

## Guidelines for Figure Preparation

To submit an image for publication in the *Journal of Integrative Medicine*, please follow the instructions below. At the discretion of the editors, images may appear in both the print and electronic versions of the Journal. You may either upload your figures separately or include figures in the text file. We prefer the former.

- ◆ All Figures are to be numbered using Arabic numerals (e.g., Figure 1).
- ◆ Figures should always be cited in the text in consecutive numerical order.
- ◆ For each Figure, please supply a figure caption (title) explaining the components of the figure.
- ◆ Footnotes (legends) to figures should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the figure body.
- ◆ Do not include titles or captions within your Figures and illustrations.
- ◆ Unusual units or abbreviations should be spelled out in full, or defined in the legend.
- ◆ For any copyrighted material, indicate that permission has been obtained.
- ◆ The first alphabet of a word should be capital, but the following words should not, unless it is a proper noun or terminology etc. that need to be capital.

We can accept the following digital formats saved in CMYK color mode: Adobe Illustrator, EPS (Encapsulated Post-Script), TIFF (Tagged Image File Format), and JPEG. Also acceptable but not preferred: BMP for black-and-white line art only. If an outside illustrator created the figure, the Journal reserves the right to modify or completely redraw it to meet our specifications for publication. The author must explicitly acquire all rights to the illustration from the artist in order for us to publish the illustration.

Detailed information regarding various types of figures is as follows.

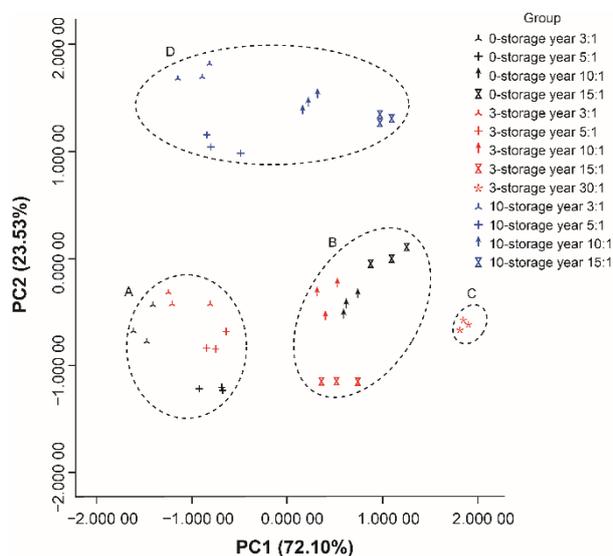
### 1. Charts and graph (vector graphics)

This refers to statistical figures such as histogram, bar chart, line chart, scatter plot and so on.

- ◆ The resolution must be more than 1 200 dpi/ppi and scaled with no loss of quality.
- ◆ The fonts are required to be “7 pt Arial font [**bold**]” for the axes titles, “6 pt Arial font [regular]” for axes values, and “5 pt Arial font [regular]” for other content of the figure.
- ◆ Lines should be 0.5 pt for axes and tick marks, 1 pt for the content of the figure.
- ◆ For a single vector diagram, the width can be 7.5 cm or 16.0 cm, and the height should be less than 12.0 cm.
- ◆ Requirement for a combination figure is listed in “4. Combined figure.”

More examples are as follows.

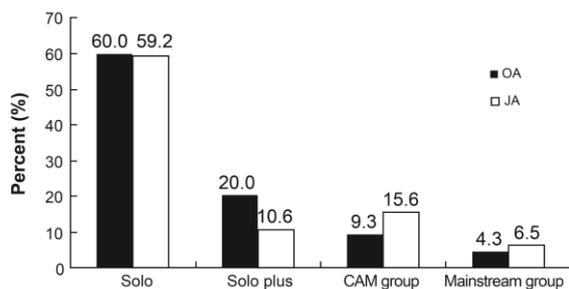
(1) Scatter plot



**Figure 1.1** Principal component analysis of chromatic coordinates and total flavonoid content of moxa floss samples (PC1 vs PC2)

PC: principal component. A: 3:1 and 5:1 samples (0 and 3 storage years); B: 10:1 and 15:1 samples (0 and 3 storage years); C: 30:1 samples (3 storage years); D: samples of 10 storage years.

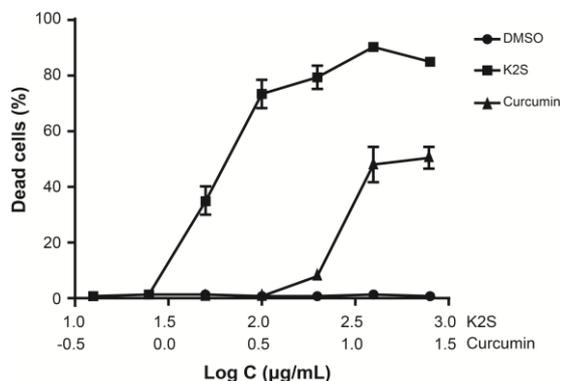
(2) Bar chart



**Figure 1.2** Percent in acupuncturist practice settings by each survey

Solo: practitioners work alone in their own office; solo plus: a licensed acupuncturist sharing an office in a suite with one or more acupuncturists; CAM: complementary and alternative medicine group, one or more acupuncturists working in the same office suite with other non-acupuncturists, e.g., massage therapists or chiropractors; mainstream: acupuncturists work with mainstream providers, e.g., physician, physical therapist, in a group setting. OA: the California Acupuncture Board occupational analysis; JA: the National Certification Commission of Acupuncture and Oriental Medicine job analysis.

## (3) Line chart



**Figure 1.3** Cytotoxic effects of treatment

These data show a concentration assessment of cytotoxicity resulting from treatment of HepG2 cells with curcumin or extract (K2S). The concentrations were converted into the corresponding logarithm values for improved graphical representations. The sequential final concentrations of dimethyl sulfoxide (DMSO) from the lowest to the highest are 0.003 9%, 0.007 8%, 0.015 6%, 0.031 2%, 0.062 5%, 0.125% and 0.25%.

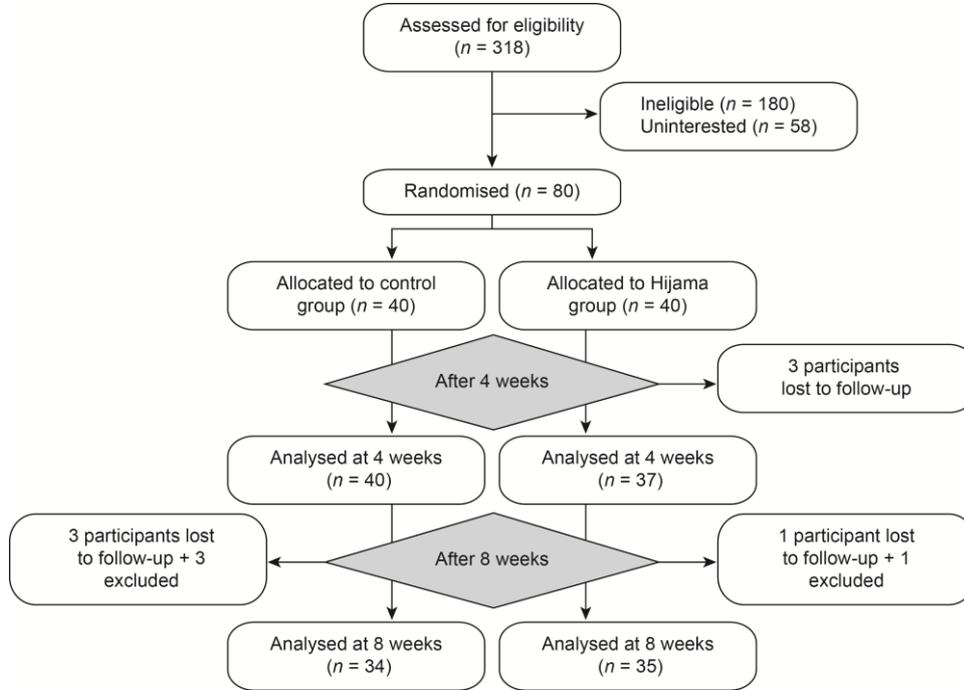
## 2. Medical illustration

This refers to explanatory images such as flow diagram, medical illustration, chemical structures and so on.

- ◆ The resolution is required to be more than 600 dpi/ppi.
- ◆ The fonts are required to be “7 pt Arial font [regular]” for the first level text content, and 1 pt decrease for next level content.
- ◆ For a single medical illustration, the width can be 7.5 cm or 16.0 cm, and the height should be less than 22.0 cm.
- ◆ Lines should be 0.5 pt.
- ◆ Requirement for a combination figure is listed in “4. Combined figure.”

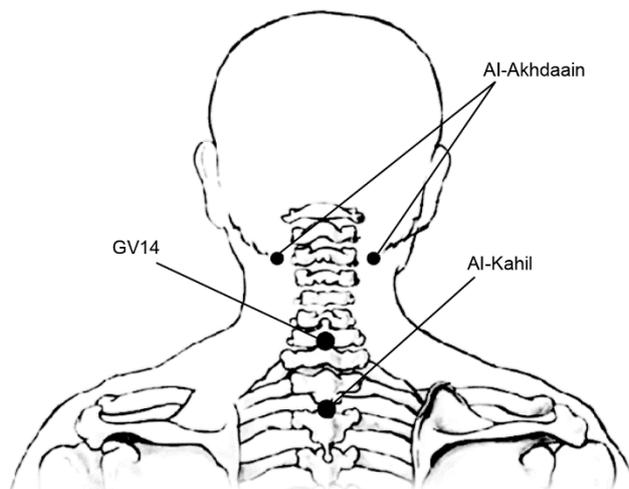
More examples are as follows.

(1) Flow diagram



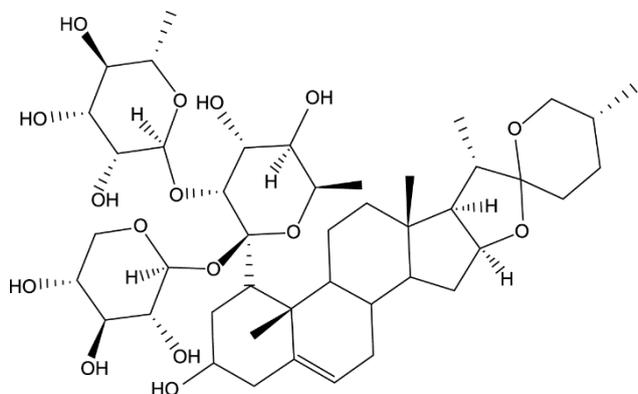
**Figure 2.1** Participant flow chart

(2) Medical illustration



**Figure 2.2** Wet-cupping treatment points

### (3) Chemical structures



**Figure 2.3** The chemical structure of ophiopogonin D (C<sub>44</sub>H<sub>70</sub>O<sub>16</sub>, MW: 855.02)

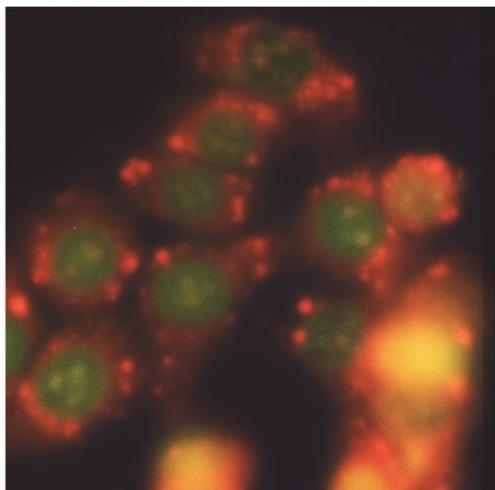
### 3. Photographic image

This refers to images containing gradations of color or shades of gray, such as photomicrographs, electron micrographs, Western blots, radiographic images, ECG and EEG tracings, photographs of patients, and so on. If photographs of patients are used, either they should not be identifiable or the photographs should be accompanied by written permission to use them.

- ◆ The resolution is required to be more than 600 dpi/ppi.
- ◆ The fonts are required to be “7 pt Arial font [regular].”
- ◆ For a single photographic image, the width can be 7.5 cm or 16.0 cm, and the height should be less than 22.0 cm.
- ◆ Requirement for a combination figure is listed in “4. Combined figure.”
- ◆ Please send two electronic originals: one with appropriate labeling and arrows identifying structures and an indication of the top of the image and one clean copy of the image without labels and arrows.

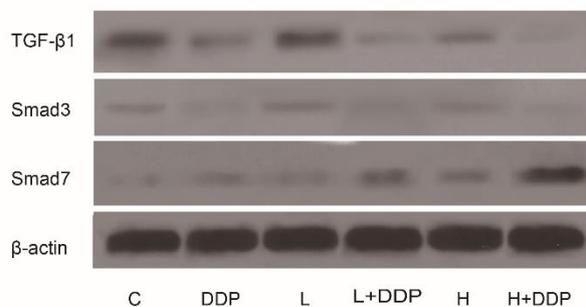
More examples are as follows.

## (1) Photomicrographs

**Figure 3.1** Fluorescence microscopic study of *Ruta graveolens*

Cells were treated for 48 h with 44.80  $\mu\text{g/mL}$  of *Ruta graveolens*. Acridine orange (5 mmol/L) was used for cell staining. Photograph was captured with a fluorescence microscope (400 $\times$ ). Orange-red fluorescence indicates presence of acidic vesicular organelles.

## (2) Western blots

**Figure 3.2** Western blot results of YKF and DDP on protein expressions of TGF- $\beta$ 1(a), Smad3 (b), and Smad7 (c)

TGF- $\beta$ 1: transforming growth factor- $\beta$ 1; Smad: mothers against decapentaplegic homolog; C: control group; DDP: cisplatin treatment group; L: low-dose YKF treatment group; H: high-dose YKF treatment group; L + DDP: low-dose YKF combined with cisplatin treatment group; H + DDP: high-dose YKF combined with cisplatin treatment group; YKF: Yangfei Kongliu formula.

#### 4. Combined figure

This refers to a figure contains more than one dependent chart, illustration or photo.

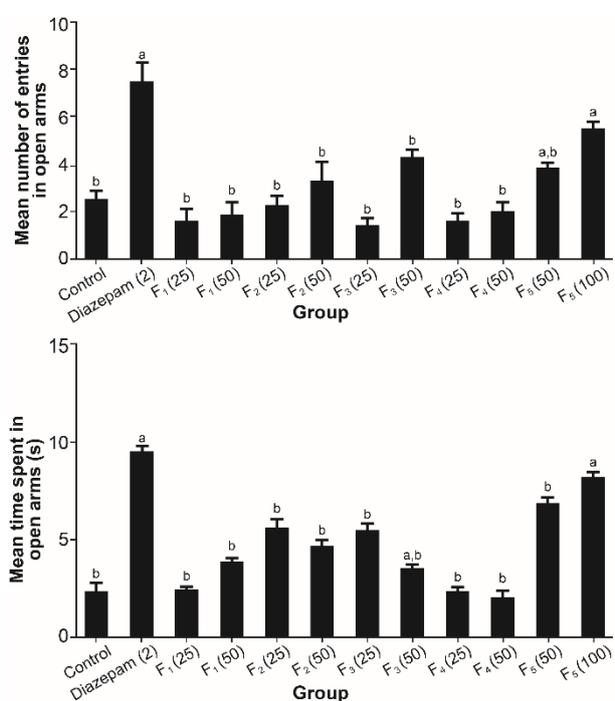
◆ The resolution is required to be more than 1200 dpi/ppi with vector graphics, or 600 dpi/ppi without vector graphics.

◆ Requirements of fonts are coincided with the corresponding type of figure as above.

The width should be less than 16.5 cm, but more than 12.0 cm, and the height should be less than 22.0 cm.

Size and examples of image layout are as follows.

(1) Layout type 1 (width: 7.5 cm; height: < 12.0 cm)

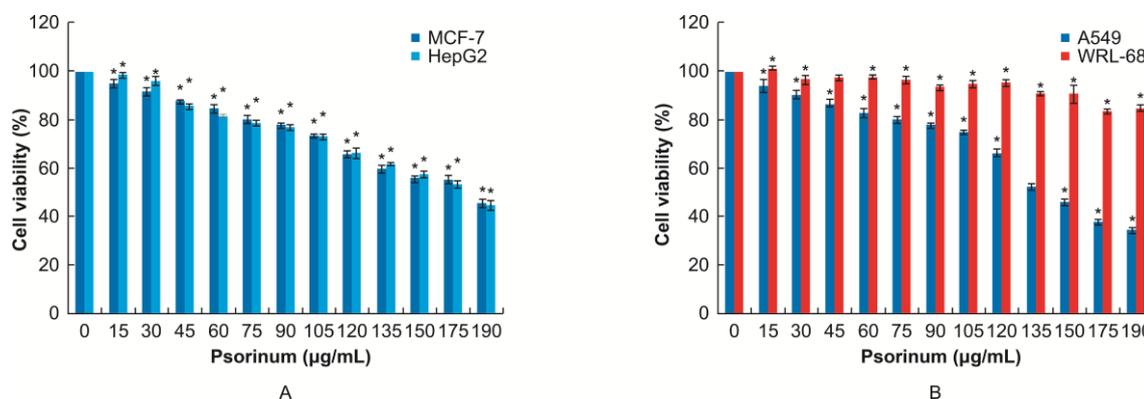


**Figure 4.1** Antianxiety activity profile of different fractions (F1–F5) obtained from the chloroform extract of *Murraya paniculata* leaf using elevated plus maze

The data are expressed as mean  $\pm$  standard error of mean ( $n = 6$ ). Oneway analysis of variance followed by Tukey's multiple range test was used to analyze the data. a:  $P < 0.05$ , vs control; b:  $P < 0.05$ , vs diazepam.

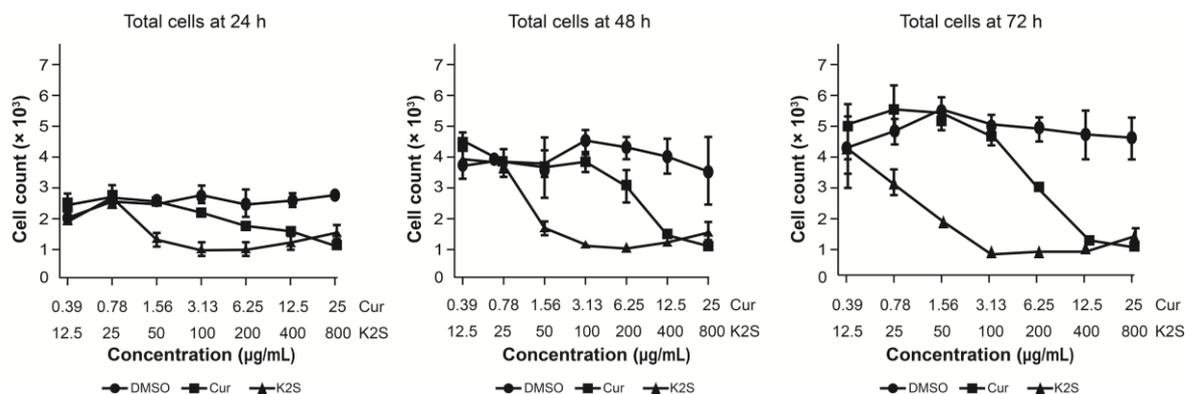
Figures in parenthesis represent dose in mg/kg.

(2) Layout type 2 (width: 16.0 cm; height: < 12.0 cm)



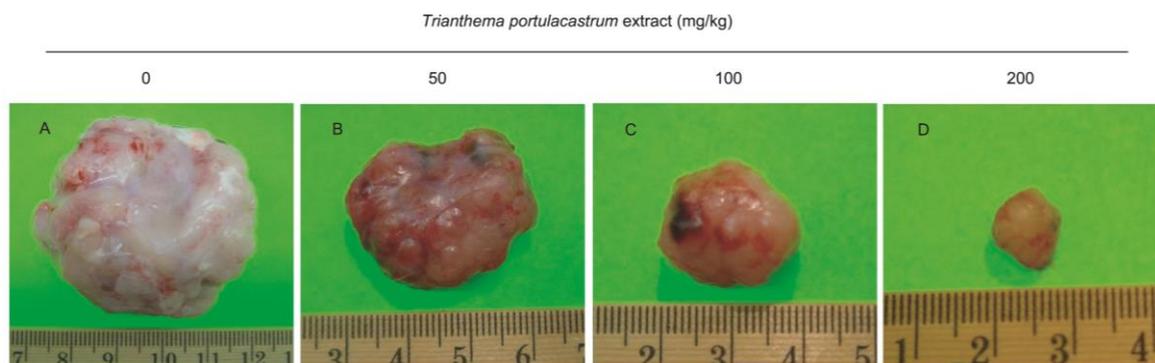
**Figure 4.2** Cell viability assay

Cells (MCF-7, HepG2, A549 and WRL-68) were treated with 15–190 µg/mL of Psorinum for 24 h. Cell viability was determined by 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide assay. The results showed gradual reduction in the viability of cell lines MCF-7, HepG2 (A) and A549 (B). Data are represented as percentage of control (0 µg/mL) and are presented as mean ± standard error of mean. \**P* < 0.05, *vs* control.



**Figure 4.3** Antiproliferative effects of curcumin and K2S

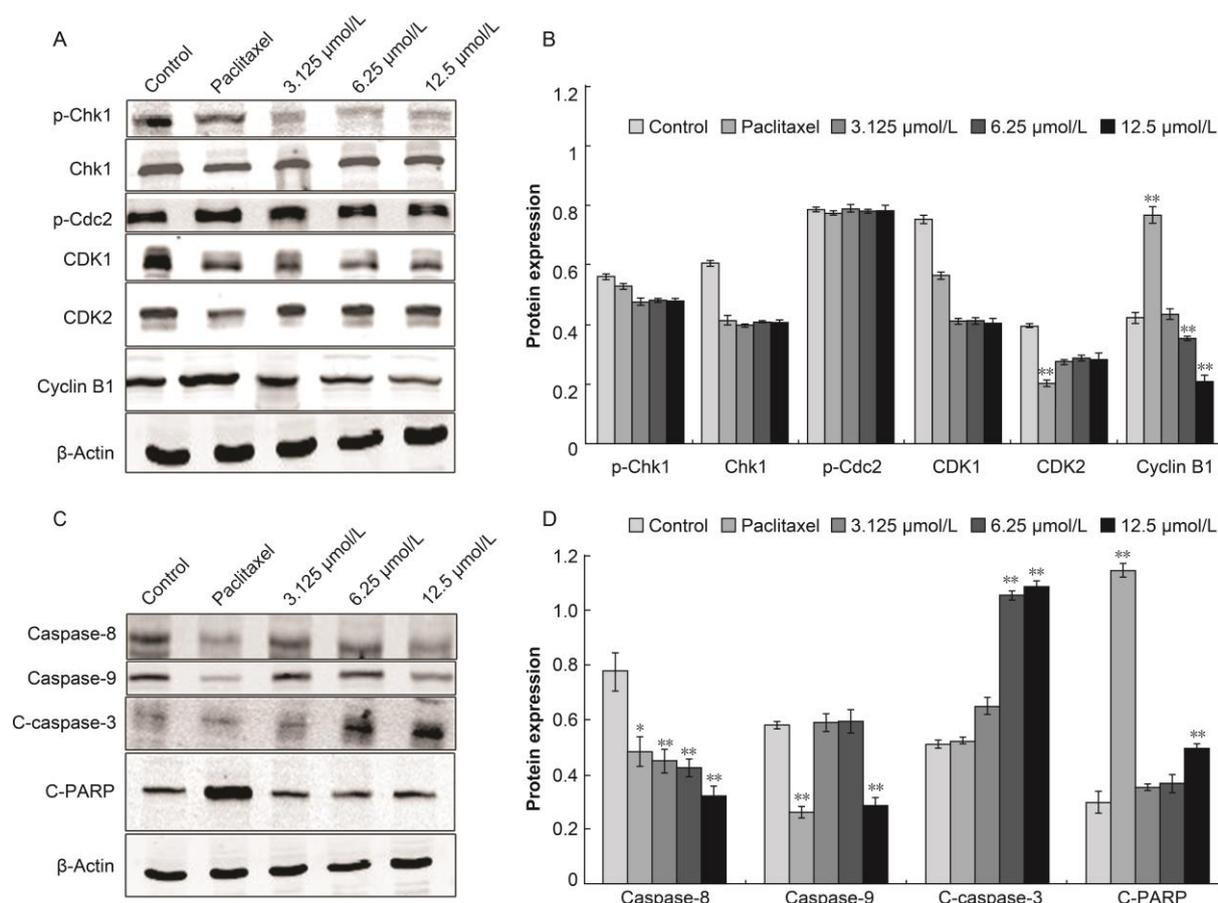
Numerical changes associated with treatment of HepG2 cells with curcumin (Cur) or extract (K2S) followed up for 3 d. The sequential final concentrations of dimethyl sulfoxide (DMSO) from the lowest to the highest are 0.003 9%, 0.007 8%, 0.015 6%, 0.031 2%, 0.062 5%, 0.125% and 0.25%.



**Figure 4.4** Chemoprevention of 7,12-dimethylbenz(a)anthracene-initiated rat mammary tumorigenesis by *Trianthema portulacastrum* extract

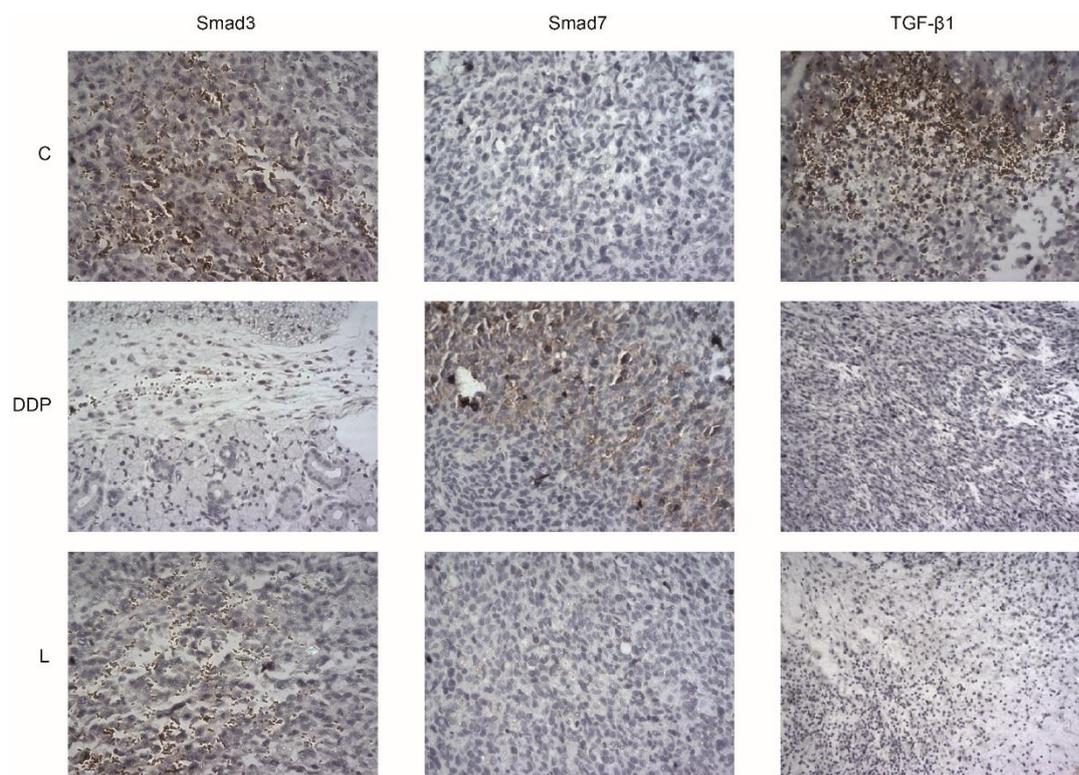
This figure shows the effects of the extract on the size of mammary tumors (A–D). The rats were treated with the extract orally two weeks prior to and 16 weeks following 7,12-dimethylbenz(a)anthracene administration. All animals were sacrificed 16 weeks following 7,12-dimethylbenz(a)anthracene exposure. The mammary tumors were subjected to morphological observation.

(3) Layout type 3 (width: 16.0 cm; height: < 22.0 cm)



**Figure 4.5** Ophiopogonin D down-regulates cyclin B1 and induces caspase activation  
MCF-7 cells were treated with 0–12.5 μmol/L of ophiopogonin D for 48 h and 12.5 nmol/L paclitaxel was used as positive control. A: Whole-cell lysates were prepared and subjected to Western blotting using antibodies against phospho-cycle checkpoint kinase1 (p-Chk1), Chk1, phospho-cell division cycle protein 2

(p-Cdc2), cyclin-dependent kinase1 (CDK1), CDK2, and cyclin B1. C: Apoptosis-related proteins, including caspase-8, caspase-9, cleaved caspase-3 (C-caspase-3) and cleaved poly ADP-ribose polymerase (C-PARP), were determined by Western blot analysis. B and D: For Western blot analysis, each lane was loaded with 50 mg of protein and probed with antibody against  $\beta$ -actin to ensure equivalent loading. Two additional experiments yielded equivalent results. Protein levels were normalized to  $\beta$ -actin, and data are presented as mean  $\pm$  standard error of mean for three independent experiments. \*  $P < 0.05$ , \*\*  $P < 0.01$ , vs control.



**Figure 4.6** Immunohistochemical staining picture of Smad3, Smad7 and TGF- $\beta$ 1. The magnification was 200 $\times$ , detected with a microscope (Leica, Germany). TGF- $\beta$ 1: transforming growth factor- $\beta$ 1; Smad: mothers against decapentaplegic homolog; C: control group; DDP: cisplatin treatment group; L: low-dose YKF treatment group.