For an example of the layout of the article to be submitted, please see the end of this document.

Writing Requirements and Format

General Requirements

Authors who wish to submit manuscripts to the editorial team of the Science and Health Journal must pay attention to the following general requirements:

- Manuscripts must be related to the field of pharmacy and health sciences.
- Manuscripts are original articles (never published elsewhere) that are sourced from the results of studies or research.
- Manuscripts are written in Indonesian or English. The editor recommends the use of Indonesian.
- Manuscripts are accompanied by abstracts in Indonesian and English.
- Manuscripts are accompanied by keywords in English.
- Manuscript submissions are accompanied by author biodata, such as full name, institutional address (affiliation), and email address.
- Manuscripts are sent via online submission on the journal website, namely https://jsk.ff.unmul.ac.id, by registering online as a user.
- Manuscripts that are submitted will be selected by the editorial board. If deemed necessary, the manuscript will be edited through consultation with the author.

Format and Systematics

1. **Manuscripts are sent to the journal editor in softcopy (Word) format, with the following format:**

    - A4 paper size (21 cm × 21.7 cm) with page margins, left 3 cm, top 3.5 cm, right 2.5 cm, bottom 3 cm.
    - The writing of the manuscript is arranged with a spacing of 1, one column format;
    - The writing of the manuscript title and discussion title is written in bold letters.

2. **The manuscript is written with the following writing systematics:**

    - **Title** (Times New Roman 12). The title must be specific, clear, concise, informative, describe the substance or content of the writing, and can arouse the desire to read. The title does not need to begin with the word research/analysis/study, unless the word is the main topic. The title is made in Indonesian and English (bilingual),
    - **Author Name** (Times New Roman 12). Authors must use their real names (not pseudonyms) and must not include academic degrees. Corresponding authors are marked with an asterisk (*).
    - **Author Affiliation** (Times New Roman 12). Affiliation is the address of the agency/institution where the author works/works/studies.

- **Correspondence** (Times New Roman 12). Correspondence contains the email address of the corresponding author.
- **Abstract** (Times New Roman 12). Contents of the abstract (Times New Roman 12). The abstract is written in Indonesian and English (bilingual). The abstract consists of the main problem, objectives, methods, results, and/or results of the study/research. The abstract is written in one paragraph, without references, without abbreviations/acronyms, and without footnotes. The abstract is not written in mathematical form, questions, and assumptions. The abstract is not a copy-paste result of sentences in the manuscript. **The abstract contains a maximum of 150 words.**
- **Keywords** (Times New Roman 12) and keyword content (Times New Roman 12). Keywords must be in English that is in accordance with thesaurus rules/standards. The number of keywords is a minimum of three keywords and a maximum of five keywords (3-5 keywords).
- **Introduction** (Times New Roman 12). The contents of the introduction are written in Times New Roman 12 font. All references used in the manuscript (used as sources of citations) must be in the reference list. References/citations use Arabic numeral numbering sequences using brackets [numbers], for example [1] if one reference, [2], [3] if two references and [4], [5], [6] if three or more references in sequence and [1], [4], [7] for those that are not in sequence. The Bibliography/citation numbers are arranged based on the order of the first reference found in the article.
- **Method** (Times New Roman 12). The content of the method is written in Times New Roman 12 font. The method is a series of work in conducting research, starting from the method of data collection to data analysis.
- **Results and Discussion** (Times New Roman 12). The contents of the results and discussion are made into one complete unit and written in Times New Roman 12 font. The results are not raw data, but data that has been processed/analyzed using established methods. The discussion is a comparison of the results obtained with existing concepts/theories. The contents of the results and discussion include statements, tables, images, diagrams, graphs, sketches, and so on.
- **Conclusion** (Times New Roman 12). The contents of the conclusion are written in Times New Roman 12 font. The conclusion is a summary of the results of the discussion of the research that has been carried out.

- **Statement:**
  - **Acknowledgements** (optional) (Times New Roman 12). Fill in the acknowledgments with Times New Roman 12 font.
  - **Funders** (Times New Roman 12). Write the Institution that provided research funding for the submitted article (if any).
  - **Author Contribution** (Times New Roman 12). Write the contribution of each author to the manuscript.
  - **Ethics** (optional) (Times New Roman 12). Write the Ethics Decree number from the ethics committee.
- **Bibliography** (Times New Roman 12). The contents of the bibliography are written in Times New Roman 12 font. The bibliography is a reference source/reference that is used as a citation material for writing a manuscript.

Writing a bibliography uses the example Number rule [1]. Writing and compiling a bibliography should use a reference manager application such as Endnote and others.

- **Reviewer's Suggestion** (Write the name, email, and affiliation (must be different from the author's affiliation) from the reviewer's suggestion submitted

3. **Writing Tables and Figures**

- **Table Title** (Times New Roman 12). The table content is written in Times New Roman 12 font. The table title is written above the table. Tables are written continuously, for example Table 1, Table 2, Table 3, etc. The table must be followed by the table source, if quoted from another source.

- **Title of Figure (including diagrams, graphs, charts, sketches, prototypes, databases)** (Times New Roman 12). The figure title is written below the figure object. The objects are written continuously, for example Figure 1, Figure 2, Figure 3, etc. The object must be followed by the object source, if quoted from another source.
- **Tables and Images total 5 pieces. For example, if there are 2 tables, then the maximum number of images allowed is 3 pieces.**

4. **Writing Citations**

Citation is an idea or thought of another author (or the author himself in another work) that is used as a reference source to be quoted without changing its meaning. Writing citations in manuscripts in the Science and Health Journal uses the [Arabic numeral] system, for example [1] if one reference, [2], [3] if two references and [4], [5], [6] if three or more references in sequence, and [1], [4], [7] for those that are not in sequence. Writing citations in the Science and Health Journal manuscript should use a **reference manager** application such as **Endnote** and others.

Example: Format for Writing Citations for Science and Health Journal Manuscripts

To facilitate and optimize scientific journal accreditation services, the Indonesian Institute of Sciences has implemented an information technology system that enables online access to information [1].

Scientific periodicals are publications that are published periodically over a certain period of time and are compiled based on scientific writing rules [2].

5. **Writing a Bibliography or References**

Bibliography is all sources of reading materials or literature that are used as citations in writing a manuscript. Writing and compiling a bibliography for a manuscript of the Science and Health Journal uses the Numbered Style rule (example [1] if one reference, [2], [3] if two references and [4], [5], [6] if three or more references in sequence, and [1], [4], [7] for those that are not in sequence). The bibliography should be managed with a **reference manager** application such as **Endnote** and others.

Bibliography/citation numbers are arranged based on the order of the first reference found in the article.

Contoh style penulisan daftar pustaka:

[1] Author 1, Author 2, and so on until the last Author, Year, Title of Article, Name of Journal, Volume, (Number), Pages. (Reference style for journal)

[2] Author, Year. Title. Publisher. Place (reference style for book)

[3] And so on…….

For an example of the layout of the article to be submitted, please see the next page.

ORIGINAL ARTICLE

Article Title in Indonesian

(Times New Roman, 12 pt, 1 Space, Centered, Bold,
No Capital Letters,
Only the first letter of each word is capitalized)

Title of Paper in English

(Times New Roman Font, 12 pt, 1 Space, Centered, Bold)

First Author Name[1*], Second Author Name[2], Third Author Name[3], Fourth Author Name[4], and so on
(author names are written without titles)

[1]First Author Affiliation, Example: Pharmacy Study Program, Faculty of Pharmacy, Mulawarman University, Samarinda, Indonesia
[2]Second Author Affiliation
Author 2 Email: author2@email.com
[3]Third Author Affiliation
Author 3 Email: author3@email.com
[4]Fourth Author Affiliation.
Author 4 Email: author4@email.com
*Correspondence email: author@email.com

Abstract (in Indonesian)

Font times new roman, 12 pt, 1 space, Justify text, 1 column, maximum 150 word. Font times new roman, 12 pt, 1 space, Justify text, 1 column, maximum 150 word. Font times new roman, 12 pt, 1 space, Justify text, 1 column, maximum 150 word.Font times new roman, 12 pt, 1 space, Justify text, 1 column, maximum 150 word.Font times new roman, 12 pt, 1 space, Justify text, 1 column, maximum 150 word.

Keywords: Times New Roman font, 12 pt, 3-5 words

Abstract (in English)

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Keywords: font times new roman, 12 pt, 3-5 words

1 Introduction

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column, citations are arranged based on the order in which the citations are found in the article using the number citation system in brackets [], with Arabic numerals numbering 1, 2, 3, and so on. The first citation found is given citation number 1, an example of a citation would be like this [1]. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column, citations are arranged based on the order in which the citations are found in the article using the number citation system in brackets [], with Arabic numerals numbering 1, 2, 3, and so on. The second citation found is given citation number 2, an example of a citation would be like this [2]. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column, citations are arranged based on the order in which the citations are found in the article using the number citation system in brackets [], with Arabic numerals numbering 1, 2, 3, and so on. The third citation found is given citation number 3, an example of a citation would be like this [3].

Writing manuscript citations (citations) uses the [Arabic numeral] system, for example [1] if there is one reference, [2], [3] if there are two references and [4], [5], [6] if there are three or more consecutive references, and [1], [4], [7] for those that are not consecutive. Writing manuscript citations for Science and Health journals should use **reference manager** applications such as **Endnote** and others.

2 Research methods

The research method section is not copied directly from the thesis/dissertation.

Method is a series of work in conducting research, starting from the method of data collection to data analysis

3 Results and Discussion

The contents of the results and discussion are made in one complete unit. The results are not raw data, but data that has been processed/analyzed with established methods. The discussion is a comparison of the results obtained with existing concepts/theories.

Tables and images must be referred to in the article manuscript, with a maximum total of 5. For example, if there are 2 tables, then the maximum number of images allowed is 3

Table lines are only horizontal lines allowed. Table numbers use Arabic numerals 1, 2, 3, and so on, Times New Roman font, 12 pt, 1 space, **see examples in Table 1 and Table 2.**

The table that is not in the format can be seen in Table 1.

Table 1 can be modified to fit the format of the Science and Health Journal, as seen in Table 2.

Table 1 Examples of Tables Not Accepted by Science and Health Journals

Sample	Content (%)				
	Carbohydrate	Protein	Fatty acid	Vitamin	Water
1	Value	Value	Value	Value	Value
2	Value	Value	Value	Value	Value
3	Value	Value	Value	Value	Value
4	Value	Value	Value	Value	Value
Etc	Value	Value	Value	Value	Value

Table 2 Example of a table that conforms to the Science and Health Journal Format.

Sample	Content (%)				
	Carbohydrate	Protein	Fatty acid	Vitamin	Water
1	Value	Value	Value	Value	Value
2	Value	Value	Value	Value	Value
3	Value	Value	Value	Value	Value
4	Value	Value	Value	Value	Value
Etc	Value	Value	Value	Value	Value

Table 2 is a modification of Table 1.

Likewise with images, the numbering system is like the numbering in the table. Figure numbers use Arabic numerals 1, 2, 3, and so on, Times New Roman font, 12 pt, 1 space.

This template provides several images to make it easier to understand the images that are the standard for the Science and Health Journal.

An example of an image that is not accepted or does not conform to the Science and Health Journal format can be seen in Figure 1.

Figure 1 can be modified into an image that is acceptable in the Science and Health Journal as can be seen in Figure 2.

Examples of images that are acceptable in the Science and Health Journal can also be seen in Figure 3.

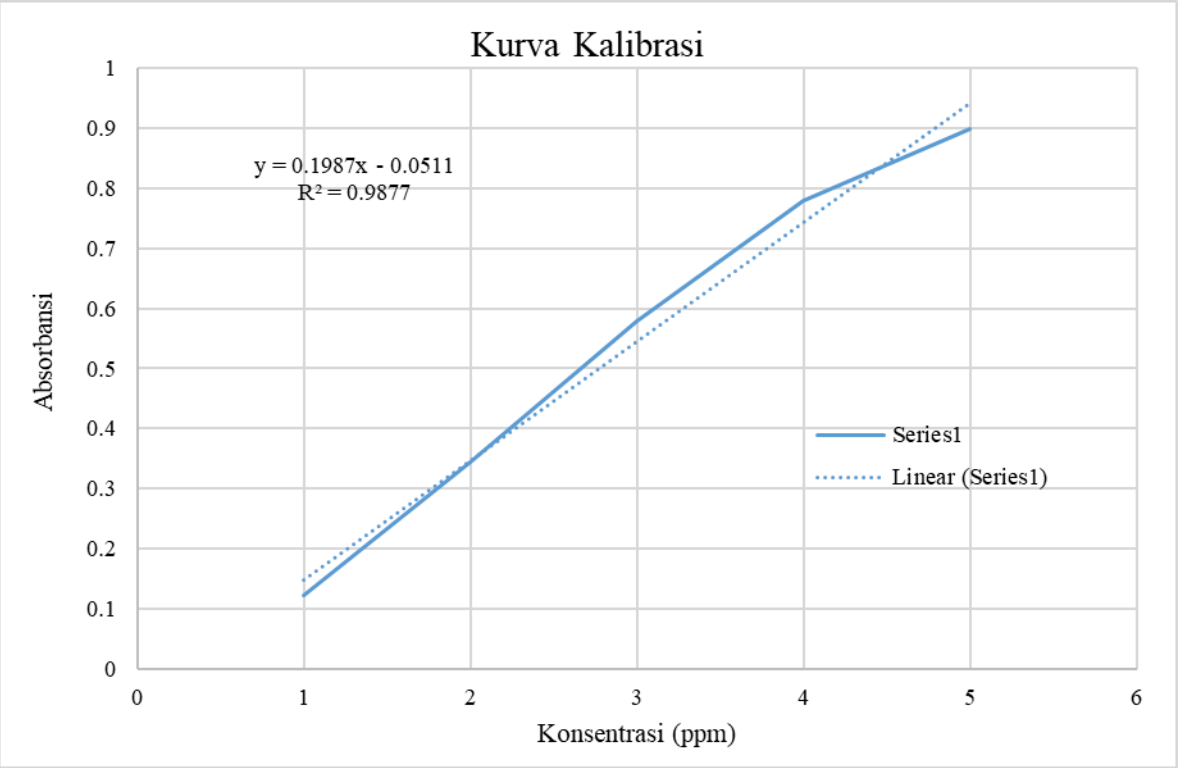


Figure 1 Example of an Image Not Accepted by the Science and Health Journal

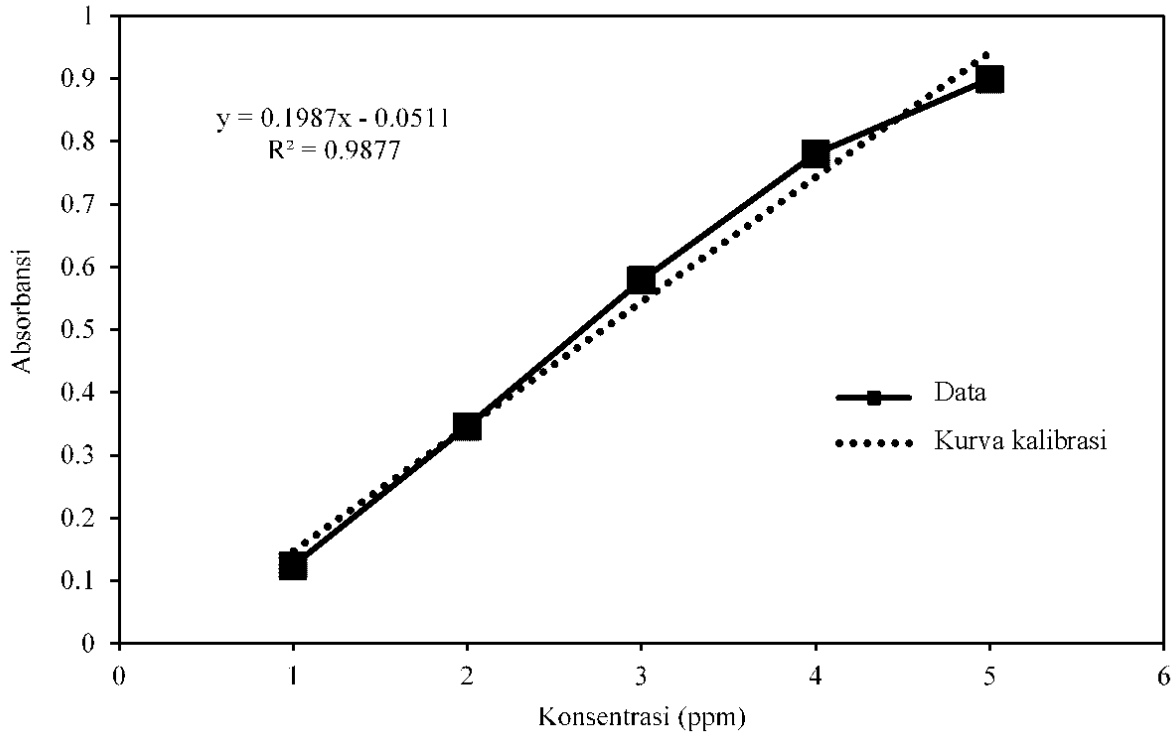


Figure 2 The modified image of image 1, so that it can be accepted by the Journal of Science and Health

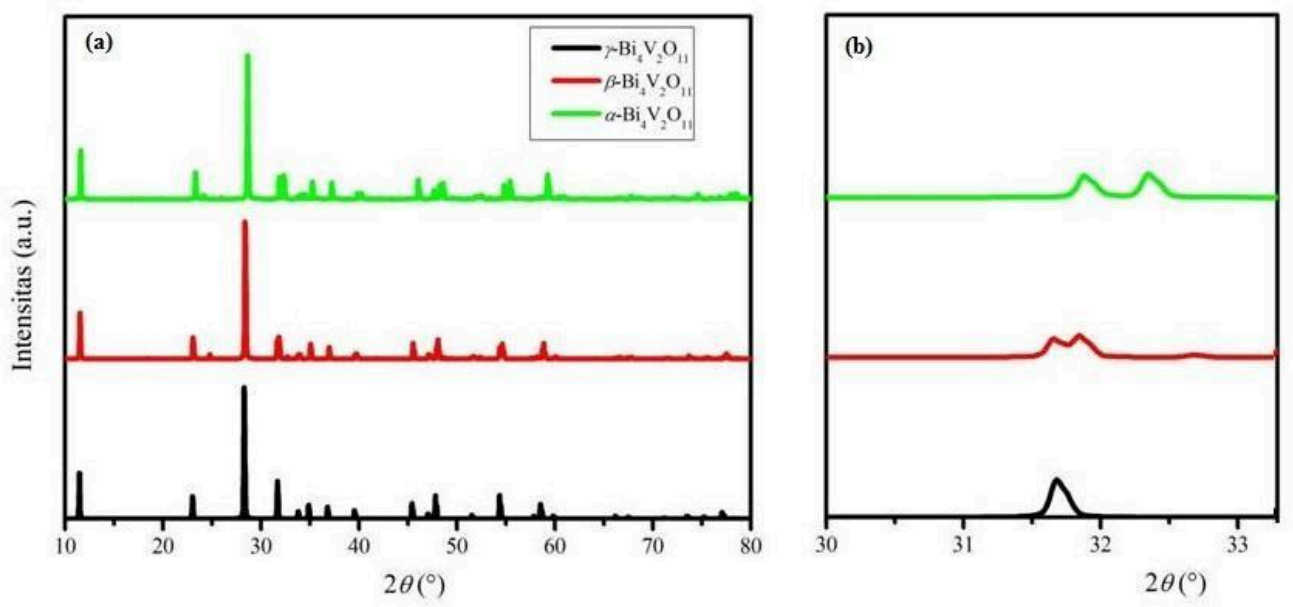


Figure 3 X-ray diffraction patterns of BIVOX oxide polymorphs at 2θ angles (a) 10– 80° and (b) 30–33°. Typical diffraction peaks of α polymorph are at 2θ 31.7 and 32.32°, typical peaks of β polymorph are at 2θ 31.6 and 31.8°; while the typical peak of γ polymorph is at 2θ 31.6°. Taken from [12].

4 Conclusion

Huruf times new roman, 12 pt, 1 spasi, teks rata kiri dan kanan, 1 kolom. Huruf times new roman, 12 pt, 1 spasi, teks rata kiri dan kanan, 1 kolom.

5 Declarations/Statements

5.1 Thank You (Optional)

Examples of expressing gratitude include those sent to funders (usually accompanied by the research contract number), scholarship providers, those who helped with sample measurements, and others.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column.

5.2 Funders (Optional)

Write the institution that provided research funding for the submitted article.

5.3 Author Contribution (required)

Describe the contribution of each author to the article written.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column.

5.4 Ethics

Write the number of the Ethics Decree and the Institution that issued the Decree.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column

5.5 Conflict of Interest

Provide a statement from the author regarding the existence or absence of a conflict of interest.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column.

6 Bibliography

The bibliography is arranged based on the order of citation in the article manuscript. The first bibliography found in the manuscript is given bibliography number 1.

[1] Author 1, Author 2, and so on until the last Author, Year, Title of Article, Name of Journal**, Volume**, (Number), Pages.
[2] .....
[3] .....
[4] .....
Etc

Bibliography should be created using **reference manager** applications such as **Endnote** and others.

7 Reviewer's suggestion

1. Write the name, email, and affiliation (must be different from the author), as well as the field of study.
2. Write the name, email, and affiliation (must be different from the author), as well as the field of study.
3. Write the name, email, and affiliation (must be different from the author), as well as the field of study.

REVIEW ARTICLE

Title of Paper in English

(Times New Roman Font, 12 pt, 1 Space, Centered, Bold)

First Author Name[1*], Second Author Name[2], Third Author Name[3], Fourth Author Name[4], and so on
(author names are written without titles)

[1]First Author Affiliation, Example: Pharmacy Study Program, Faculty of Pharmacy, Mulawarman University, Samarinda, Indonesia
[2]Second Author Affiliation
Author 2 Email: author2@email.com
[3]Third Author Affiliation
Author 3 Email: author3@email.com
[4]Fourth Author Affiliation.
Author 4 Email: author4@email.com
*Correspondence email: author@email.com

Abstract (in Indonesian)

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Keywords: Times New Roman font, 12 pt, 3-5 words

Abstract (in English)

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9 Results and Discussion of Review 1

Contains the results and discussion of sub-material 1 of the article review conducted. The number of review sub-materials is adjusted to the review material conducted.
How to create a Review Article, you can see examples of Review Articles from the American Chemical Society (ACS) "at the following link: Chemical Reviews".

10 Results and Discussion of Review 2

Contains the results and discussion of sub-material 2 of the article review conducted. The number of review sub-materials is adjusted to the review material conducted.
How to create a Review Article, you can see examples of Review Articles from the American Chemical Society (ACS) "at the following link: Chemical Reviews".

11 Results and Discussion of Review 3

Contains the results and discussion of sub-material 3 of the article review conducted. The number of review sub-materials is adjusted to the review material conducted.
How to create a Review Article, you can see examples of Review Articles from the American Chemical Society (ACS) "at the following link: Chemical Reviews".

12 Results and Discussion of Review 4 and onwards can be adjusted to the review material carried out.

Contains the results and discussion of sub-material 4 of the article review conducted. The number of review sub-materials is adjusted to the review material conducted.
How to create a Review Article, you can see examples of Review Articles from the American Chemical Society (ACS) "at the following link: Chemical Reviews".

13 Results and Discussion

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4	Value	Value	Value	Value	Value
Etc	Value	Value	Value	Value	Value

Table 2 Example of a table that conforms to the Science and Health Journal Format.

Sample	Content (%)				
	Carbohydrate	Protein	Fatty acid	Vitamin	Water
1	Value	Value	Value	Value	Value
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4	Value	Value	Value	Value	Value
Etc	Value	Value	Value	Value	Value

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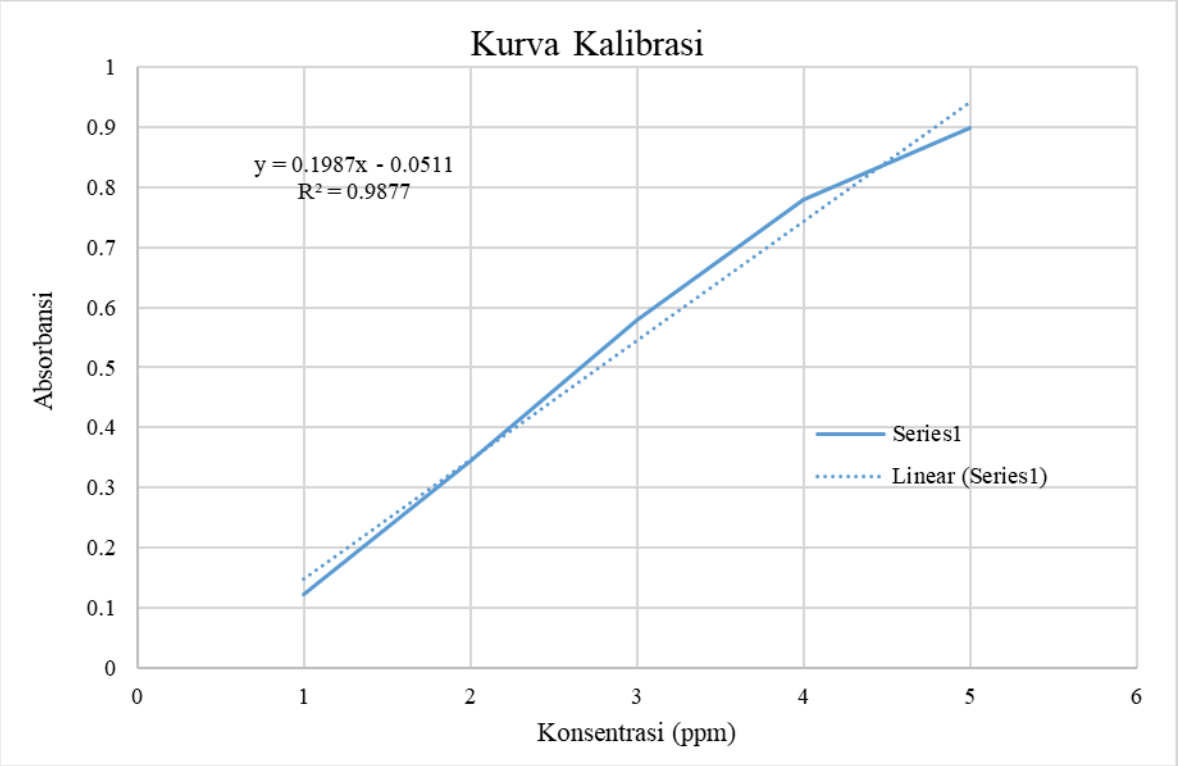


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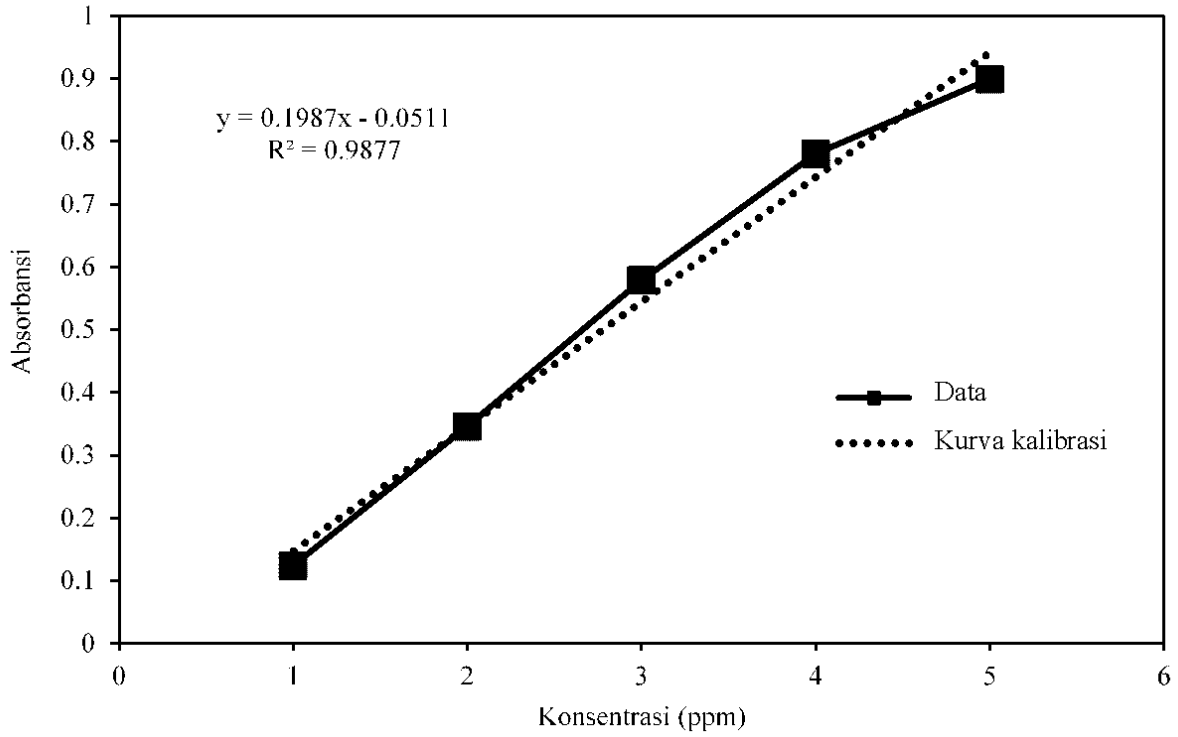


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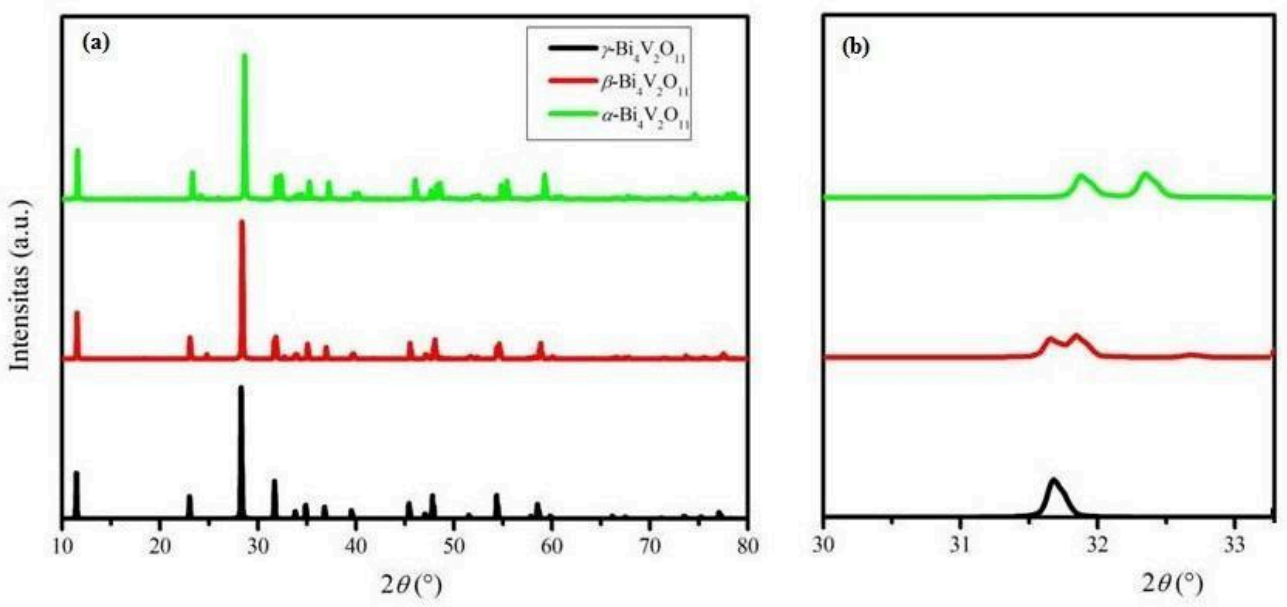


Figure 3 X-ray diffraction patterns of BIVOX oxide polymorphs at 2θ angles (a) 10– 80° and (b) 30–33°. Typical diffraction peaks of α polymorph are at 2θ 31.7 and 32.32°, typical peaks of β polymorph are at 2θ 31.6 and 31.8°; while the typical peak of γ polymorph is at 2θ 31.6°. Taken from [12].

14 Conclusion

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15 Declarations/Statements

5.6 Thank You (Optional)

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Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column.

5.7 Funders (Optional)

Write the institution that provided research funding for the submitted article.

5.8 Author Contribution (required)

Describe the contribution of each author to the article written.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column.

5.9 Ethics

Write the number of the Ethics Decree and the Institution that issued the Decree.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column

5.10 Conflict of Interest

Provide a statement from the author regarding the existence or absence of a conflict of interest.

Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column. Times new roman font, 12 pt, 1 space, text aligned left and right, 1 column.

16 Bibliography

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[1] Author 1, Author 2, and so on until the last Author, Year, Title of Article, Name of Journal**, Volume**, (Number), Pages.

[2] .....
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Etc

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17 Reviewer's suggestion

4. Write the name, email, and affiliation (must be different from the author), as well as the field of study.
5. Write the name, email, and affiliation (must be different from the author), as well as the field of study.
6. Write the name, email, and affiliation (must be different from the author), as well as the field of study.