

# Manuscript

First Author<sup>1,†</sup>, Second Author<sup>2,†</sup>, Third Author<sup>1</sup>, and Corresponding Author<sup>2,\*</sup>

<sup>1</sup> Department of Biology, University of Example, City, Country

<sup>2</sup> Department of Medicine, Another University, City, Country

\* Correspondence: corresponding.author@email.com

† Equal contribution

## Abstract

**Objective:** Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. **Results:** Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum.

**Keywords:** template; formatting; zettlr; pandoc

## Introduction

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Praesent id metus massa, ut blandit odio. Proin quis tortor orci. Etiam at risus et justo dignissim congue. Donec congue lacinia dui, a porttitor lectus condimentum laoreet. Nunc eu ullamcorper orci. Quisque eget odio ac lectus vestibulum faucibus eget in metus. In pellentesque faucibus vestibulum. Nulla at nulla justo, eget luctus tortor [2].

Maecenas ultricies mi eget mauris pharetra viverra. The main findings are illustrated in **Figure 1** and the summary data is provided in **Table 1**.

## Methods

Suspendisse potenti. Sed egestas, ante et vulputate volutpat, eros pede semper est, vitae luctus metus libero eu augue. Morbi purus libero, faucibus adipiscing, commodo quis, gravida id, est. Sed lectus. Praesent elementum hendrerit tortor. Sed semper lorem at felis. Vestibulum volutpat, lacus a ultrices

sagittis, mi neque euismod dui, eu pulvinar nunc sapien ornare nisl. Phasellus pede arcu, dapibus eu, fermentum et, dapibus sed, urna [3].

## Formatting Guide (Examples)

*The following examples demonstrate common markup patterns.*

### Typography & Units

- **Emphasis:** Use *italics* for emphasis and **bold** for strong emphasis.
- **Sub/Superscript:** H<sub>2</sub>O and E=mc<sup>2</sup>.
- **Non-breaking space:** Use a backslash+space \ to keep numbers and units together (e.g., 10 kg, p < 0.05).
- **En-dash:** Use double hyphens -- for ranges (e.g., 10–20%) to create a proper en-dash (10–20%).

### Lists

1. First item in a numbered list
2. Second item
  - Sub-item bullet
  - Another sub-item

### Math Equations

Inline equations look like this:  $P < 0.05$ . Block equations are enclosed in double dollar signs:

$$\sigma = \sqrt{\frac{\sum (x_i - \mu)^2}{N}}$$

## Results

### Main Findings

Fusce convallis metus id felis luctus adipiscing. Aliquam erat volutpat. Nam dui mi, tincidunt quis, accumsan porttitor, facilisis luctus, metus. As shown in **Figure 1**, phasellus ultrices nulla quis nibh.

### Statistical Analysis

Curabitur malesuada erat sit amet massa. Fusce ac convallis erat, vel aliquet diam. The data is summarized in **Table 1** below.

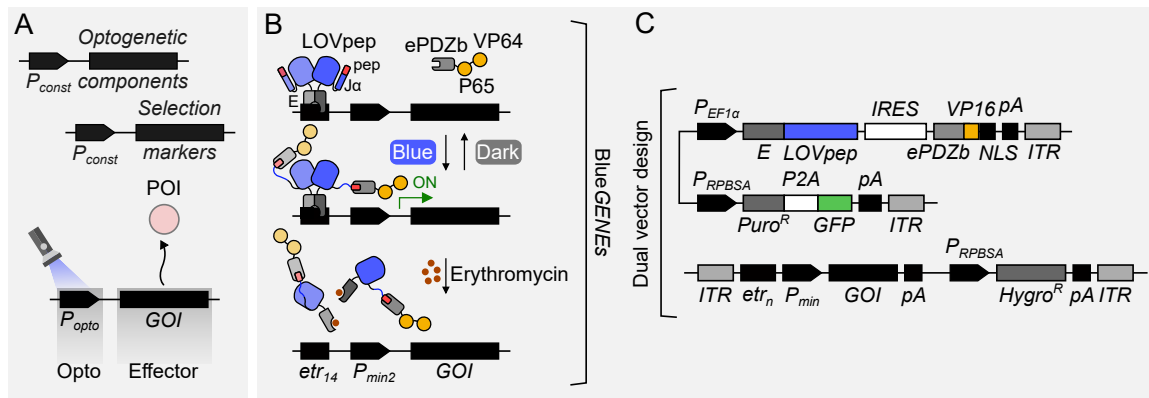


Figure 1: **Title of the Figure.** Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Table 1: **Title of the Table.** Ut wisi enim ad minim veniam, quis nostrud exerci tation.

Group	Mean (SD)	P-value
Control	12.5 (1.2)	-
Treatment	18.2 (2.1)	< 0.05

## Discussion

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## Advanced Layout Tips

### Footnotes

You can add footnotes inline like this<sup>1</sup>.

### Definition Lists

**Term 1** Definition of term 1

**Term 2** Definition of term 2

## Declarations

**Ethics approval:** Not applicable.

**Consent for publication:** Not applicable.

**Competing interests:** The authors declare no competing interests.

## References

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