

[Replace Date] January 16, 2026

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To the Editors-in-Chief of [Replace Name of journal] **Example:** *Bioactive Compounds in Health and Disease* (BCHD),

I am pleased to submit [A review article/An original research article] titled “[Insert title of article]” written by [Insert full names of all authors].

[Insert/Replace short description of article]. **Example:** Amaranth flower is precisely used for herbal medicine as sedatives in Europe. However, the effect of Amaranth flower extract on subjects with mental anxiety not been evaluated. By performing clinical trial, we confirmed that Amaranth flower extract containing several flavonoid glycosides was found to improve social activity and vitality.

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