

```

<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Static HTML Page</title>
  <style>
    /* CSS styles */
    body {
      font-family: Arial, sans-serif;
      margin: 0;
      padding: 0;
    }

    header {
      background-color: #333;
      color: #fff;
      padding: 10px;
      text-align: center;
    }

    nav ul {
      list-style-type: none;
      margin: 0;
      padding: 0;
      text-align: center;
    }

    nav ul li {
      display: inline;
      margin-right: 20px;
    }

    table {
      border-collapse: collapse;
      width: 80%;
      margin: 20px auto;
    }

    table, th, td {
      border: 1px solid #333;
      padding: 8px;
      text-align: center;
    }

    form {
      width: 50%;
      margin: 20px auto;
      text-align: center;
    }
  </style>
</head>
<body>
  <header>
    <h1>Static HTML Page</h1>
  </header>
  <nav>
    <ul>
      <li><a href="#">Home</a></li>
      <li><a href="#">About</a></li>
      <li><a href="#">Contact</a></li>
    </ul>
  </nav>
  <table>

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        <tr>
            <th>ID</th>
            <th>Name</th>
            <th>Email</th>
        </tr>
        <tr>
            <td>1</td>
            <td>John Doe</td>
            <td>john@example.com</td>
        </tr>
        <tr>
            <td>2</td>
            <td>Jane Smith</td>
            <td>jane@example.com</td>
        </tr>
    </table>
    <form action="#" method="post">
        <input type="text" name="name" placeholder="Name">
        <input type="email" name="email" placeholder="Email">
        <button type="submit">Submit</button>
    </form>
</body>
</html>

```

Now, let's integrate Bootstrap into the page:

```

html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Static HTML Page with Bootstrap</title>
    <link
href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
rel="stylesheet">
</head>
<body>
    <header class="bg-dark text-white text-center py-4">
        <h1>Static HTML Page</h1>
    </header>
    <nav class="navbar navbar-expand-lg navbar-dark bg-dark">
        <div class="container">
            <ul class="navbar-nav mx-auto">
                <li class="nav-item">
                    <a class="nav-link" href="#">Home</a>
                </li>
                <li class="nav-item">
                    <a class="nav-link" href="#">About</a>
                </li>
                <li class="nav-item">
                    <a class="nav-link" href="#">Contact</a>
                </li>
            </ul>
        </div>
    </nav>
    <div class="container">
        <table class="table table-bordered table-striped my-4">
            <thead class="thead-dark">
                <tr>
                    <th>ID</th>
                    <th>Name</th>
                    <th>Email</th>

```

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        </tr>
    </thead>
    <tbody>
        <tr>
            <td>1</td>
            <td>John Doe</td>
            <td>john@example.com</td>
        </tr>
        <tr>
            <td>2</td>
            <td>Jane Smith</td>
            <td>jane@example.com</td>
        </tr>
    </tbody>
</table>
<form class="mx-auto my-4" action="#" method="post">
    <div class="form-group">
        <input type="text" class="form-control" name="name"
placeholder="Name">
    </div>
    <div class="form-group">
        <input type="email" class="form-control" name="email"
placeholder="Email">
    </div>
    <button type="submit" class="btn btn-primary">Submit</button>
</form>
</div>
<script src="https://code.jquery.com/jquery-3.5.1.slim.min.js"></script>
<script
src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.5.3/dist/umd/popper.min.js"><
/script>
<script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"></
script>
</body>
</html>

```

In the Bootstrap version, I've utilized Bootstrap classes for the navigation bar, table, and form to make them more responsive and visually appealing.