Untitled

Example 1

Table 1: And this the Title

Header 1	Header 2	Header 3
Data 1	Data 2	Data 3
Data 4	Data 5	Data 6

This are notes for the table

Example 2

Table 2: And this the Title

Header 1

 ${\it Header}\ 2$

 ${\rm Header}\ 3$

Data 1

Data 1
Data 2

Data 3

Data 4

Data 5

Data 6

This are notes for the table