

## AUTHOR'S QUICK CHECKLIST FOR PREPARING MANUSCRIPTS FOR SUBMISSION

## A copy of this, appropriately checked, should accompany each submitted paper.

Your paper must follow the advice given in our Instructions for Authors that are available online (<u>https://pharmasprings.com/index.php/fjphs/author\_guidelines</u>). If you are uncertain about the relevancy of your paper for publication in this Journal, please read Our Focus & scope (<u>https://pharmasprings.com/index.php/fjphs/focus</u>).

## Please do not tick the following boxes until you have complied with the instructions indicated.

- $\Box$  All authors have seen a copy of the paper AND have approved its submission.
- □ Any animal experiments, including those involving humans, must have been approved by the correct ethics agency. A statement to this effect should be given in the text at the appropriate place.
- □ Experiments involving plants or microorganisms taken from outside the authors' country should have been with the correct authorization.
- □ Authors must indicate in which section of the Journal they would like their papers to appear.
- □ Please indicate the corresponding author of the paper. NOTE: To avoid possible confusion, only one person should be nominated.
- Prior to publication, an ORCID iD must be provided for the corresponding author(s). If you already have an ORCID iD, you will be asked to provide it. If you haven't registered with ORCID yet, we'll help you create an iD at the point of submission.
- All text, including Abstract, tables, references, footnotes and figure legends Submission of an article to FJPHS is understood to imply that it has not been either published or not being considered for publication elsewhere. Manuscripts should be neatly typed, 12 points, Double line spaced throughout, including tables, Figures and images on pages of uniform size with at least 1-inch margins on all sides. Word counts are not specified. However, 3000 to 10000 words for review, 3000 to 5000 words for research articles, and 1000 to 3000 for technical notes, commentaries, and short communications are preferable.
- All pages (including references, tables, figure legends, figures) are numbered sequentially.
  Lines on each page are also numbered either sequentially throughout the paper or on each individual page.



- □ The title should be informative and clear. (A running title is not used.) Do not use unspecified, nonstandard abbreviations in the title. Please do not begin the title of your paper with expressions such as "The effect of…" or "A study of…". Please ensure that the biological origin of the system under investigation is given in the title.
- □ Key words or phrases (but not abbreviations) are given in alphabetical order after the Abstract. Up to seven can be used.
- □ A structured Abstract for research papers is to be given. (Abstracts for reviews should be in a single paragraph and no more than 150 words.) The writing must be clear and concise and give quantitative values of key results. (Comparative values, that is % values, are of little use and should not be used.) Please do not begin with phrases such as "This study shows" or "In this study". (If you use such a phrase, it indicates you have not read these notes with sufficient care!)
- □ Sub-headings in all sections are clearly indicated but are **NOT** numbered.
- □ All non-standard abbreviations should be kept to a minimum but need to be defined at first mention **in each section** including tables and figure legends.
- □ Organisms must be named according to the latest available lists of plants and microorganisms. If appropriate, a synonym may be used.
- □ Ensure you follow the Journal style and give correct abbreviations of standard units
- □ Tables and figures are to be self-explanatory so that they can be understood without recourse to the text. Key details of procedures should be given in the legend or footnotes. 100% relative values **MUST** begiven as the actual (absolute) values in the legend or footnote. It is recommended that procedures used only once should be detailed in the legends to figures or footnotes to tables rather than being placed in the **Methods** section.
- □ All symbols are clear, all lines are of adequate thickness and equal blackness, labelling is accurate and clear. Large areas of blank spaces should be avoided.
- □ Please ensure that photographs will print satisfactorily at the indicated column width with clear resolution of detail.
- □ Micrographs must have a clear scale bar on the photograph with its size given in the legend.
- □ References agree between text and list. (Please cross-check carefully.) References in the text and list conform to the Journal style.