**Table 1: Demographic Characteristics of Study Participants**

*(Tables should be in an editable format such as Word (.docx) or Excel (.xlsx). Ensure tables are properly labeled, numbered, and referenced in the manuscript.)*

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Group A (n=50)** | **Group B (n=50)** | **Total (N=100)** |
| Age (years) | 35 ± 5.2 | 34 ± 6.1 | 34.5 ± 5.6 |
| Male (%) | 60% | 58% | 59% |
| Female (%) | 40% | 42% | 41% |
| BMI (kg/m²) | 24.1 ± 3.5 | 25.3 ± 4.0 | 24.7 ± 3.8 |

**Figure 1: Study Flowchart**

*(Figures should be submitted separately as high-resolution files in JPEG, PNG, TIFF, or EPS format. Below is a placeholder description for Figure 1.)*

**[Insert High-Resolution Figure Here]**

**Caption:** Flowchart describing the recruitment and study process of participants.

**Notes for Submission:**

* Ensure that all figures are properly labeled and referenced within the manuscript.
* Figures should be uploaded separately in their original high-resolution format.
* Tables should be in an editable format to allow for layout adjustments.