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# Document with built-in heading styles

This is the built-in heading 1 style. This sample demonstrates the TOC insertion in a word document. Note that DocIO can insert TOC field in a word document. It can refresh or update TOC field by using UpdateTableOfContents method. MS Word refreshes the TOC field after insertion. Please update the field or press F9 key to refresh the TOC.

## Section 1

This is the built-in heading 2 style. A document can contain any number of sections. Sections are used to apply same formatting for a group of paragraphs. You can insert sections by inserting section breaks.

### Paragraph 1

This is the built-in heading 3 style. Each section contains any number of paragraphs. A paragraph is a set of statements that gives a meaning for the text.

### Paragraph 2

This is the built-in heading 3 style. This demonstrates the paragraphs at the same level and style as that of the previous one. A paragraph can have any number formatting. This can be attained by formatting each text range in the paragraph.

## Section 2

This is the built-in heading 2 style. A document can contain any number of sections. Sections are used to apply same formatting for a group of paragraphs. You can insert sections by inserting section breaks.

### Paragraph 1

This is the built-in heading 3 style. Each section contains any number of paragraphs. A paragraph is a set of statements that gives a meaning for the text.

### Paragraph 2

This is the built-in heading 3 style. This demonstrates the paragraphs at the same level and style as that of the previous one. A paragraph can have any number formatting. This can be attained by formatting each text range in the paragraph.