2
141	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.	0.4	2
142	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.	0.4	2
143	Rapid Weight Loss Is Highly Prevalent Among Young Judo Competitors. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 472-473.	0.4	1
144	Effects Of Leucine Supplementation In The Protein Synthesis Signalling Pathways Of Soleus And Edl Muscle In Young And Old Rats. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 135.	0.4	1

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145	Exercise Training Attenuates Total And Visceral Fat Compensatory Growth In Women Submitted To Abdominal Liposuction. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 468.	0.4	1
146	Nutrition in Combat Sports. , 2013, , 115-127.		1
147	An Overview of Branched-Chain Amino Acids in Exercise and Sports Nutrition. , 2013, , 367-375.		1
148	A suplementação de leucina pode atenuar a atrofia muscular? Uma revisão da literatura. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2015, 17, 496.	0.5	1
149	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.	0.4	1
150	Relationship Between Blood Lactate And Performance In A Specific Judo Test. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S99.	0.4	1
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