

*Review / Original Article / Short Communication / Report / Letter to Editor* (Select one and delete the others)

Title

Author 1 full name, Author 2 full name

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**Abstract**: within 250 words.

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**Introduction**

The investigation's aim, its significance in relation to earlier work in the field, and the motivations behind its conduct should all be mentioned in the introduction. References to the most pertinent works just need to be briefly made. Reference is cited in the text like this. 1) (These instructions should be removed when the article is prepared).

**Materials and Methods**

The methods should be briefly described with enough specificity to allow others to replicate the tests. When using published processes, the proper references must be given. Only procedures that are entirely new or significantly modified from previously published ones call for a detailed description. Sources of animals and tumors should always be mentioned, along with the names of the items and manufacturers and their locations (city, state, and country).

**Results**

The findings should be succinctly explained. Only use tables and figures if they are necessary for understanding the data.

**Discussion**

The findings should be analyzed and compared to prior scientific understanding. There shouldn't be any duplication of information from the introduction or results.

**Conclusions**

**Acknowledgments**

Financial grants and other sources of financing must be acknowledged, and the writers' connections to and affiliations with industry must be openly disclosed. It's important to thank the support from institutions or other coworkers. It is inappropriate to thank reviewers personally or anonymously.

**Author Contributions**

A brief statement describing the contributions made by each co-author (e.g., study concept and design; acquisition of data; analysis and interpretation of data; drafting of the manuscript; critical revision of the manuscript for important intellectual content; statistical analysis; obtained funding; administrative, technical, or material support; study supervision).

**Conflict of Interest**

Within three years of starting the submitted work, all authors are asked to disclose any actual or potential conflicts of interest, including any financial, personal, or other relationships with other people or organizations that could unreasonably influence or be perceived to influence their work.

**References**

Some instances of reference style are as follows

Journal article:

1. Wang DH, Kogashiwa M, Ohta S, et al. Validity and reliability of a dietary assessment method: the application of a digital camera with a mobile phone card attachment. J Nutr Sci Vitaminol 48; 498-504: 2002. DOI: 10.3177/jnsv.48.498.

Book:

2. Ogata M. Biochemical monitoring of exposure to industrial chemicals. Cincinnati, ACGIH,1990.

Chapter in a Book:

3. Takahara S, Ogata M. Metabolism in Japanese acatalasemia with special reference to superoxide dismutase and glutathione peroxidase. In: Hayashi O and Asada K ed. Biochemical and medical aspects of active oxygen. Tokyo: University of Tokyo Press,275-292: 1977.

Internet publication: Online journals with DOI number can only be cited.

4. Yamada Y, Nakamura H, Tsujiguchi H, et al. Relationships among the β3-adrenargic receptor gene Trp64Arg polymorphism, hypertension, and insulin resistance in a Japanese population. PLoS One. 2021; 16; e0255444. DOI: 10.1371/journal.pone.0255444.

Online resource:

5. Coronavirus disease (COVID-19). World Health Organization. https://www.who.int/health-topics/coronavirus#tab=tab\_1. (accessed on 6th Jan, 2023)

**Appendices**

These ought to be included at the end of the manuscript, given Roman numbers, and cited in the manuscript. The writer's name should appear beneath the title if the piece was authored by someone other than the main text's author.

**Tables**

The information in tables should be self-contained, complementing the text but not repeating it. Arabic numerals are used to sequentially number tables within the text. Tables should be typed with the above legend on a separate sheet. The table, legend, and footnotes must all be understandable without referring to the text. Legends should be succinct but thorough. Columns shouldn't be divided by vertical lines. All abbreviations must have definitions in the footnotes. Column titles should be succinct and include the units of measurement in parenthesis. \*, †, § should be used (in that order) as footnote symbols, and \*, #, † should be saved for p values. In the headers, statistical measurements like SD or SEM should be mentioned. Excel or Word should be used to submit tables. Avoid using image files and collections of text boxes.

**Figures**

Figures are the general term for any illustrations (including line drawings and pictures). Figures should be referenced in the text in a sequential order. To clearly illustrate experimental results, figures should be employed. Illustrations intended for reproduction should typically be about twice as large as what is needed because figures are frequently shrunk to fit within a single column. Symbols, writing, and lines need to be big enough and distinct enough to be readable after reduction. Only when they are necessary, photographs of tissues, cells, or subcellular components should be presented. The figure number should be included in the file name when providing figures as separate files.

Verdana and Symbol text in the tables and figures should be 8–12 points. Figure panel labels must be in 16-point Verdana bold (A, B, C). Please refrain from covering photographs with panel labels. Please see the Instructions to Authors section at the end for standards on image quality.