

INSTRUCTIONS TO AUTHORS

Revised, February 2025

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/jnsv> 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 (jnsved@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/jnsv>) by all users. The Journal of Nutritional Science and Vitaminology uses a Creative Commons (CC) license, which allows for the non-commercial use and reuse of material published in the journal without charge or the need to ask prior permission from the both societies. If you are unable to determine whether the use and reuse is commercial or non-commercial, please contact us so that we can discuss the matter with the editorial board. More details on the CC licenses are below.

Authors are required to assign all copyrights in the work to the both societies, who then publish the work under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0) license. This license allows users to share unmodified articles, non-commercially, as long as appropriate credit is given.

Particularly in a doctoral thesis, cited figures and graphics may be cited without the permission of the two societies. However, the source must be cited in the manuscript.

3. Preparation of Manuscript

3.1 General rules: In submitting manuscript, 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” pop up 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 four types of articles:

3.3.1 Regular Paper; Concise reports of original research and manuscripts describing concepts developed from published literature will be considered.

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. This note does not exceed 3 printed pages and does not require the formal organization of a regular paper, although a brief summary (up to 200 words) and 5 key words are required. 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.

3.3.3 Review: In general, this will be received by invitation of the editor and will be subjected to editorial review. Reviews submitted by authors without invitation will also be received. A cover letter is required

together with the review article. In the cover letter, the outline of the review which includes the relation between the research of author(s) and the content of the review should be mentioned.

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. Authors are requested to write down 5–10 key words for Review and Regular papers and 5 key words for Research Note (excluding words which appear in 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. Websites as a reference should include the name of institutions, the title of the referenced page, the date of access, and the language used if not in English, as well as the URL. In addition, the date of viewing the URL shall be the date confirmed just before the submission of the final manuscript. 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.
- 5) (Journal articles published ahead of issue: An online article that has not yet been published in as issue can cited by its Digital Object Identifier (DOI). The DOI will remain valid and allow an article to be tracked even after its allocation to an issue.)
Palani, D, Manchanda R. 2005. Effects of heptanol on neurogenic contractions of vas deferens: A comparative study of stimulation frequency in guinea-pig and rat. *Jpn J Physiol*. Advance Publication, doi:10.2170/jphysiol.RP001205.
- 6) WHO. WHO MORTALITY DATABASE. <https://platform.who.int/mortality/themes/theme-details/mdb/noncommunicable-diseases> (accessed 2023.9.29).

platform.who.int/mortality/themes/theme-details/mdb/noncommunicable-diseases (accessed 2023.9.29).

- 7) Ministry of Health, Labour and Welfare of Japan. Obesity Status (BMI). https://www.mhlw.go.jp/toukei/youran/indexyk_2_1.html (in Japanese) (accessed 2023.9.29).

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 Yojiten” in Japanese) published in 2015 by Kenpaku-sha, 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.

3.10 Supplemental data (figures and tables) can be added and be placed behind the text without page charge. The author(s) must clearly explain the reason why each supplemental data is added to the text. All supplemental data must be included at submission and will be peer reviewed.

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.

If data in the submitted manuscript are not treated by appropriate statistical analysis ways, the submitted manuscript should be rejected.

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 (vertebrates) 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. Authorship

All authors must have made a scientific, intellectual contribution to the work in the manuscript. Namely, they should have contributed to the conception, design, experiments, data analysis, interpretation of data, and/or writing of the manuscript. Each of the applicable authorship categories from the form is to be listed followed by the name of each respective author (use the initial of each author name). For example:

Research conception and design: YH and KS; experiments: YA, MY, and KO; statistical analysis of the data: YA, MY, and KO; interpretation of the data: YH, EM, and KS; writing of the manuscript: YH and KS.

Individuals who helped in a technical capacity or aided the authors in proofreading the manuscript are not authors and their contribution should be noted in the Acknowledgements.

Justification for adding or deleting author(s) during the revision phase must be included. Requests to add or delete author(s) at the revision stage may be considered only after receipt of written approval from all authors and detailed explanation about the role/deletion of the new/deleted author. The final decision on accepting the change in the author(s) is performed by the Editor-in-Chief of JNSV.

7. Disclosure of State of COI

According to Conflict of Interest Management Guide-

lines, when a paper is contributed to the Journal of Nutritional Science and Vitaminology, corresponding author must declare information on COI on the Web in line with the contribution provisions, and also disclose the information at the end of the paper as referred to in the following examples:

1) When there is no matter to be included in a self-declaration

Ex.) No conflicts of interest to be declared.

2) When there are one or more authors who belong to a company or a for-profit organization related to the relevant research and carry out the research on duty

Ex.) PK (Initials) is an employee of XYZ, Inc. All the other authors declared no competing interests.

3) When there are matters to be included in a self-declaration

Ex.) PH and JP (Initials) have served on advisory boards for ABC, Inc. PH has received research support from AAA Pharmaceutical Co.

8. Author's Cost for Publication

The author will pay the page charge JP¥10,000 per one printed page after accepted, and the paper will be uploaded after confirming the payment.

If the responding editor in Editorial Board determines that the accepted paper is subject to technical editing by the designated English reviewer, the author will pay the editing fee together with the page charge.

Please note that failure to pay mandatory charges may result in your paper being withheld from publication.

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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