

INSTRUCTIONS TO AUTHORS

Revised, May 2016

1. Objective of the Journal

The Journal of Nutritional Science and Vitaminology is an international medium publishing in English of original work in all branches of nutritional science, food science and vitaminology from any country.

Manuscripts submitted for publication should be as concise as possible and must be based on the results of original research or of original interpretation of existing knowledge not previously published.

2. Submission of Manuscript

2.1 Manuscripts should be submitted as electric files via our website. Go to <https://mc.manuscriptcentral.com/jnsj> to log in. Follow Instructions to Authors on the website. If you are unable to complete the submission, contact to the editorial office by E-mail (jnsj_ed@capj.or.jp).

2.2 Upon acceptance of an article by the Journal, the author(s) will be asked to transfer its copyright to the Vitamin Society of Japan and the Japan Society of Nutrition and Food Science. This transfer ensures a wider dissemination of information.

2.3 All articles published in the Journal of Nutritional Science and Vitaminology can be freely accessed at the J-STAGE website (<https://www.jstage.jst.go.jp/browse/jnsj>) by all users.

3. Preparation of Manuscript

3.1 General rules: In submitting manuscript, please show the number of characters and the number of figure and table in the first page. The number of characters can be known by clicking "Words:" on the Status bar of Microsoft Word. The text is strongly recommended to be written directly or copied & pasted the draft into our template. The Word template can be downloaded by clicking [here](#). When pasting, only the text without formatting should be pasted. For Word, this can be done by selecting the "Keep Text Only" button in the "Paste Options" popup box which appears at the last line of the pasted text. You are advised to confirm that "Symbol" font is not used in the original text, because all the characters in Symbol font is converted to the "Times New Roman" characters having the same code (for example, "μ" in Symbol is converted to "m" in Times New Roman). If you do not use the template, you should follow the following rules.

- For the font, "Times New Roman" and "12 point" should be used throughout the manuscript, not only for ASCII characters but also for Greek (ex., α , β , μ ...) and special (ex., $^{\circ}$, \pm , \times ...) characters. Avoid using "Symbol" font for Greek and special characters.
- Margins of 2.5 cm should be used on all side of A4 sheet. Lines should be double-spaced, or 24 lines on A4 sheet. Do not insert extra spaces between paragraphs.
- Page numbers must be included in the bottom right-hand corner of each page, and consecutive line numbers must be shown in the left margin.
- Do not use the carriage return (Enter) at the end of

lines within a paragraph.

- Turn the hyphenation option off; include only those hyphens that are essential to meaning.
- Take care not to use l (ell) for (one), O (capital o) for 0 (zero), or ß (German esszett) for β (Greek beta).
- In Tables, use a tab, not spaces, to separate data points. If you use a table editor function, ensure that each data point is contained within a unique cell (i.e. do not use carriage returns within cells).
- Standard genetic nomenclature should be used according to the guidelines formulated for respective species, such as HUGO for human. For example, *Sglt1*, *Glut2*, and *Pept1*, using capital for all letters in human gene and for the head letter in animals.

3.2 The paper is classified into the following categories: a. Nutritional Science (also including Nutritional Assessment), b. Food Science, and c. Vitaminology.

The classification should be clearly indicated in red ink above the right of the main title.

3.3 The Journal publishes five types of articles:

3.3.1 Regular Paper; Concise reports of original research and manuscripts describing concepts developed from published literature will be considered. It is not exceed 7 printed pages. If exceed, extra charge will be requested. In the submitting manuscript, approximately 1 page corresponds to 6,500 characters, and 1 figure of 8 cm×8 cm corresponds to 1,100 characters. Also, color production of figures will charge the expenses to the authors.

A model plan for the construction is as follows; a. Summary (200–250 words), b. Introduction, c. Experimental (or Materials and Methods), d. Results, e. Discussion, f. Acknowledgment(s), and g. References.

3.3.2 Research Note; This is a brief report of scientifically sound research of limited scope, and the like. It is not exceed 3 printed pages and does not to require the formal organization of a regular paper, although a brief summary and several key words are required.

3.3.3 Review; This will be received by invitation of the editor and will be subjected to editorial review.

3.3.4 Letter to the Editor; Constructive comments and data on papers published in this Journal will be considered. An opportunity will be provided for rebuttal to the authors in question. A letter, data and the authors' replay are limited to a printed page each.

3.4 The first page of the manuscript is to contain the title, name(s) of author(s) and complete name(s) of institution(s), number of tables and figures, a brief running head, and name and address of corresponding author. (Japanese authors are requested to write their names and addresses, together with the title and summary of the paper, in Japanese). Authors are requested to write down 4 or 5 key words (at least one or more from the title) immediately in a new line below the summary. Key words may consist of more than one word.

3.5 References should be restricted to only those

that are essential, and extensive review of the literature should be avoided. References cited in the text should be numbered (in italic) in order of appearance and listed at the end of the text. The title words of journals should be abbreviated according to the Index Medicus. Examples are shown below:

- 1) Kashimura J, Kimura M, Itokawa Y. 1996. The effect of isomaltulose-based oligomers feeding and calcium deficiency on mineral retention in rats. *J Nutr Sci Vitaminol* **42**: 69–76.
- 2) Murakami T, Yamamoto K, Shirasaka N, Yoshizumi H. 1996. Protective effect of a fish diet against dysfunction of endothelial cells in vessel resistance in stroke-prone spontaneously hypertensive rats. *Nippon Eiyo Shokuryo Gakkaishi (J Jpn Soc Nutr Food Sci)* **49**: 23–28 (in Japanese).
- 3) Halliwell B. 1996. Antioxidants in human health and disease. *Annu Rev Nutr* **16**: 33–50.
- 4) Levin MS. 1994. Intestinal absorption and metabolism of vitamin A. In: Physiology of the Gastrointestinal Tract (Johnson LR, Alpers DH, Christensen J, Jacobson ED, Walsh JH, eds), Vol 2, p 1957–1978. Raven Press, New York.

3.6 The unit abbreviations shown below may be used without a period in accordance with the “CBE Style Manual” 6th edition, prepared by the CBE Style Manual Committee and published in 1994 by Cambridge University Press.

L, mL, μ L, kg, g, mg, μ g, ng, pg, mol, mmol, μ mol, nmol, pmol, mol/L (mol L^{-1}), mp, bp, y, mo, wk, d, h, min, s, MBq, kBq, Bq, K_m , V_{\max} , pH, etc.

3.7 In regard to vitamin terminology, chemical names (such as L-ascorbic acid) should be used if chemical aspects are important, while vitamin names (such as vitamin C) may be used if nutritional aspects are to be emphasized.

3.8 In Japanese authors, symbols and abbreviations can be helped to consult with “Dictionary of Nutrition and Food Science, 2nd Edition” (“Eiyo Shokuryogaku Yogojiten” in Japanese) published in 2015 by Kenpakusha, Tokyo.

3.9 Please make sure that figure files are in an acceptable format (XLS(X), PPT, JPG, TIFF, GIF, AI, ESP, and PSD). Acceptable format for text and tables is DOC(X). For tables, XLS(X) is also acceptable.

Legends to figures should be typed in text form. Duplication of data in tables and figures should be avoided.

4. Statistical Treatment

Authors should hold prior consultation with a statistician or an expert about their experimental data. In the case of contribution, they should cite the literature for all statistical analyses other than ANOVA, Student's *t*-test or chi-square test and specify the version of the

software if based on computerized computation. Duncan's multiple range test should not be used for post-hoc data analysis. Fisher's PLSD (Protected Least Significant Difference) test can be employed only for the test of 3 groups, but cannot be for more than 4 groups.

5. Human and Animal Experimentations

A manuscript describing research on human subjects should contain a statement on the manner in which the study complied with the code of ethics of the World Medical Association (Declaration of Helsinki). The protocol of human study should be approved by the ethics committee and the author(s) should show the name of committee and approved number in “Materials and Methods” of the manuscript. The protocol of research on animals should also be approved by the appropriate committee in line with the Guide for the Care and Use of Laboratory Animals. In “Materials and Methods” of the Manuscript, the author(s) should show the name of committee and approval number. Generally, diethyl ether should not be used for animal anesthesia. When diethyl ether is inevitably used for anesthesia, the authors must clearly explain the reason to use it in the manuscript. The Japan Society of Nutrition and Food Science has organized an ethical committee to take such problems in hand for contributors.

6. Author's Cost for Publication

Mandatory excess-page charges are assessed for the number of pages beyond the standard length for the Journal of Nutritional Science and Vitaminology of seven (7) and three (3) printed journal pages for Regular Paper and Research Note, respectively. The lead author will be assessed a mandatory excess-page charge of ¥10,000 per page for each page over 3 or 7 pages. This charge is determined by the number of printed pages as shown in the author's proof.

Additionally, when your accepted article contains color figure(s), you will receive information regarding the costs of color reproduction in print. Please inform whether you prefer color reproduction on the Web only (free of charge) or in print.

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Information concerning payment will be sent by the Center for Academic Publications Japan, 2–4–16 Yayoi, Bunkyo-ku, Tokyo 113–0032, Japan.

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