```xml
<RBARnas>
-<listOfComponents>
    <component id="A" name="Adenosine residue" type="Nucleotide" weight="2.9036"/>
    <component id="C" name="Cytosine residue" type="Nucleotide" weight="2.7017"/>
    <component id="G" name="Guanine residue" type="Nucleotide" weight="3.0382"/>
    <component id="U" name="Uramine residue" type="Nucleotide" weight="2.7102"/>
  </listOfComponents>
-<listOfSpecies>
  -<rna compartment="c" id="rrnO-16S" name="rrnO-16S"
   sequence="uuuaucggagaguuugauccuggcucaggacgaacgcuggcggcgugccuaauacaugcaaguc(
    -<composition>
        <componentReference component="A" stoichiometry="382"/>
        <componentReference component="C" stoichiometry="365"/>
        <componentReference component="G" stoichiometry="491"/>
        <componentReference component="U" stoichiometry="315"/>
      </composition>
    </rna>
  +<rna compartment="c" id="rrnO-23S" name="rrnO-23S"
   sequence="gguuaaguuagaaagggcgcacgguggaugccuuggcacuaggagccgaugaaggacgggacga;
    </rna>
  +<rna compartment="c" id="rrnO-5S" name="rrnO-5S"
   sequence="uuugguggcgauagcgaagaggucacacccguucccauaccgaacacggaaguuaagcucuucag
  +<rna id="mrna" name="average mRNA" sequence=""></rna>
  </listOfSpecies>
</RBARnas>

<RBADna>
-<listOfComponents>
    <component id="A" name="Adenosine residue" type="Nucleotide" weight="0"/>
    <component id="C" name="Cytosine residue" type="Nucleotide" weight="0"/>
    <component id="G" name="Guanine residue" type="Nucleotide" weight="0"/>
    <component id="T" name="Thymine residue" type="Nucleotide" weight="0"/>
  </listOfComponents>
-<listOfSpecies>
  -<dna id="dna" name="average dna composition" sequence="">
    -<composition>
        <componentReference component="A" stoichiometry="0.2818"/>
        <componentReference component="C" stoichiometry="0.2181"/>
        <componentReference component="G" stoichiometry="0.2171"/>
        <componentReference component="T" stoichiometry="0.283"/>
      </composition>
    </dna>
  </listOfSpecies>
</RBADna>
```