How about a title?

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# Heading 1

Text

## Heading 2

Text

### Heading 3

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More text

# Other bits

## Figures

Let’s also include crossrefs to Figure 1? Are they needed?



Figure . This is a figure

## Tables

Not sure this is needed either? Does its format control kable styles?

Table Error! Use the Home tab to apply 0 to the text that you want to appear here... This is a table

|  |  |  |  |
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| **Header** | **Row** | **Stuff** | **Here** |
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Then some more text.