

Instructions to authors

International Journal for Vitamin and Nutrition Research

General

The International Journal for Vitamin and Nutrition Research publishes papers in the field of nutrition research that contain new and significant information of general interest. The primary focus of the journal is *vitamins, minerals, trace elements, and minor plant components*. Papers related to basic and clinical nutrition, nutritional epidemiology, diet and health, nutrition in prevention and therapy, dietetics, interaction of foodstuffs, nutritional pharmacology, analytic methods in nutrition, as well as on behavioral and psychological aspects and diet and nutrition will be considered. *Reviews, Meta-Analyses, Abstracts of meetings and Articles on nutritional recommendations and guidelines* are also encouraged, as are *Letters to the Editor* and *News and Views* articles (see below for further information).

Only original papers will be considered. Submission of a manuscript implies that the same work has not been published and is not under consideration elsewhere. It is furthermore the responsibility of the corresponding author to obtain the agreement of all co-authors of the paper prior to submission to the journal. This should be stated in the letter accompanying the manuscript.

Authors are encouraged to **suggest three reviewers** for their papers, but the journal has no obligation to follow these suggestions. Authors may also indicate names of experts they wish to have excluded from the reviewing process. In order to allow the reviewers to assess possible overlaps with current research, the authors may include copies of their work either in press or under consideration in other journals. *Ethics of investigation on human subjects and animal trials*: In manuscripts describing research on humans and involving animals, the authors should include a statement that the protocol was reviewed and approved by the appropriate ethical committee – approval number should be supplied.

Preparation of manuscripts

Authors should consult a recent issue of the journal to make themselves familiar with the general style and layout. Manuscripts must be written in clear and grammatically correct English (either American or British English). Contributors, particularly those not familiar with English usage, are encouraged to seek help from colleagues in the preparation of their work, preferably from native English speakers. Hogrefe has negotiated a 20% discount for authors who wish to have their manuscript professionally edited or translated into English by the experts at [Enago](#) before submission. Please note that the service is independent of Hogrefe and use of it has no bearing on acceptance decisions made by individual journals. **Manuscripts that are not adequately** prepared and written in poor English will be returned to the authors. The text should be **doubled-spaced** (ca. 25–30 lines per page) on **numbered sheets** of uniform size with a margin of at least 2.5 cm on each side. **Pages must contain continuous line-numbering. Text size should be preferably 12 (Arial or Times New Roman).**

Original Communications

These full-length papers are the normal form of publication. As a reference, most research papers are between five and seven printed pages and a full page of text contains approximately 300 words (space must be considered for tables and figures). In general, the overall length of original communications **should not exceed 7 500 words**.

The text should be arranged in the following order:

1. The First Page – Title Page

Should contain a concise but informative title, typically **not exceeding 110 characters**. The use of **abbreviations should be avoided**. The authors' names should appear below the title with the first or middle name of each author spelled out in full. Next, the address of the laboratory (or laboratories) where the work was carried out (in the language of the country or in English) should be given together with the fax number of the institution and the e-mail address of the corresponding author. If the work was carried out in more than one laboratory, the names of the authors should be followed by superscript numbers, which should precede the names of the corresponding laboratories. The full postal address of the corresponding author including telephone, fax and e-mail must be given. A **running title not exceeding 60 letters** and spaces should be included.

2. The Abstract

Must not exceed 250 words and should be intelligible without reference to other parts of the paper. Specialized terms and abbreviations should be avoided. The abstract should give

both a qualitative but also a quantitative summary of the work, including **number of replicates or animal/human subjects** involved, and major results (**numbers and p-values**), followed by a more general conclusion.

3. Introduction

The purpose of the work in relation to other research in the field should be briefly but clearly stated (research hypothesis must become clear), avoiding thereby an extensive review of the literature (**typically less than 2.5 pages** in length).

4. “Materials and methods” or “Subjects and methods”

This section should be brief but include enough information to permit repetition of the work. Origin of important materials and chemicals should be clearly stated (i.e. supplier with location). In order to abbreviate lengthy methods, **earlier references clearly describing the method** can be cited. This section must include a **description of data treatment/statistics**.

5. Results

Results may also be presented in tables or figures and especially **figures are encouraged to enhance reader-friendliness**, but many simple findings can be mentioned directly in the text. Results should be presented separately from the discussion. Reporting results in the text that are presented in figures/tables should be avoided.

Tables: Must carry a title and should be **included on separate sheets following the reference section** of the main manuscript, and be intelligible without reference to the text – abbreviations, and detailed explanations (e.g. number of replicates, statistical interpretation) should be moved to the footnotes.

Figures: Should be presented separately from the main manuscript and **be given after the tables**. One set of figures with lettering should be suitable for duplication, i.e. sharp glossy prints, drawings in black ink, good quality computer printouts or halftone figures. Figures should already be the size of their later reproduction. No more than one figure should be presented on each page.

Important note: **The sum of the number of figures and tables should not exceed 7** in one article.

Figure legends (i.e. figure titles) should be included on a separate sheet within the main manuscript following the table section and must be intelligible without having to consult the main text. Preferably, if generated with a separate program, figures should not be copied into word/excel etc. but be attached as e.g. JPEG, TIF or EPS files with a sufficiently high resolution of at least 300 dpi. Figures are reproduced in black and white. Print reproduction of coloured figures is possible but will be invoiced to the author at a charge of € 350.–. In

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6. Discussion

The **discussion should be separate from the results**. It should not consist of a recapitulation of the results but deal with their interpretation. Excessive speculation should be avoided. Relevant literature should be cited. **Strengths and weaknesses** of the research should be briefly stated toward the end of the discussion. A brief summary or conclusive paragraph or sentence should finalize this chapter.

7. Acknowledgments

Should also contain a brief explanation on the role of each author and how they contributed to the work. In addition, relevant (financial) support should be given in detail.

8. Conflicts of interest

Conflicts of interest should be stated exactly. If there are no conflicts, this should also be mentioned, e.g. “The authors declare that there are no conflicts of interest”.

9. References

Must be cited in the text by **numbers in square brackets**, e.g. [1], in numerical order of their citation. For original contributions, **no more than 60 references should be cited**. Authors must use the Vancouver Reference-Style for the references. Authors are encouraged to consider previous work published in the IntJVitNutrRes. In the reference list, they should be cited in numerical order as follows:

Journals

- Garner PW. Emotional competence and its influences on teaching. *Educ Psychol Rev.* 2010;22:297–321.
- Hinnant JB, Nelson JA, O'Brien M, Keane SP, Calkins SD, Cribbie R, et al. The interactive roles of parenting, emotion regulation and executive functioning in moral reasoning during middle childhood. *Cogn Emot.* 2013;27(8):1460–8. <https://doi.org/10.1080/02699931.2013.7897922013>

Books

- Jones AC. Book title. 11th ed. Philadelphia, PA: Elsevier Saunders; 1990.
- LeDoux, JE. The emotional brain. New York: Simon and Schuster; 1996.

Articles in books

- Eccles JS, Adler TF, Futterman R, Goff SB, Kaczala CM, Meece JL, et al. Expectancies, values, and academic behaviors. In: Spence JT, editor. *Achievement and achievement motives*. San Francisco: Freeman; 1983. 75–146.

Please use a new line for every reference. The DOI number should not be given, unless the article has not received paging yet and is in print.

10. Electronic Supplementary Materials (ESM, not mandatory)

In the case of very extensive or complex contributions, it is possible to publish manuscript parts with further and/or very detailed information, illustrations, or parts of the bibliography that do not necessarily have to appear in the printed article in the form of an electronic supplement.

Make sure that the file names listed here match the names of the submitted files. Please note that only the title and the description will appear in the article; the file name will not. It is for reference purposes only. Please ensure that any ESM submitted with the article are in compliance with the EU General Data Protection Regulation (GDPR).

Reviews

May or may not be solicited by the Editorial Board, i.e. unsolicited reviews are also welcome. In this case, the authors may want to first consult the Editor-in-Chief and should enclose a short summary of the area they propose to cover. Both mini-reviews (with a rather recent focus) and exhaustive reviews can be accepted. **The total wording should not exceed 12.500 words.** For reviews, only the sections Introduction and Conclusions are mandatory. The way articles were selected (databases, times, language) should be explained.

Abstracts and Proceedings

Abstracts and proceedings of meetings can be considered for publication either as part of a regular issue or in a supplementum. For additional information please contact the Editor-in-Chief.

News and Views

We invite the reader to send us extended **critical comments, opinions, summaries** of recent published findings, or **short research papers** of pilot character with significant findings.

These will be published, if selected, after an expedited reviewing by the associate editors and/or external reviewers. They will also be given a DOI number and will appear in the databases. There is no strict adherence required for a specific style, but we ask you to add page number, continuous line number, author name and institution, a title, preferably an abstract, an introduction, a reference section (if appropriate, but

limited to a max. of 25), and format the text with double spaces as in manuscript form, with **no more than 2500 words**, but preferably less. A table or figure (no more than three combined) should be included, but copyright issues have to be clarified, e.g. permission for reproduction should be obtained by the author prior to submission.

Letter to the Editor

Should concern a current topic in the area of diet, food items, nutrition, and health, a previous article in the Journal, or another remarkable event influencing this research field, including important work published elsewhere. Also a brief research hypothesis could be stated here, but **own research data cannot be published.** An expedited reviewing by the Editor(s) will be conducted. If selected, Letters to the Editor will also be given a DOI number and will appear in the databases. The following aspects should be included:

- Title
- List of author(s)
- Affiliation of author(s)
- Main text, which may be divided into sub-sections
- References, if any.

Letters to the Editor should be **limited to 800 words**, including references.

Procedure for Submission

Manuscripts must be submitted in the online submission system Editorial Manager® on: www.editorialmanager.com/IJVN. The online manuscript submission and review system offers easy and straightforward login and submission procedures. This system supports a wide range of submission file formats: for manuscripts – Word, Word-Perfect, RTF, TXT and LaTeX; for figures – TIFF, GIF, JPEG, EPS, PPT, and Postscript. Please follow the online instructions for submission. Should you have any technical queries regarding this process, please contact: torsten.bohn@gmx.ch.

Galley Proofs

One galley proof will be sent to the corresponding author. Changes of content or stylistic changes may only be made in very exceptional cases in the galley proofs and will result in a double-check by the Editor-in-Chief and delays in the publishing process of the article. Corrections that exceed 5% of the typesetting cost will be invoiced to the authors.

Online First

Once your corrections have been applied, your work will be published online first. This means that your article will be published online and listed in Medline/Pubmed before the printed version is released. Online publication is of the same value as a printed publication.

Access to the article

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