

## Instructions to the Authors

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### ■ **About the Journal**

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The *International Journal of Nutrition, Pharmacology, Neurological Diseases* is an international, open access, peer reviewed journal which covers all fields related to nutrition, pharmacology, neurological diseases.

The International Journal of Nutrition, Pharmacology, Neurological Diseases (IJNPND) is published semiannually. IJNPND has three main sections, such as nutrition, pharmacology and neurological diseases. IJNPND publishes Research Papers, Review Articles, Commentaries, case reports, brief communications and Correspondence in all three sections. Reviews and Commentaries are normally commissioned by the journal, but consideration will be given to unsolicited contributions.

### ■ **Scope of the journal**

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In nutrition section, IJNPND welcomes research papers including all aspects of experimental / clinical nutrition, invited articles/reviews/commentaries on nutritional issues.

In pharmacology section, IJNPND welcomes contributions in all fields of pharmacology. The work should have a direct bearing on drug effects, mechanisms or uses, or the development of new drug targets.

In neurological diseases section, IJNPND publishes papers on a broad range of topics of general interest to those working on all the neurological diseases.

All submitted articles should report original, previously unpublished research results, experimental or theoretical, and will be peer-reviewed. Articles submitted to the journal should meet these criteria and must not be under consideration for publication. Manuscripts should follow the style of the journal and are subject to both review and editing.

### ■ **Clinical trial registry**

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The International Journal of Nutrition, Pharmacology, Neurological Diseases favors registration of clinical trials and is a signatory to the Statement on publishing clinical trials in Indian biomedical journals. The International Journal of Nutrition, Pharmacology, Neurological Diseases would publish clinical trials that have been registered with a clinical trial registry that allows free online access to public. Registration in the following trial registers is acceptable: <http://www.ctri.nic.in/>; <http://www.anzctr.org.au/>; <http://www.clinicaltrials.gov/>; <http://isrctn.org/>; <http://www.trialregister.nl/trialreg/index.asp>; and <http://www.umin.ac.jp/ctr>. This is applicable to clinical trials that have begun enrollment of subjects in or after June 2008. Clinical trials that have commenced enrollment of subjects prior to June 2008 would be considered for publication in The International Journal of Nutrition, Pharmacology, Neurological Diseases only if they have been registered retrospectively with clinical trial registry that allows unhindered online access to public without charging any fees.

### ■ **Manuscript Submission**

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Register yourself as an author and submit the manuscript by clicking online submission. In case any problem through the on line submission authors are invited to submit their manuscripts through Journal email address ([editor@ijnpnd.com](mailto:editor@ijnpnd.com)) along with a covering letter preferably by the corresponding author or first author. Each manuscript will be provided with a manuscript and all correspondence is done through e-mail. Please always refer to the manuscript ID for any further enquiries. [editor@ijnpnd.com](mailto:editor@ijnpnd.com)

### ■ **Protection of Patients' Right to Privacy**

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Identifying information should not be published in written descriptions, photographs, sonograms, CT scans, etc., and pedigrees unless the information is essential for scientific purposes and the patient (or parent or guardian, wherever applicable) gives informed consent for publication. Authors should remove patients' names from figures unless they have obtained informed consent from the patients. The journal abides by ICMJE guidelines:

- 1) Authors, not the journals nor the publisher, need to obtain the patient consent form before the publication and have the form properly archived. The consent forms are not to be uploaded with the cover letter or sent through email to editorial or publisher offices.
- 2) If the manuscript contains patient images that preclude anonymity, or a description that has obvious indication to the identity of the patient, a statement about obtaining informed patient consent should be indicated in the manuscript.

## ■ Organizing the Manuscript ▲

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The manuscript should be typewritten in 12-font size, 1.5 lines spacing, with margins of at least one inch on all sides. Pages should be numbered consecutively, starting with the title page and the matter arranged in the following orders:

Article Type (Original Article, Review Article, Brief Report, Commentaries, Critical review, Case Report)

Title of the manuscript

Names of authors: - First Name\*, Middle & Last Name\* (\*Authors full name required) and their respective Corresponding author contact details with Phone No, fax and E-mail Id

Abstract (not exceeding 250 words)

Keywords (Up to 4-6 keywords)

Introduction/Background

Materials and Methods

Human and Animal Research

Statistical Methods

Results

Discussion

Conclusion

Acknowledgments

References

### **Title Page**

Title page contains title of the manuscript in boldface, title case (font size 14), names of the authors in normal face, title case (font size 12) followed by the address of authors in normal face, lower case (font size 12). Names of the authors should appear as initials followed by surnames. Full names may be given in some instances to avoid confusion. Followed by the author names, please provide the complete postal address or addresses with pin code number of the place(s), where the research work has been carried out. If the publication originates from several institutes, the affiliation of each author should be clearly stated by using superscript Arabic numbers after the name and before the institute. The author to whom correspondence should be directed must be indicated with an asterisk. At the bottom left corner of this page, please mention “\*Correspondence” and provide a functional e-mail address of the corresponding author to whom all correspondence (including galley proofs) is to be sent.

Manuscripts should be divided into the following section titles (normal face, upper case) and subtitles in each section (boldface, lower case)

### **Abstract**

An abstract not exceeding 250 words (for brief report between 70 and 100 words) should be provided typed on a separate sheet. The abstract should include aims, methods, results, and conclusion.

### **Keywords**

Up to 4-6 keywords must be provided in alphabetical order, preferably taken from Index Medicus. These keywords should be typed at the end of the abstract.

### **Introduction / Background**

It should be a concise statement of the background to the work presented, including relevant earlier work, suitably referenced. It should be started in a separate page after keywords.

### **Materials and Methods**

Documentation of methodology used should be sufficient to permit replication of the research. State the source of specialized materials, diets, chemicals, and instruments and other equipment, with model or catalog numbers, where appropriate. Specify kits, analyzers, and commercial laboratories used. Cite references for methods whenever possible and briefly explain any modifications made.

### **Human and Animal Research**

Reports of human studies must include a statement that the protocol was approved by the appropriate institutional committee or that it complied with the Helsinki Declaration as revised in 1983. When preparing reports of randomized, clinical trials, authors should refer to the checklist published in the CONSORT Statement and should include as online supporting material a trial profile summarizing participant flow (2). Include in Methods the sizes (n) of initial (recruited, enrolled) and final groups. Research on animals should include a statement that the protocol was approved by the appropriate committee or complied with the Guide for the Care and Use of Laboratory Animals (3). Describe how animals were killed. Describe control and experimental animals or participants, giving age, weight, sex, race, and for animals, breed or strain. Include the supplier of experimental animals.

### **Statistical Methods**

Describe all statistical tests utilized and indicate the probability level (P) at which differences were considered significant. If data are presented in the text, state what they represent (e.g. means  $\pm$  SEM). Indicate whether data were transformed before analysis. Specify any statistical computer programs used.

### **Results**

The important results of the work should be clearly stated and illustrated where necessary by tables and figures. The statistical treatment of data and significance level of the factors should be stated wherever necessary. Data that is not statistically significant need only to be mentioned in the text - no illustration is necessary.

### **Tables**

Should each be typed on a separate page, numbered in sequence with the body of the text. Tables should be headed with a short, descriptive caption. They should be formatted with horizontal lines only: vertical ruled lines are not required. Footnotes to tables should be indicated with a), b), c) etc. and typed on the same page as the table.

### **Figures**

Should be on separate pages but not inserted into the text. All figures must be referred to in the text and numbered with Arabic numerals in the sequence in which they are cited. Each figure must be accompanied by a legend explaining in detail the contents of the figure and are to be typed under the figures. Graphs and bar graphs should preferably be prepared using Microsoft Excel and submitted as Excel graph pasted in Word. Alternatively, photographs can be submitted as JPEG images. Keys to symbols, abbreviations, arrows, numbers or letters used in the illustrations should not be written on the illustration itself but should be clearly explained in the legend. Avoid inserting a box with a key to symbols, in the figure or below the figure. All Tables and Figures captions and legends should be typed on a separate page.

### **Discussion**

This section should deal with the interpretation of results, making the readers to understand the problem taken and should be logical. The discussion should state

the scope of the results, which need to be further explored.

## **Conclusions**

Concisely summarizes the principal conclusions of the work.

## **Acknowledgments**

**Technical** assistance and advice may be acknowledged in a section at the end of the text. Only named individuals should be included in this section. Authors are responsible for obtaining written permission from everyone providing a personal communication or acknowledged by name in the manuscript and for providing to the Editor a copy of the permission, if requested.

## **References**

Citations of literature within the text must be presented in numerical order and should be set in square brackets, thus [1, 12]. The cited literatures are also collected in numerical order at the end of the manuscript under the heading "References". Titles of journals should be abbreviated according to the index medicus. Please give the DOI (Digital Object Identifier) if the paper is not yet in print.

Please note the following examples.

### **Journals**

[1] Donald DH. Oxidative stress and vascular disease. *Arterioscler Thromb Vasc Biol* 2005; 26:689-695.

[2] Donne ID, Ranieri R, Roberto C, Daniela G, Aldo M. Biomarkers of oxidative damage in human disease. *Clin Chem*. 2006; 52:601-623.

[3] Liu TS, Wang Y, Chen SY, Sun YH. An updated meta-analysis of adjuvant chemotherapy after curative resection for gastric cancer. *EJSO*. 2008; 34: 1208-1216.

### **Chapter in a book**

[1] Goadsby PJ. Pathophysiology of headache. In: Wolff's headache and other head pain. Silberstein SD, Lipton RB, Dalessio DJ (eds). 7th ed. Oxford, England, Oxford University Press, 2001, pp 57-72.

## **■ Article Proofs**

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Page proofs are sent to the designated author through e-mail. They must be carefully checked and returned the revised manuscript within 48 hours of receipt.

## **■ Manuscript submission, processing and publication charges**

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There is no article submission charge. But, all the authors are need to pay the article processing charges after acceptance.

### **Article processing charge:**

The journal charges following fee on acceptance

Letter To Editor: US \$ 200 (for overseas authors), INR 7000 (for authors from India)

Case Report, Editorial, Original Article, Review Article: US \$ 500 (for overseas authors), INR 20000 (for authors from India)

(As mandated by the Indian Government and based on the GST Law and procedures, Wolters Kluwer India Private Ltd, would be charging GST @18% on fees collected from Indian authors with effect from 1st July 2017. The said tax will be in addition to the prices maintained on the website to be collected from the authors and will be paid to the Indian Government..)

## **■ Copyright**

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Authors are asked to sign a warranty and copyright agreement upon acceptance of their manuscript, before the manuscript can be published. The Copyright Transfer Agreement can be downloaded here (in word file & PDF).

The entire contents of the International Journal of Nutrition, Pharmacology, Neurological Diseases are protected under Indian and international copyrights. The Journal, however, grants to all users a free, irrevocable, worldwide, perpetual right of access to, and a license to copy, use, distribute, perform and display the work publicly and to make and distribute derivative works in any digital medium for any reasonable non-commercial purpose, subject to proper attribution of authorship and ownership of the rights. The journal also grants the right to make small numbers of printed copies for their personal non-commercial use under Creative Commons Attribution-Noncommercial-Share Alike 4.0 International Public License.

## ■ Types of Manuscripts ▲

### Original articles:

These include randomized controlled trials, intervention studies, studies of screening and diagnostic test, outcome studies, cost effectiveness analyses, case-control series, and surveys with high response rate. The text of original articles amounting to up to 3000 words (excluding Abstract, references and Tables) should be divided into sections with the headings Abstract, Key-words, Introduction, Material and Methods, Results, Discussion, References, Tables and Figure legends.

**Introduction:** State the purpose and summarize the rationale for the study or observation.

**Materials and Methods:** It should include and describe the following aspects:

**Ethics:** When reporting studies on human beings, indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) and with the Helsinki Declaration of 1975, as revised in 2000 (available at [http://www.wma.net/e/policy/17-c\\_e.html](http://www.wma.net/e/policy/17-c_e.html)). For prospective studies involving human participants, authors are expected to mention about approval of (regional/ national/ institutional or independent Ethics Committee or Review Board, obtaining informed consent from adult research participants and obtaining assent for children aged over 7 years participating in the trial. The age beyond which assent would be required could vary as per regional and/ or national guidelines. Ensure confidentiality of subjects by desisting from mentioning participants' names, initials or hospital numbers, especially in illustrative material. When reporting experiments on animals, indicate whether the institution's or a national research council's guide for, or any national law on the care and use of laboratory animals was followed. Evidence for approval by a local Ethics Committee (for both human as well as animal studies) must be supplied by the authors on demand. Animal experimental procedures should be as humane as possible and the details of anesthetics and analgesics used should be clearly stated. The ethical standards of experiments must be in accordance with the guidelines provided by the CPCSEA and World Medical Association Declaration of Helsinki on Ethical Principles for Medical Research Involving Humans for studies involving experimental animals and human beings, respectively). The journal will not consider any paper which is ethically unacceptable. A statement on ethics committee permission and ethical practices must be included in all research articles under the 'Materials and Methods' section.

### Study design:

**Selection and Description of Participants:** Describe your selection of the observational or experimental participants (patients or laboratory animals, including controls) clearly, including eligibility and exclusion criteria and a description of the source population. **Technical information:** Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail to allow other workers to reproduce the results. Give references to established methods, including statistical methods (see below); provide references and brief descriptions for methods that have been published but are not well known; describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration.

Reports of randomized clinical trials should present information on all major study elements, including the protocol, assignment of interventions (methods of randomization, concealment of allocation to treatment groups), and the method of masking (blinding), based on the CONSORT Statement (<http://www.consort-statement.org>).

### Reporting Guidelines for Specific Study Designs

Guideline	Type of Study	Source
STROBE	Observational studies including cohort, case-control, and cross-sectional studies	<a href="https://www.strobe-statement.org/index.php?id=available-checklists">https://www.strobe-statement.org/index.php?id=available-checklists</a>
CONSORT	Randomized controlled	<a href="http://www.consort-statement.org">http://www.consort-statement.org</a>

	trials	
<b>SQUIRE</b>	Quality improvement projects	<a href="http://squire-statement.org/index.cfm?fuseaction=Page.ViewPage&amp;PageID=471">http://squire-statement.org/index.cfm?fuseaction=Page.ViewPage&amp;PageID=471</a>
<b>PRISMA</b>	Systematic reviews and meta-analyses	<a href="http://prisma-statement.org/PRISMAStatement/Checklist.aspx">http://prisma-statement.org/PRISMAStatement/Checklist.aspx</a>
<b>STARD</b>	Studies of diagnostic accuracy	<a href="https://pubs.rsna.org/doi/full/10.1148/radiol.2015151516">https://pubs.rsna.org/doi/full/10.1148/radiol.2015151516</a>
<b>CARE</b>	Case Reports	<a href="https://www.care-statement.org/checklist">https://www.care-statement.org/checklist</a>
<b>AGREE</b>	Clinical Practice Guidelines	<a href="https://www.agreetrust.org/wp-content/uploads/2016/02/AGREE-Reporting-Checklist-2016.pdf">https://www.agreetrust.org/wp-content/uploads/2016/02/AGREE-Reporting-Checklist-2016.pdf</a>

The reporting guidelines for other type of studies can be found at <https://www.equator-network.org/reporting-guidelines/>.

**Statistics:** Whenever possible quantify findings and present them with appropriate indicators of measurement error or uncertainty (such as confidence intervals). Authors should report losses to observation (such as, dropouts from a clinical trial). When data are summarized in the Results section, specify the statistical methods used to analyze them. Avoid non-technical uses of technical terms in statistics, such as 'random' (which implies a randomizing device), 'normal', 'significant', 'correlations', and 'sample'. Define statistical terms, abbreviations, and most symbols. Specify the computer software used. Use upper italics (*P* 0.048). For all *P* values include the exact value and not less than 0.05 or 0.001. Mean differences in continuous variables, proportions in categorical variables and relative risks including odds ratios and hazard ratios should be accompanied by their confidence intervals.

**Results:** Present your results in a logical sequence in the text, tables, and illustrations, giving the main or most important findings first. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations. Extra- or supplementary materials and technical detail can be placed in an appendix where it will be accessible but will not interrupt the flow of the text; alternatively, it can be published only in the electronic version of the journal.

When data are summarized in the Results section, give numeric results not only as derivatives (for example, percentages) but also as the absolute numbers from which the derivatives were calculated, and specify the statistical methods used to analyze them. Restrict tables and figures to those needed to explain the argument of the paper and to assess its support. Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. Where scientifically appropriate, analyses of the data by variables such as age and sex should be included.

**Discussion:** Include summary of *key findings* (primary outcome measures, secondary outcome measures, results as they relate to a prior hypothesis); *Strengths and limitations* of the study (study question, study design, data collection, analysis and interpretation); *Interpretation and implications* in the context of the totality of evidence (is there a systematic review to refer to, if not, could one be reasonably done here and now?, what this study adds to the available evidence, effects on patient care and health policy, possible mechanisms); *Controversies* raised by this study; and *Future research directions* (for this particular research collaboration, underlying mechanisms, clinical research).

Do not repeat in detail data or other material given in the Introduction or the Results section. In particular, contributors should avoid making statements on economic benefits and costs unless their manuscript includes economic data and analyses. Avoid claiming priority and alluding to work that has not been completed. New hypotheses may be stated if needed, however they should be clearly labeled as such. About 30 references can be included. These articles generally should not have more than six authors.

#### **Review Articles:**

It is expected that these articles would be written by individuals who have done substantial work on the subject or are considered experts in the field. A short summary of the work done by the contributor(s) in the field of review should accompany the manuscript.

The prescribed word count is up to 3000 words excluding tables, references and abstract. The manuscript may have about 90 references. The manuscript should have an unstructured Abstract (250 words) representing an accurate summary of the article. The section titles would depend upon the topic reviewed. Authors submitting review article should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract.

The journal expects the contributors to give post-publication updates on the subject of review. The update should be brief, covering the advances in the field after the publication of the article and should be sent as a letter to editor, as and when major development occurs in the field.

#### **Case reports:**

New, interesting and rare cases can be reported. They should be unique, describing a great diagnostic or therapeutic challenge and providing a learning point for the readers. Cases with clinical significance or implications will be given priority. These communications could be of up to 1000 words (excluding Abstract and references) and should have the following headings: Abstract (unstructured), Key-words, Introduction, Case report, Discussion, Reference, Tables and Legends in that order.

The manuscript could be of up to 1000 words (excluding references and abstract) and could be supported with up to 10 references. Case Reports could be authored by up to four authors.

#### **Letter to the Editor:**

These should be short and decisive observations. They should preferably be related to articles previously published in the Journal or views expressed in the journal. They should not be preliminary observations that need a later paper for validation. The letter could have up to 500 words and 5 references. It could be generally authored by not more than four authors.

#### **Other:**

Editorial, Guest Editorial, Commentary and Opinion are solicited by the editorial board.

#### **References**

References should be *numbered* consecutively in the order in which they are first mentioned in the text (not in alphabetic order). Identify *references in text*, tables, and legends by Arabic numerals in superscript with square bracket after the *punctuation marks*. *References cited only* in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure. Use the style of the examples below, which are based on the formats used by the NLM in *Index Medicus*. The titles of journals *should be abbreviated* according to the style used in *Index Medicus*. Use complete name of the journal for non-indexed journals. Avoid using abstracts as references. Information from manuscripts submitted but not accepted should be cited in the text as "unpublished observations" with written permission from the source. Avoid citing a "personal communication" unless it provides essential information not available from a public source, in which case the name of the person and date of communication should be cited in parentheses in the text.

The commonly cited types of references are shown here, for other types of references such as newspaper items please refer to ICMJE Guidelines (<http://www.icmje.org> or [http://www.nlm.nih.gov/bsd/uniform\\_requirements.html](http://www.nlm.nih.gov/bsd/uniform_requirements.html)).

#### *Articles in Journals*

1. Standard journal article (for up to six authors): Parija S C, Ravinder PT, Shariff M. Detection of hydatid antigen in the fluid samples from hydatid cysts by co-agglutination. *Trans. R.Soc. Trop. Med. Hyg.* 1996; 90:255–256.
2. Standard journal article (for more than six authors): List the first six contributors followed by *et al.*

Roddy P, Goiri J, Flevaud L, Palma PP, Morote S, Lima N. *et al.*, Field Evaluation of a Rapid Immunochromatographic Assay for Detection of *Trypanosoma cruzi* Infection by Use of Whole Blood. *J. Clin. Microbiol.* 2008; 46: 2022-2027.

1. Volume with supplement: Otranto D, Capelli G, Genchi C: Changing distribution patterns of canine vector borne diseases in Italy: leishmaniosis vs. dirofilariosis. *Parasites & Vectors* 2009; Suppl 1:S2.

#### *Books and Other Monographs*

1. Personal author(s): Parija SC. Textbook of Medical Parasitology. 3rd ed. All India Publishers and Distributors. 2008.
2. Editor(s), compiler(s) as author: Garcia LS, Filarial Nematodes In: Garcia LS (editor) Diagnostic Medical Parasitology ASM press Washington DC 2007: pp 319-356.
3. Chapter in a book: Nesheim M C. Ascariasis and human nutrition. In Ascariasis and its prevention and control, D. W. T. Crompton, M. C. Nesbemi, and Z. S. Pawlowski (eds.). Taylor and Francis, London, U.K. 1989, pp. 87–100.

#### *Electronic Sources as reference*

Journal article on the Internet: Parija SC, Khairnar K. Detection of excretory *Entamoeba histolytica* DNA in the urine, and detection of *E. histolytica* DNA and lectin antigen in the liver abscess pus for the diagnosis of amoebic liver abscess. *BMC Microbiology* 2007, 7:41. doi:10.1186/1471-2180-7-41. <http://www.biomedcentral.com/1471-2180/7/41>

#### **Tables**

- Tables should be self-explanatory and should not duplicate textual material.
- Tables with more than 10 columns and 25 rows are not acceptable.
- Number tables, in Arabic numerals, consecutively in the order of their first citation in the text and supply a brief title for each.

- Place explanatory matter in footnotes, not in the heading.
- Explain in footnotes all non-standard abbreviations that are used in each table.
- Obtain permission for all fully borrowed, adapted, and modified tables and provide a credit line in the footnote.
- For footnotes use the following symbols, in this sequence: \*, †, ‡, §, ||, ¶, \*\*, ††, ‡‡
- Tables with their legends should be provided at the end of the text after the references. The tables along with their number should be cited at the relevant place in the text

### **Illustrations (Figures)**

- Upload the images in JPEG format. The file size should be within 1024 kb in size while uploading.
- Figures should be numbered consecutively according to the order in which they have been first cited in the text.
- Labels, numbers, and symbols should be clear and of uniform size. The lettering for figures should be large enough to be legible after reduction to fit the width of a printed column.
- Symbols, arrows, or letters used in photomicrographs should contrast with the background and should be marked neatly with transfer type or by tissue overlay and not by pen.
- Titles and detailed explanations belong in the legends for illustrations not on the illustrations themselves.
- When graphs, scatter-grams or histograms are submitted the numerical data on which they are based should also be supplied.
- The photographs and figures should be trimmed to remove all the unwanted areas.
- If photographs of individuals are used, their pictures must be accompanied by written permission to use the photograph.
- If a figure has been published elsewhere, acknowledge the original source and submit written permission from the copyright holder to reproduce the material. A credit line should appear in the legend for such figures.
- Legends for illustrations: Type or print out legends (maximum 40 words, excluding the credit line) for illustrations using double spacing, with Arabic numerals corresponding to the illustrations. When symbols, arrows, numbers, or letters are used to identify parts of the illustrations, identify and explain each one in the legend. Explain the internal scale (magnification) and identify the method of staining in photomicrographs.
- Final figures for print production: Send sharp, glossy, un-mounted, color photographic prints, with height of 4 inches and width of 6 inches at the time of submitting the revised manuscript. Print outs of digital photographs are not acceptable. If digital images are the only source of images, ensure that the image has minimum resolution of 300 dpi or 1800 x 1600 pixels in TIFF format. Send the images on a CD. Each figure should have a label pasted (avoid use of liquid gum for pasting) on its back indicating the number of the figure, the running title, top of the figure and the legends of the figure. Do not write the contributor/s' name/s. Do not write on the back of figures, scratch, or mark them by using paper clips.
- The Journal reserves the right to crop, rotate, reduce, or enlarge the photographs to an acceptable size.

## **■ The Editorial Process**

A manuscript will be reviewed for possible publication with the understanding that it is being submitted to The International Journal of Nutrition, Pharmacology, Neurological Diseases (IJNPND) alone at that point in time and has not been published anywhere, simultaneously submitted, or already accepted for publication elsewhere. The journal expects that authors would authorize one of them to correspond with the Journal for all matters related to the manuscript. All manuscripts received are duly acknowledged. On submission, editors review all submitted manuscripts initially for suitability for formal review. Manuscripts with insufficient originality, serious scientific or technical flaws, or lack of a significant message are rejected before proceeding for formal peer-review. Manuscripts that are unlikely to be of interest to the The International Journal of Nutrition, Pharmacology, Neurological Diseases (IJNPND) readers are also liable to be rejected at this stage itself.

Manuscripts that are found suitable for publication in The International Journal of Nutrition, Pharmacology, Neurological Diseases (IJNPND) are sent to two or more expert reviewers. During submission, the contributor is requested to provide names of two or three qualified reviewers who have had experience in the subject of the submitted manuscript, but this is not mandatory. The reviewers should not be affiliated with the same institutes as the contributor/s. However, the selection of these reviewers is at the sole discretion of the editor. The journal follows a double-blind review process, wherein the reviewers and authors are unaware of each other's identity. Every manuscript is also assigned to a member of the editorial team, who based on the comments from the reviewers takes a final decision on the manuscript. The comments and suggestions (acceptance/ rejection/ amendments in manuscript) received from reviewers are conveyed to the corresponding author. If required, the author is requested to provide a point by point response to reviewers' comments and submit a revised version of the manuscript. This process is repeated till reviewers and editors are satisfied with the manuscript.

Manuscripts accepted for publication are copy edited for grammar, punctuation, print style, and format. Page proofs are sent to the corresponding author. The corresponding author is expected to return the corrected proofs within three days. It may not be possible to incorporate corrections received after that period. The whole process of submission of the manuscript to final decision and sending and receiving proofs is completed online. To achieve faster and greater dissemination of

knowledge and information, the journal publishes articles online as 'Ahead of Print' immediately on acceptance.

## ■ **Conflicts of Interest/ Competing Interests**

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All authors of must disclose any and all conflicts of interest they may have with publication of the manuscript or an institution or product that is mentioned in the manuscript and/or is important to the outcome of the study presented. Authors should also disclose conflict of interest with products that compete with those mentioned in their manuscript.

## ■ **Checklist**

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### **Covering letter**

- Signed by all contributors
- Previous publication / presentations mentioned
- Source of funding mentioned
- Conflicts of interest disclosed

### **Authors**

- Last name and given name provided along with Middle name initials (where applicable)
- Author for correspondence, with e-mail address provided
- Number of contributors restricted as per the instructions
- Identity not revealed in paper except title page (e.g. name of the institute in Methods, citing previous study as 'our study', names on figure labels, name of institute in photographs, etc.)

### **Presentation and format**

- Double spacing
- Margins 2.5 cm from all four sides
- Page numbers included at bottom
- Title page contains all the desired information
- Running title provided (not more than 50 characters)
- Abstract page contains the full title of the manuscript
- Abstract provided (structured abstract of 250 words for original articles, unstructured abstracts of about 150 words for all other manuscripts excluding letters to the Editor)
- Key words provided (three or more)
- Introduction of 75-100 words
- Headings in title case (not ALL CAPITALS)
- The references cited in the text should be after punctuation marks, in superscript with square bracket.
- References according to the journal's instructions, punctuation marks checked
- Send the article file without 'Track Changes'

### **Language and grammar**

- Uniformly American English
- Write the full term for each abbreviation at its first use in the title, abstract, keywords and text separately unless it is a standard unit of measure. Numerals from 1 to 10 spelt out
- Numerals at the beginning of the sentence spelt out
- Check the manuscript for spelling, grammar and punctuation errors
- If a brand name is cited, supply the manufacturer's name and address (city and state/country).
- Species names should be in italics

### **Tables and figures**

- No repetition of data in tables and graphs and in text

- Actual numbers from which graphs drawn, provided
- Figures necessary and of good quality (colour)
- Table and figure numbers in Arabic letters (not Roman)
- Labels pasted on back of the photographs (no names written)
- Figure legends provided (not more than 40 words)
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