*Type of the Paper (This Word template contains the sections required for Reviews)*

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Abstract

The abstract should be a single paragraph which summarises the content of the article. The Abstract should not exceed 350 words. Abbreviations that appear once only, should be defined in full, unless they correspond to a gene name. If abbreviations appear more than once, the definition should be provided once, and then subsequently used throughout the abstract. Please do not cite references, figures or tables, website, equations or other graphical elements included.

Keywords

keyword 1; keyword 2; keyword 3; keyword 4 [List at least three but no more than ten pertinent keywords.]

# 1. Introduction [first level heading]

State the objectives of the work and provide an adequate background to clarify why the study was undertaken and what hypotheses were tested, avoiding a detailed literature survey or a summary of the results. The information in this section should always be referenced. Also, use the [numbers] for the references in the full text, e.g., [1] or [5, 6, 7] or [9–11][Abbreviations should initially be introduced in the abstract and the main text, detailing their full form before usage].

# 2. Literature Review

A Review is a comprehensive overview of a specific hot topic, aligned with addressing the aims and hypotheses through the literature. Often authored by leaders in a particular discipline, reviews are widely read, especially by researchers seeking a thorough introduction to a field, and they are highly cited. Typically, reviews cite approximately 60 primary research articles. Review papers shall have a maximum length of 8,000 words (not including abstract and tables).

Our objective is to assess methods, specifically by evaluating previous instances of the methodological approach while emphasizing fixed ideas. Employing a procedural and critical approach to the literature is beneficial, and it is essential to articulate your conclusions in an engaging manner, framing them as responses to the review questions. Ensure that you provide sufficient information here to elucidate the process through which you guaranteed the comprehensiveness and impartiality of your literature coverage.

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It is recommended to concentrate on the steps devised for addressing the questions essential to this review rather than delving into the details of the methods. When appropriate, guide the reader through the method and provide additional observations or conclusions gained during the process.

*2.1 Figures, Tables, Motions, and Equations, etc.* [second level heading]

All figures and tables should be cited in the main text as Fig. 1, Table 1, Eqn. 1, Motion 1, etc.

### 2.1.1 Figures [third level heading]

Provide figure images in JPG, TIF format; Color images must be in RGB mode (do not support CMKY mode). The suggested minimum resolution of image is 300 dpi. Figures should be placed in the main text near to the first time they are cited. Also, the legend should be detailed, it is not acceptable to give only one or two lines description of figures.



Fig. 1. Figure title. (A) Description of what is contained in the first subfigure. (B) Description of what is contained in the second subfigure. Abbreviations appear in a figure should be listed at here. Obtain permission and acknowledgement required by the copyright holder if a figure is being reproduced from another source.

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Table 1. This is sample table caption.

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Table footnotes.

### 2.1.3 Mathematical Components

This is the example 1 of equation [fourth level heading]

(1)

the text following an equation need not be a new paragraph. Please punctuate equations as regular text.

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(2)

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*2.2 Units*

* A space should be inserted before measurement units: 17 mL, 17 mol/L, 17 cm.
* Capitalize the letter L in some units: mL, L.
* The letter p should be lowercase and in italic type: *p*, *p*-value.
* Decimal points should use a full stop (.) NOT a comma (,): 0.17, 10.375.

# 3. Conclusions

This section is mandatory for all submissions. The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

Abbreviations [optional section]

NIRS, near-infrared spectroscopy; PCA, principal component analysis; PUFAs, polyunsaturated fatty acids; MDA, malondialdehyde; TAG, triglycerides; HPLC, high-performance liquid chromatography; SOD, superoxide dismutase; SEM, scanning electron microscopy; SFE, supercritical fluid extraction; LDF, low-fat diet.

Supplementary Material [optional section]

Authors of accepted manuscripts may provide related supplemental data to be posted online along with the published manuscript. All Supplemental Data information (except videos) should be combined into a single Word/PDF file. Before submission, carefully review all files; if you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. The journal is not responsible for any errors contained in data supplements.

Appendix [optional section]

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This section are strongly encouraged that all datasets on which the conclusions of a manuscript depend should be available to readers, unless they are already provided as part of the submitted article. Authors who do not wish to share their data must state this fact, and also provide an explanation as to why the data are unavailable. More information about [Availability of Data and Materials Policy](https://www.imrpress.com/resources/editorial_policies" \l "3._availability_of_data_and_materials).

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References and Notes

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[7] The advantage of endnotes, is that they are all arranged sequentially in one place, regardless of the length of individual notes.