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[Use Times New Roman font size 7 for **-** TABLE 1, FIGURE 1. Use Times New Roman font size 9 for labels **-** Simple example of a table]

TABLE 1. Simple example of a table

|  |  |  |
| --- | --- | --- |
| Heading | Heading | Heading |
|  |  |  |
|  |  |  |

 

FIGURE 1*.* This is an example of a figure

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