

Manuscript Title

"Brief and informative. Since titles are commonly used in information retrieval systems, avoid using abbreviations and formulas whenever possible" Tahoma 16pt Bold, Space 1, Justify

First Author^{1*}, Second Author², Third Author³, Tahoma 11pt Bold, Space 1, Left

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Phone*: +62...

Abstract:

A brief and accurate abstract is required (maximum 200 words). It should clearly summarize the research objectives, key findings, and main conclusions. Since abstracts are often published independently from the full article, they must be understandable on their own. Therefore, references should generally be omitted; however, if necessary, they must be written in full rather than cited through the reference list. Uncommon or non-standard abbreviations should also be avoided, but if used, they must be explained when first introduced in the abstract. Tahoma 9pt, Space 1, Justify

Keywords:

Right after the abstract, include up to five keywords. Avoid using broad terms, plural words, or phrases containing multiple concepts (for example, terms with "and" or "of"). Use abbreviations only when they are widely recognized within the field. These keywords are intended for indexing and search purposes. Tahoma 9pt, Space 1, Justify

How to Cite:

Example: Musdalipah, M., Yodha, A.W.M, Fuvita, A., Sahidin, S. New flavonoid from *Alpinia monopileura*. Vitanatura: Journal of Life and Health Science 2026;1(1): 1-4. <https://doi.org/10.29xxx/vjlhs.v1i1.152>

Introduction **Tahoma 11pt Bold, Space 1, Justify**

Clearly state the objectives of the study and provide sufficient background information, while avoiding an overly extensive literature review or a detailed summary of the findings. All citations in the literature review section must follow the Vancouver citation style. Examples of *Vancouver-style* in-text citations:

The Zingiberaceae family represents an important source of bioactive compounds with anti-inflammatory potential [1]. Several members of the genera *Alpinia* and *Etlingera* have been reported to exhibit anti-inflammatory effects in both in vitro and in vivo assays, largely attributed to their diverse mixtures of flavonoids, diarylheptanoids, phenolics, and essential oils [2–4]. Recent review articles have highlighted the activity of numerous *Alpinia* species against inflammatory mediators [5], positioning this genus as a promising candidate for the discovery of novel anti-inflammatory molecules [6,7]. **Tahoma 10pt, Space 1, Justify**

Method **Tahoma 11pt Bold, Space 1, Justify**

The research design and methodology should be described clearly and systematically.

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Result and Discussion **Tahoma 11pt Bold, Space 1, Justify**

The results should be presented clearly and concisely. The discussion should focus on the significance and interpretation of the findings rather than simply repeating them. In many cases, combining the Results and Discussion sections is appropriate. Extensive citations and lengthy discussions of previously published studies should be avoided. **Tahoma 10pt, Space 1, Justify**

Table:

The tables must be written in **space 1 and 9pt**. The table format used in this journal article is as below:

Table 1. Format of Table **Tahoma 9pt, Space 1, Left**

Sample	Total Phenolics (mg/g GAE)	Total Flavonoids (mg/g QE)
Sampe A	109.46 ± 1.85	6.50 ± 0.13
Sampe B	646.44 ± 1.27	126.86 ± 0.68
Sampe C	646.44 ± 1.27	126.86 ± 0.68

Equations

The equations must use *equation feature* in **Microsoft Word**, not an image. **Tahoma 10pt, Space 1, Right**

$$\%Inhibition = \left(\frac{a-b}{a} \right) \times 100 \quad (1)$$

Graphs

The graphs must be like the following format

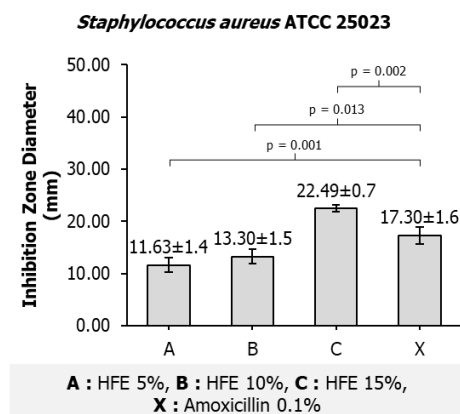


Figure 1. Attached figure in article **Tahoma 9pt, Space 1, Left**

Figure

The figures must be arranged as example below:



Figure 2. Attached figure in article Tahoma 9pt, Space 1, Left

Conclusion Tahoma 11pt Bold, Space 1, Justify

The key findings and conclusions of the study may be summarized in a brief Conclusions section, which can either stand independently or be included as a subsection within the Discussion or the combined Results and Discussion section. Tahoma 10pt, Space 1, Justify

Acknowledgments Tahoma 9pt Bold, Space 1, Justify

Acknowledgments, including details of any funding or grants received, should be presented in a separate section before the references and should not appear as a footnote on the title page. Tahoma 8pt, Space 1, Justify

Author Contributions Tahoma 9pt Bold, Space 1, Justify

For research articles with several authors, a short paragraph specifying their individual contributions must be provided. The following statements should be used "Conceptualization, X.X. and Y.Y.; methodology, X.X.; software, X.X.; validation, X.X., Y.Y. and Z.Z.; formal analysis, X.X.; investigation, X.X.; resources, X.X.; data curation, X.X.; writing—original draft preparation, X.X.; writing—review and editing, X.X.; visualization, X.X.; supervision, X.X.; project administration, X.X.; funding acquisition, Y.Y. All authors have read and agreed to the published version of the manuscript." Tahoma 8pt, Space 1, Justify

Funding Tahoma 9pt Bold, Space 1, Justify

Please include the statement: "This research received no external funding" or "This research was funded by NAME OF FUNDER, grant number XXX" along with "The APC was funded by XXX." Ensure that all funding information is accurate and that the official names of funding agencies follow the standard spelling listed at <https://search.crossref.org/funding>. Incorrect details may impact future funding opportunities.

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Conflicts of Interest Tahoma 9pt Bold, Space 1, Justify

Authors should disclose any conflicts of interest or include the statement: "The authors declare no conflict of interest." Any personal, professional, or financial interests that could be perceived as influencing the presentation or interpretation of the research findings must be clearly declared. In addition, authors should specify the involvement of the funding bodies in the study design, data collection, analysis or interpretation, manuscript preparation, and publication decisions. If the funders had no such involvement, please state: "The funders had no role in the design of the study; in the collection, analysis, or interpretation of data; in the writing of the manuscript; or in the decision to publish the results."

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References Tahoma 11pt Bold, Space 1, Justify

Guideline for bibliography in VJLHS is as follows:

1. All references listed must correspond exactly to the citations used in the manuscript.
2. Each article must include a minimum of 10 references, with at least 80% consisting of primary sources such as journal articles, conference proceedings, and theses/dissertations.
3. The references used should primarily be published within the last 10 years.
4. Authors are strongly encouraged to use reference management software such as Mendeley or similar tools.
5. All references must follow the Vancouver-style in-text citations.

Examples of references and citation Tahoma 10pt, Space 1, Justify

Journal with DOI

- [1] Yodha AWM, Badia E, Musdalipah, Setiawan MA, Daud NS, Fusvita A, et al. Essential oils of *Alpinia monopleura* and their antibacterial and antioxidant activity. *Molekul* 2023;18:80–8. <https://doi.org/10.20884/1.JM.2023.18.1.6265>.

- [2] Yodha AWM, Badia E, Musdalipah, Reymon, Fauziah Y, Fusvita A, et al. Secondary metabolite compounds from *Alpinia monopleura* extract and evaluation of anti-inflammatory activity based on in vitro and in silico studies. HAYATI J Biosci 2024;31:1154–64. <https://doi.org/10.4308/hjb.31.6.1154-1164>.

Book

- [3] Yodha AWM. Metode pengujian antiinflamasi secara in vitro dan in vivo. Kendari: CV. Science Tech Group; 2025.

Conference Proceedings

- [4] Musdalipah, Karmilah, Tee SA, Nurhikma E, Fauziah Y, Fristiohady A, et al. Meistera chinensis fruit properties: Chemical compound, antioxidant, antimicrobial, and antifungal activity. IOP Conf. Ser. Earth Environ. Sci., vol. 755, IOP Publishing; 2021, p. 012014. <https://doi.org/10.1088/1755-1315/755/1/012014>.

Thesis/Dissertation

- [5] Yodha AWM. Isolasi, Identifikasi dan Aktivitas Farmakologi Senyawa Metabolit Sekunder dari Batang Tumbuhan *Polygonum sagittatum*. Universitas Halu Oleo, Indonesia, 2017.