

Title (Times New Roman, 14pt, Bold)

The title should be no longer than 20 words.

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Affiliation of authors: Affiliation (department), institution, city, (state), zip code, country. Footnotes to the list of authors should be indicated by superscript lower-case number. If available, cite the ORCID of the author(s). (Times New Roman, 10pt).

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Abstract. The aim of the study, the main results, and the main conclusions should all be clearly stated in the abstract. The abstract should not contain footnotes or citations. The abstract is not included in section numbering. Please provide an abstract of 250 to 350 words, Times New Roman, 12pt.

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Article structure. Using headings, divide your manuscript into distinct sections that cover all the important details. *i.e.*, Introduction, Materials and methods, Results and discussion, conclusion.

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1 HEADING 1

1.1 Heading 2

1.1.1 Heading 3

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Figures and Tables. Use the table function, not spreadsheets, to make tables. All tables and figures are to be numbered using Arabic numerals. All figures and tables must have a caption, centre-justified in 11 pt. Times New Roman. Captions precede tables and follow figures. Tables and figures should always be cited in text in consecutive numerical order.

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References. There are no stringent guidelines for reference formatting upon submission to this journal.

Statements and Declarations

- **Acknowledgements:** Any details on any help obtained in completing the work and getting the manuscript ready.
- **Funding:** Details about grants and additional funding sources.
- **Competing interests:** Each author should declare any potential conflicts of interest or competing interests.
- **Authors' contributions:** This section describes the contribution of each author to the study.
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