Manuscript

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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**. Additional data is available in the Supporting Information (see **Figure S1** and **Table S1**).

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_2O and $E=mc^2$.
- **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. Raw unprocessed data for this analysis are provided in **Figure S1** (Supporting Information).
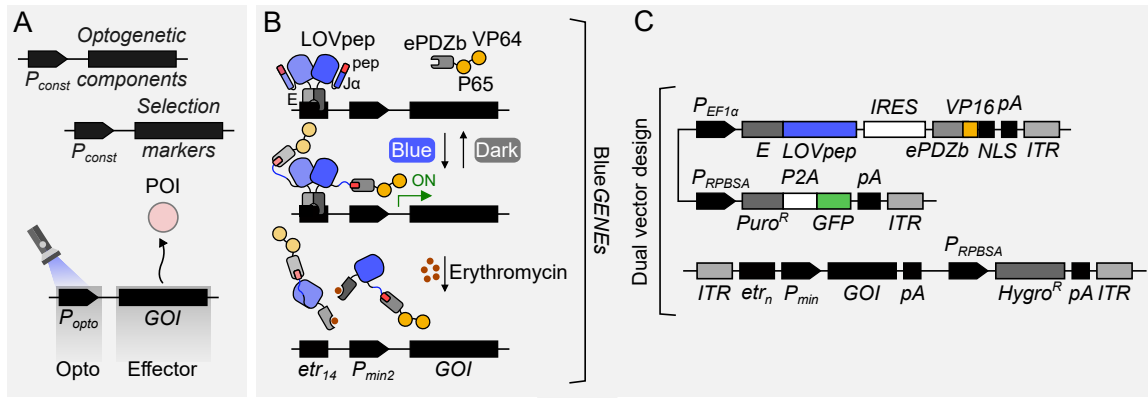
Figure 1: **Title of the Figure**. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Statistical Analysis

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

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

Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Vestibulum tortor quam, feugiat vitae, ultricies eget, tempor sit amet, ante. Donec eu libero sit amet quam egestas semper. Aenean ultricies mi vitae est. Mauris placerat eleifend leo. Additional western blot data is provided in **Figure S1** and primer sequences are listed in **Table S1** in the Supporting Information. Quisque sit amet est et sapien ullamcorper pharetra. Vestibulum erat wisi, condimentum sed, commodo vitae, ornare sit amet, wisi [4].

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Advanced Layout Tips

Footnotes

You can add footnotes inline like this[1].

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.

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