

Harnessing the Blue Economy: Ethnobotanical Insights into Mangrove-Derived Functional Foods for Climate-Resilient Futures (Times New Roman, Bold, 18 Pt)

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For research articles with several authors, a short paragraph specifying their individual contributions must be provided. The following statements shall be used "X.X.:

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ABSTRACT

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2. Materials and Methods

2.1. Sub-Chapter

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2.1.1. Sub sub-chapter

The research methods section includes an explanation of: (1) the location of the study, (2) the materials and tools used, (3) the determination of the sample (sampling methods), (4) measurement methods, (5) experimental design, (6) stages of research activities, and (7) data calculation and analysis. The formulas used in the data calculation are written using the equation editor or other standard applications. Formulas shall not be in the form of images or screen captures from other sources. The formula shall be written by including the source of reference.

2.1.2. Equation

Equations should be placed flush-left with the text margin and should be preceded and followed by one line of white.

$$NPV = -I_0 + \sum_{t=1}^n \frac{B-C}{1+r^t} \quad (1)$$

where: NPV is the net present value, t_{PB} is dynamic payback period, IRR is the internal rate of return, I_0 is the initial investment, B represents the benefits in the project life, r is the interest rate (assumed to be 10%), and C represents the costs.

3. Results and Discussion

3.1. Sub-Chapter

Separation or incorporation of results and discussion into sub-chapters is permitted. Sub-chapter titles are written using capital letters at the beginning of each word.

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3.1.2. Table

Tables should have a title which makes the general meaning understandable without reference to the text. Their layout should be consistent throughout. Horizontal lines should be placed above and below table headings, above the subheadings and at the end of the table above any notes. Vertical lines should be avoided. If a table is too long to fit onto one page, the table number and headings should be repeated on the next page before the table is continued (see the example shown in **Table 2**). Alternatively, the table can be spread over two consecutive pages (first on even-numbered, then on odd-numbered page).

Table 1. Utilization of mangroves as food sources in South Lampung Regency ([Simanjuntak et al., 2025](#))

No.	Species	Plant parts	Processing method	Food products	Efficacy
1	Bakau (<i>Rhizophora mucronata</i>)	Fruit (without extended propagule)	The mangrove propagule is separated into its tip and base, after which the base is split to extract the seeds from the flesh. The flesh is then soaked in a water and lime solution for three days, with the water replaced daily. After washing, the flesh is thinly sliced and sun-dried until completely dry, then roasted until blackened and sieved. The final	Coffee	Antioxidant, antifertility, analgesic, body-warming tonic

No.	Species	Plant parts	Processing method	Food products	Efficacy
			product can be brewed with sugar, palm sugar, or cream powder.		
2	Api-api (<i>Avicennia marina</i>)	Young leaves	The young shoots of <i>A. marina</i> leaves are consumed raw or mixed with sprouts, grated coconut, and, optionally, chili to prepare a traditional salad called <i>lalap</i> or <i>urap</i> .	Fresh vegetables	Antioxidant, antifertility
		Sap	The bark of mature <i>A. marina</i> trees releases sap as an adaptive response. The sap is collected, dissolved in warm water (one teaspoon per cup), and consumed as a health drink.	Health drink	Antioxidant, tonic, remedy for internal diseases
		Fruits	The outer skin is peeled, and the fruit is boiled with rice husks to remove tannins and cyanide. It is then soaked for three days, with the water changed daily. Afterward, it is oven-dried and ground into flour.	Flour (cake ingredient)	-
3	Jeruju (<i>Acanthus ilicifolius</i>)	Leaves	The leaves are crushed, and the extract is mixed with tapioca flour, salt, sugar, garlic, and a leavening agent. The mixture is stirred until smooth, then wrapped in banana leaves and steamed. After resting overnight, the cooked dough is thinly sliced, sun-dried, and fried until puffed.	Chips	Anticholesterol, antihypertensive, anti-inflammatory
		Leaves	The spines are removed from the leaves and then boiled with sugar and lime juice. The resulting tea is ready for immediate consumption.	Tea	Anticholesterol, antihypertensive, anti-inflammatory, body-warming

3.1.3. Figure

All illustrations should be clearly displayed by leaving at least a single line of spacing above and below them. When placing a figure at the top of a page, the top of the figure should be at the same level as the first text line of the other column. Legends to illustrations should be centered if on one line or aligned left if on two or more lines and should be 8 pt. Photographs must always be sharp originals (not screened versions) and rich in contrast with minimum resolution of 300 dpi. A copy or scan of the photograph should be pasted on the page and the original photograph (labelled) should accompany your paper. Sharp originals (not transparencies or slides) should be submitted close to the size expected in the publication. All notations and lettering should be no less than 2 mm high. The use of heavy black, bold lettering should be avoided as this will look unpleasantly dark when printed.

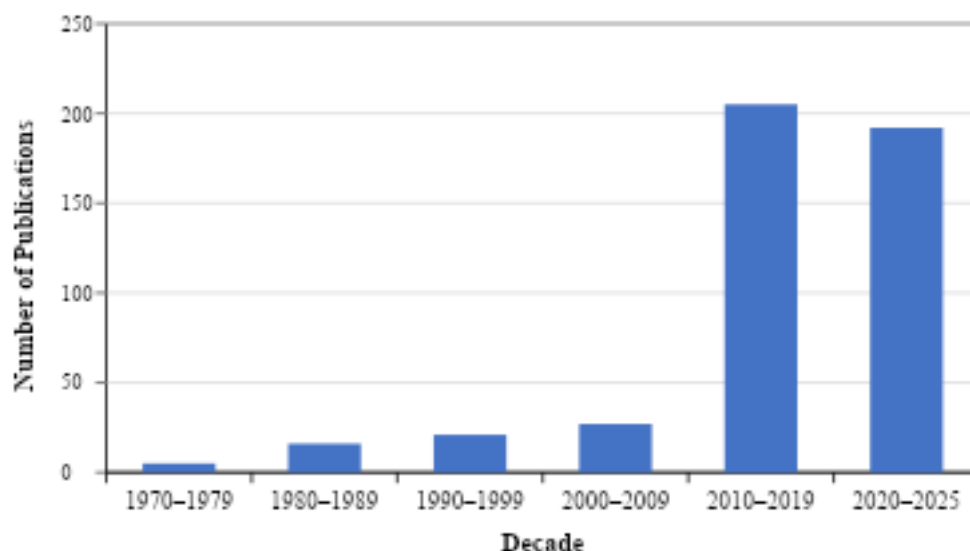


Fig. 1. List of publications/decade of *Dillenia* research (Senatama *et al.*, 2025).

4. Conclusion

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