**Title [Arial 10 bold; spacing 12pt down]**

**Authors [first name, last name; Arial 10 bold; spacing 6pt down]**

*Affiliations [Institution, City, Country; Arial 8 italics; spacing 12pt down]*

# Introduction and Objectives [Arial 10 bold; spacing 12pt up, 6pt down]

*Subheadings* [Arial 10 italics; spacing 6pt down]

Running text [Arial 10; single line spacing]

# Materials and Methods [Arial 10 bold; spacing 12pt up, 6pt down]

*Subheadings* [Arial 10 italics; spacing 6pt down]

Running text [Arial 10; single line spacing]

# Results [Arial 10 bold; spacing 12pt up, 6pt down]

*Subheadings* [Arial 10 italics; spacing 6pt down]

Running text [Arial 10; single line spacing]

# Discussion [Arial 10 bold; spacing 12pt up, 6pt down]

*Subheadings* [Arial 10 italics; spacing 6pt down]

Running text [Arial 10; single line spacing]

# References [Arial 10 bold; spacing 12pt up, 6pt down]

[maximum of five references numbered as appearing in the text where the number is given in brackets (); Arial size 8; spacing 6pt down]

1. Authors [last names, initials], year, journal, volume, pages

2. Authors [last names, initials], year, journal, volume, pages