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**Abstract:** The abstract consists of a single paragraph and serves as a concise summary of the research study and its significant findings. It must not cite references or contain any images or tables. Keep it concise, include key elements, use clear and concise language. Define acronyms and abbreviations the first time they appear in the abstract, highlight the novelty and significance of the study, and ensure that it is free of errors and effectively communicates the main points of the study. The abstract structure should contain the following key elements: 1) Aim(s): Highlight the study's purpose; 2) Methods: Provide a brief overview of the main methods or treatments used; 3) Results: Outline the principal findings of the article; and 4) Conclusions: Summarize the main conclusions or interpretations. Adherence to specific word count requirements is imperative based on the manuscript type: Original articles and Review articles should not exceed 300 words; Mini Reviews, Perspective articles, Opinions, Letters to the editor, Short communications should not exceed 250 words; Editorials require no abstract. its significant findings.

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1. INTRODUCTION

This section provides background information on the research topic, which can include a literature review that summarizes previous research in the area, highlighting the gaps or limitations of the existing literature that the study aims to address. The introduction should also clearly state the research question or hypothesis that the study aims to answer explaining the significance of the study, i.e. why the study is important and what contribution it makes to the field. This can include highlighting the practical, theoretical, or methodological implications of the study. The introduction should not contain subheadings.

References should be listed in the same sequence as they appear in the text. Each reference should be identified with a reference number enclosed in square brackets when cited in the text, for example, [1], [2,3] or [4-6].

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This section should provide a detailed description of the materials used in the study, such as chemicals, reagents, or biological samples. The source and quality of the materials should also be described.

* 1. Methods

This section should provide a clear and detailed description of the research design, methodology, and data analysis procedures used in the study. It should include details on the sample size, data collection methods, and statistical analyses. The methods section should include a statement on ethics, including any ethical considerations that were taken into account in the study, such as obtaining informed consent from participants, protecting participant confidentiality, and ensuring that the study was conducted in accordance with ethical guidelines.

* + 1. Equations (Sub-Heading 3)

The equations should be inserted in editable format from the equation editor.

Equations should be in editable format. Picture format is unacceptable. It is recommended to use the Microsoft Equation Editor. For example, equation (1).

$f(x)=\frac{-b\pm \sqrt{b^{2}-4ac}}{2a}$ (1)

* + - 1. Copyright Compliance and permission (Sub-Heading 4)

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This section presents the findings of the study in a clear and concise manner, using tables, graphs, and figures to illustrate the data.

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Results should be analyzed statistically to provide a quantitative interpretation of the data, and results obtained from statistical analysis should be presented in the form of text, tables or figures if appropriate. In text sections, authors should avoid repeating information already shown in figures and tables, and instead focus on emphasizing and summarizing only the most important observations.

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Tables should be formatted consistently, with appropriate font sizes and styles for headings and data. They should be in Word format and not as a picture. All tables should be cited in the text and numbered in sequential order, starting with Table 1, Table 2 and so on. A descriptive and concise title for the table is included above the table itself. Any necessary explanatory, including non-standard abbreviations, labels, numbers, letters, arrows and symbols, should be explained in the footnote below the table.

**Table 1.** This is the table title.

|  |  |  |
| --- | --- | --- |
| **Samples** | **Size (nm)** | **Volume (mL)** |
| Sample 1 | Data | Data |
| Sample 2 | Data | Data\* |

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A

B

C

**Figure 1.** This is a figure. When dealing with multiple panels, they should be sequentially labeled as follows: (A) A description of the content within the first panel; (b) A description of the content within the second panel; (C) A description of the content within the third panel. Figures should be incorporated into the main text in close proximity to their initial citation.

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Some of key components that the discussion section may include are: an interpretation of the results explaining what they mean and how they relate to the research question(s) and the hypotheses tested, a comparison with previous studies including similarities and differences as well as any inconsistencies or contradictions, explanations for the findings including potential reasons for any unexpected or unanticipated results, a description of the implications of findings for the broader field of research and potential applications in practice, a statement on the limitations of the study including potential sources of bias or confounding, as well as and suggestions for future research that could build upon the work findings.

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The authors should summarize the key points of the discussion and offer a clear conclusion that addresses the research question(s) and hypotheses tested. The key components in a conclusion section include: a restatement of the main findings of the study and their implications for the broader field of research, recommendations of suggest potential areas for future research that could build upon their findings, as well as any practical applications of their findings in practice. The authors may also conclude the paper with a final thought that summarizes the main message of the study, or an overarching theme that ties together the findings.

Declarations

Acknowledgements (Optional)

This is a brief statement that acknowledges individuals, who provided technical assistance, advice, or other support during the study, or organizations or funding sources, such as grants or scholarships, that helped support the research. The acknowledgment section should not be used to promote commercial products or services or to make political statements. Authors should keep this section brief and should obtain the consent of those they wish to acknowledge before including their names in the acknowledgment section.

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Author Contributions

The author contribution statement should include the specific contributions of each author to the research project and manuscript preparation process.

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Author Contributions:

J.S. and M.G. conceived the research and designed the experiments. J.S. carried out the experiments and collected the data. M.G. analyzed the data and performed statistical analyses. J.S. and M.G. interpreted the results and wrote the manuscript. Both authors read and approved the final version of the manuscript.

Data Availability Statement

Authors are required to provide a brief statement on the accessibility and location of data used or analyzed during research. For example: “All data created during this research is available in the [NAME] repository, [insert WEB LINK TO DATASETS or DOI here].” Another example: “The datasets generated during and/or analyzed during the current study are available from the corresponding author on reasonable request.”

Funding

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1. REFERNCES

Reference list should be arranged in numerical order according to their appearance in the manuscript. The endnote style can be downloaded from the journal’s web page.

Examples of the most common types of references formatted according to the ***IJFS*** style are provided below.

[1] **Journal Article:** Wu Y, Shen Y, Dai Q, Zhang Y, Gong H, Shen D. High-resolution diffusion MRI through microfluidic neural probes. *J. Magn. Reson.* **2019**;301(1):41-46. DOI: https://doi.org/10.1016/xx.2023.104982

[2] **Book:** Atkins PW, de Paula J. Physical Chemistry, 10th ed.; Oxford University Press: Oxford, UK; **2014**; 1127.

[3] **Book Section:** El-Hammadi MM, Arias JL. Nanotechnology for vaginal drug delivery and targeting. In: *Nanoengineered Biomaterials for Advanced Drug Delivery*, 1st ed.; Mozafari M; Elsevier: The Netherlands; 26, **2020**; 647-682. DOI: https://doi.org/10.1016/B978-0-08-102985-5.00026-7.

[4] **Website:** National Institutes of Health. *ClinicalTrials.gov*. https://clinicaltrials.gov/ (accessed 4 Jan 2023).

[5] **Conference Proceeding:** Saini R, Prakash J, Agarwal A. Comparative analysis of different Cultures. In *Proceedings of the 7th International* Conference *on Culture Media*, 10 January, **2024**; Seville. Molecule Publishing House: Seville; 2024; Vol. 1, 101-102. DOI: 14.1216/jxx.2024.06.008.

[6] **Patent:** Martin L, Obraztsova I, Cordero B, Angeles M, Vargas MA. *Efficient astaxanthin production strains derived from Haematococcus pluvialis*. Patent Number: US8911966B2, **2014**.