

Lorem ipsum dolor sit amet: Consectetur adipiscing elit

Abstract

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Curabitur nec magna vel nibh cursus posuere in sit amet magna. Fusce eleifend ut dolor vel ullamcorper. Cras tortor nulla, imperdiet a dui id, ultrices finibus lacus. Maecenas tempus, dolor quis fringilla mattis, orci purus hendrerit felis, nec porttitor ipsum urna nec magna. Pellentesque pellentesque diam quam, vitae bibendum quam malesuada quis. In volutpat turpis id feugiat dictum. Suspendisse posuere malesuada cursus. Suspendisse dictum erat id metus tempor egestas.

Title must be bolded, centred, and use 14-pt Times New Roman font. Only capitalize the first word of the title, first word of the subtitle, proper nouns, and genus names.

The abstract must be limited to a maximum of 250 words and preferably not contain citations, references, headings, tables, or figures. Include the key components of an abstract such as background, methods, results, and significance to summarize the entire paper.

Keywords: lorem, ipsum, dolor, sit, amet

Include a minimum of 3 and a maximum of 5 keywords in lower case unless it is a proper noun. For example, “metal, nanoparticles, agricultural yield, qPCR”

Body text must be in 12-point font, Times New Roman, left-aligned, and **double spaced (please note the example below is single spaced only to accommodate the text boxes examples)**. Begin the introduction in a new page. Using line numbers are optional. Use headings that are applicable to your manuscript type (i.e., original investigation, literature/systematic review, viewpoint).

Insert page numbers centred at the bottom of the page.

Introduction

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Curabitur nec magna vel nibh cursus posuere in sit amet magna [1]. Fusce eleifend ut dolor vel ullamcorper. Cras tortor nulla, imperdiet a dui id, ultrices finibus lacus. Maecenas tempus, dolor quis fringilla mattis, orci purus hendrerit felis, nec porttitor ipsum urna nec magna. Pellentesque pellentesque diam quam, vitae bibendum quam malesuada quis [2]. In volutpat turpis id feugiat dictum. Suspendisse posuere malesuada cursus. Suspendisse dictum erat id metus tempor egestas.

Methods

Subheading A.

Nam nibh quam, tristique et fermentum nec, accumsan eget lorem. Sed ac euismod lorem, ac tristique orci. Nunc ex turpis, iaculis et nulla in, vestibulum efficitur est. Mauris a rutrum ipsum, eget laoreet nunc.

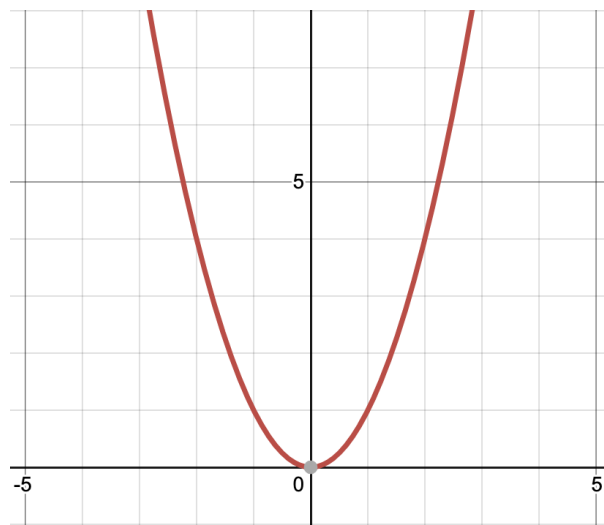
Subheading B.

Nulla ac leo a est bibendum hendrerit. Nullam ac risus nec lorem vulputate vehicula. Curabitur vehicula, dui nec aliquam tincidunt, tellus eros ullamcorper neque, laoreet congue nisi lectus et nibh [3-4,7].

Results

Subheading A.

Nulla in orci ac dolor porta lacinia. Suspendisse in vulputate magna, id consequat enim. Donec id enim egestas, malesuada nulla vitae, scelerisque nibh [4-5]. Vestibulum hendrerit massa ut ornare porttitor. Nullam maximus ante diam, a hendrerit leo auctor sed [6]. Integer pulvinar lacinia pretium (Figure 1). Donec eu luctus massa. Etiam egestas nisl ac pharetra vestibulum. Cras malesuada velit sit amet arcu finibus ultrices.



References must be cited in the order they appear (1 is cited first, then 2, 3, and so on). Cite references in square brackets (e.g., [1], [2-3], [4,7,10]).

Paste figures/tables along with the caption immediately after the paragraph it is first mentioned in.

Figure captions go below the figure, 12-point times new roman, justified. Do not fit body text next to figures. All figure captions should be **brief and informative**; aim for 1-5 sentences.

Figure 1. Ut ullamcorper at purus vitae feugiat. In a pharetra enim, vitae dapibus arcu. In hac habitasse platea dictumst. Integer eu tincidunt ante, non tempor mauris. Nullam faucibus et odio eget consequat.

Subheading B.

Donec pharetra egestas nisl nec mollis. Aliquam at ex ac purus laoreet gravida. Aliquam vel rhoncus lorem (Table 1). Duis at tortor ipsum. Etiam tempor justo et libero molestie, at sollicitudin eros porttitor. Nunc a nibh mollis elit ultricies laoreet quis non nunc. Sed in auctor dolor. Integer vehicula est vel consequat fermentum.

Table captions go above the table and should contain enough detail to be understood on its own without the reader having to read the rest of the manuscript. All table captions should be **brief and informative**; aim for 1-5 sentences.

Table 1. Duis turpis erat, tempus eget risus in, tempor rutrum mauris. Sed sagittis, lorem sed aliquam vestibulum, libero eros laoreet quam, vehicula laoreet erat lectus at neque.

Substrate ^a	Ligand
1	X1
2	W4 ^b
3	Y9
4	Z16

^a Any applicable footnotes go below the table to comment on certain values, columns, or rows. Use alphabetical letters to indicate

Equations are indented and the reference number bolded, on the same line as the end of the equation (in situations where the equation is long and carries over on multiple lines.

$$y = x^2$$

(1)

Discussion

Subheading A.

Praesent nunc quam, pharetra non sagittis sed, pretium vitae quam. Proin nisi lorem, bibendum sagittis molestie sit amet, porta in purus. Ut venenatis neque in orci fringilla molestie. Etiam in libero in neque ornare vulputate maximus non quam.

Subheading B.

Proin luctus felis nulla, eu ultrices lorem aliquet vel. Suspendisse vel vestibulum mauris. Aenean pulvinar erat nulla, ac vehicula tortor efficitur sed.

Always consider whether a given sentence or paragraph belongs under the heading it falls under. Refer to [SFI guidelines](#) for a description of what kind of content belongs under which headings (i.e., if something is a discussion of a result, save that for the discussion section and do not include it in the results section).

Conclusion

Aenean vitae erat lacus. Sed egestas, est vitae tempor sollicitudin, turpis nisi rhoncus nibh, eu pulvinar erat sapien quis ex. Proin rhoncus ante sed nisi fringilla eleifend. Vestibulum condimentum placerat enim, sit amet rutrum nibh dictum id. Praesent ac imperdiet massa, vel sagittis magna.

Acknowledgements

Pellentesque quis nisi tempus, posuere ex sed, mollis massa. Curabitur pulvinar posuere nulla eget scelerisque.

References

1. Kanji F, Khurana H, Sherry C, Ng E. A simulated metagenomic analysis of the gut microbiota of Anorexia Nervosa patients using PICRUSt. *STEM Fellow. J.* 2017 Dec 22;3(2):1-3. doi: <https://doi.org/10.17975/sfj-2017-012>
2. Taheri M, Qarache HA, Qarache AA, Yoosefi M. The effects of zinc-oxide nanoparticles on growth parameters of corn (SC704). *STEM Fellow. J.* 2016 Jan 12;1(2):17-20. doi: <https://doi.org/10.17975/sfj-2015-011>
3. Government of Canada [Internet]. Zinc facts; 2021 Feb 22 [cited 2021 Sep 27];[about 1 screen]. Available from: <https://www.nrcan.gc.ca/our-natural-resources/minerals-mining/minerals-metals-facts/zinc-facts/20534>
Canadian Nuclear Safety Commission. Canadian national report for the joint convention on the safety of spent fuel management and on the safety of radioactive waste management [Internet]. Ottawa: CNSC; 2017 [cited 2021 Sep 27]. 266 p. Available from: http://nuclearsafety.gc.ca/pubs_catalogue/uploads/joint-convention-sixth-national-report-oct-2017-eng.pdf

The references list must start in a new page. All references must follow **Vancouver style** formatting. Examples are provided above for journal articles [1-2], website [3], and report [4]. For more examples and information, visit this page: https://www.nlm.nih.gov/bsd/uniform_requirements.html

Appendix

Sed nec pulvinar magna. Etiam placerat justo est, vitae placerat purus posuere ac. Vivamus et varius tortor, vitae porta felis.

Label Supplementary figures and tables similar to in-text formatting but include an 'S' in front (i.e., **Figure S1**, or **Table S1**). Type the title and captions for these files in this section and attach the files as a separate document during submission.