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| *Received Month-day, Year;**Revised Month-day, Year;**Accepted Month-day, Year;**Published Month-day, Year.* | **Title of the paper (12 points, bold, Times New Roman and capitalize the first letter, blue in color, and centralized).**First authora,\*, Second authorb, Third authorc (10 points, Times New Roman, centralized)Affiliation for each author (Address, City, Country, 8 points, Times New Roman, centralized)\* Corresponding author, email: xxxx@xxxx.xxx, 8 points, Times New Roman, centralized) |

A B S T R A C T

(10 points, Times New Roman, not more than 300 words, A4, the abstract should summarize the work done, and it does not contain any references and/or equations)

**Keywords:** (Not more than Five words, Italic, 10 points, centralized)

1. **Introduction**

The paper must be formatted according to the LBMJ. (9 points, the introduction should explain the nature of the problem including previous work and purpose, delete and type). This document is a template for Microsoft word doc, docx versions and MUST be written by Times New Roman

1. **Headings (9, bold)**

The headings and subheadings from introduction to Acknowledgement must be in 9 points, boldface, aligned left, don’t underline any words in your paper, subheadings are numbered with 1, 2, 3, etc., delete and type).

1. **Conclusion**

A conclusion must include advantages, limitations, and applications and don not repeat the abstract, delete and type)

1. **Abbreviations and Acronyms**

MUST define in full name all your abbreviations the first time using them, even if you have already used them in the abstract. Do not use abbreviations in the title, do not use space between the abbreviations.

1. **Appendix**

Provide if needed.

1. **Conflict of Interest**

All authors must disclose any financial, professional, or personal relationships that could influence or appear to influence their work

1. **References**

Font size 8, Numbering: References are listed in order of appearance in the text (not alphabetically).

In-text citations: Use square brackets (e.g., [1], [2], or [1-3] for multiple references).

No spaces: Entries are single-spaced with no blank lines between them.

Required fields: Include DOI/URL where available

.**Journal paper:**

1. **Journal Article**

Format:

[1] Author AA, Author BB. Title of the paper. Journal Name. Year;Volume(Issue):Page-Page. DOI/URL.

Explanation:

Authors: List surnames followed by initials (e.g., Smith AB).

Title: Paper title in sentence case (no full stop at the end).

Journal Name: Italicized, abbreviated (e.g., J Ethnopharmacol).

Volume/Issue: Year;Volume(Issue):Pages (e.g., 2023;12(3):45-50).

DOI/URL: Include if available (e.g., doi:10.1016/j.jep.2023.116120).

Example:

[1] Zhang L, Wong MH. Antioxidant effects of ginseng extract. \*Phytomedicine\*. 2023;15(2):120-125. doi:10.1016/j.phymed.2023.154321

2**. Book**

Format:

[2] Author CC, Author DD, Author EE. Book Title. Edition. Publisher; Year. ISBN/DOI.

Explanation:

Edition: Include if not the first (e.g., 3rd ed.).

Publisher: Full name (e.g., Springer).

Year: Publication year.

ISBN/DOI: Optional but recommended.

Example:

[2] Barnes J, Anderson LA, Phillipson JD. \*Herbal Medicines\*. 4th ed. Pharmaceutical Press; 2020. ISBN 9780857113092.

3. **Conference Paper**

Format:

[3] Author FF et al. Conference Paper Title. In: Conference Name; Year; Location. Publisher; Year. P. Page-Page.

Explanation:

"et al.": Use for 3+ authors.

Conference Name: Italicized (e.g., Proc Intl Conf Nat Prod Res).

Location: City, Country.

Publisher: If proceedings are published.

Example:

[3] Patel R et al. Turmeric’s anti-inflammatory properties. In: \*5th Intl Conf Herbal Medicine\*; 2022; Delhi, India. Springer; 2022. p. 112-118.

4. **Report (Government/Organization)**

Format:

[4] Organization XYZ. Title of Report. Report Series Number. Year. Available from: URL.

Explanation:

Organization: List as author (e.g., WHO).

Report Number: If applicable (e.g., WHO/TRM/2023).

URL: Direct link to the report.

Example:

[4] World Health Organization. \*Traditional Medicine Strategy 2023\*. WHO/TRM/23.1. 2023. Available from: https://www.who.int/publications/i/item/9789240043238.

5. **Preprint**

Format:

[5] Author GG, Author HH. Title of Preprint. Preprint Server. Year. DOI/arXiv.

Explanation:

Preprint Server: e.g., bioRxiv, ResearchSquare.

DOI/arXiv ID: Always include.

Example:

[5] Lee S, Kim T. Neuroprotective effects of ashwagandha. \*bioRxiv\*. 2023. doi:10.1101/2023.05.30.542991.

6. **Thesis/Dissertation**

Format:

[6] Author II. Title of Thesis [PhD/MSc Thesis]. University Name; Year.

Explanation:

Thesis Type: Specify [PhD Thesis] or [Master’s Thesis].

University: Full name (e.g., Harvard University).

Example:

[6] Gupta M. \*Antidiabetic potential of fenugreek\* [PhD Thesis]. University of Delhi; 2022.

7. **Webpage**

Format:

[7] Author JJ, Author KK. Title of Webpage. Website Name. Year [updated Year; cited Year]. URL.

Explanation:

Update/Citation Dates: Use if content is dynamic (e.g., [updated 2023 Jan 5; cited 2023 Dec 10]).

Website Name: Italicized (e.g., WebMD).

Example:

[7] National Institutes of Health. \*Herbal supplements for heart health\*. NIH. 2021 [updated 2021 Mar 3; cited 2023 Nov 20]. Available from:

https://nccih.nih.gov/health/heart/herbs.

8**. Legal/Patent Document**

Format:

[8] Author LL et al. Title of Legal Document. Legislation/Patent Number. Year.

Explanation:

Patent Number: Format as US Patent 10,000,000 or EP 1234567.

Legislation: Include jurisdiction (e.g., EU Directive 2023/123).

Example:

[8] Singh R et al. \*Herbal composition for wound healing\*. US Patent 9,876,543. 2020.

**Figures and Tables**

Use 9 points, boldface for titles

1. General Requirements

Numbering:

Number tables and figures sequentially (e.g., Table 1, Figure 1) in order of appearance.

Citations:

Refer to tables/figures in text by their numbers (e.g., "As shown in Figure 2...").

Placement:

Submit tables/figures after the References section (not embedded in text).

Include a short, descriptive title above tables and below figures.

2. Tables

Format:

Use Word’s table tool (no images/screenshots of tables).

Avoid vertical lines; use horizontal lines only for header and footer.

Title:

Example:

Table 1. Comparison of antioxidant activity in herbal extracts.

Footnotes:

Use superscript symbols (†, ‡, §) or lowercase letters (a, b, c) for footnotes.

Define footnotes below the table (e.g., a p < 0.05 vs. control).

3. Figures

Quality:

Submit high-resolution (≥300 DPI) images in TIFF, EPS, or PNG.

Avoid blurry/low-quality screenshots.

Title & Legend:

Place below the figure.

Example:

Figure 1. HPLC chromatogram of Ginkgo biloba extract.

Include a legend explaining symbols/abbreviations.

Color & Fonts:

Use readable fonts (Arial/Times New Roman, 8–12 pt).

Ensure color contrasts are visible in grayscale (for print).

4. Permissions

Copyrighted Material:

If reproducing tables/figures from other sources, provide written permission and cite the original source.

5. Supplementary Files

Large Datasets:

Submit as Supplementary Material (clearly labeled: Supplementary Table S1, Supplementary Figure S1).

Example in-Text Reference

"The phenolic content varied across species (Table 1), consistent with prior findings (Figure 2)."