**Title (Times New Roman, bold, 12 pt)**

Author name1, Author name2 and Author name1,2 (Times New Roman, Regular, 10.5 pt)

**XX**

*1Affiliation, City, Country.* (*Times New Roman, Italic, 10.5 pt*)

*2Affiliation, City, Country.* (*Times New Roman, Italic, 10.5 pt*)

Please write the Long Abstract body (Times New Roman, Regular, 10.5 pt). Your abstract follows this template (fonts, sizes, and styles).

A4 size (2 or 4 pages)

Margins: Top 25 mm/Bottom 28 mm/Left 25 mm/ Right 25 mm

Please leave space on upper left of the first page. The secretariat will insert presentation number.

Gray-scale figures and tables are acceptable.

Please specify figure/table number(s).

ex) Figure 1, Table 1

Figure 1. Caption.

At the 55th Annual Meeting of the NMR Society of Japan, we will publicly disclose all the abstracts online. Also, after the program is decided, program including the title, author(s) and affiliation(s) will be released on the website. In case your abstract contains unpublished data or you are going to file a patent application, please be aware.

At the bottom of first page, you should write the keyword(s) that you have provided in your registration form.

Please submit your abstract in Word file to nmr55@kuba.jp by **September 9, 2016**.If you wish to apply for the Young Scientists Poster Awards (society member only), you must submit the abstract by **September 2, 2016**.

Keyword 1, Keyword 2, Keyword 3