$\begin{array}{cc} 1 & 2 \\ 3 & 4 \end{array}$

Table 1: Decimal numbers

 $\begin{array}{ccc} 001 & 010 \\ 011 & 100 \end{array}$

Table 2: Binary numbers

 $\begin{array}{rrr}
 0x31 & 0x32 \\
 0x33 & 0x34
\end{array}$

ASCII representation of the numbers

List of Tables

1	Decimal numbers	1
2	Binary numbers - label specific to the list of tables	1