

MLA STYLE FORMAT – SAMPLE TITLE PAGE

This is only a suggested format; please ask your instructor for individual preferences

The diagram shows a title page with the following content and annotations:

- Header:** Jane Matheson, Professor Timmins, NRS101, 1 September 2011. Annotations: "All left justified: Student's name, Instructor's name, Course code, Date submitted" with arrows pointing to each line. A box notes "Student last name and page number. 1/2\" from top" with an arrow pointing to "Matheson 1".
- Title:** Alternative Medicine and Canadian Health Care. Annotation: "Title centered; do not bold".
- Text:** Natural medicine, currently called alternative medicine, has been around for many years, and has become popular again recently in North America. For example, in the United States there was a 45 per cent increase in consumer purchases of alternative medicines during seven years in the 1990s (qtd. in Dworkin 4). As these products have become more prevalent, there has been an increased interest in regulation of alternative medicines in Canada.
- Text:** In Canadian legal terminology, alternative medicines are referred to as natural health products, which are considered to be a subset of drugs. Natural health products in Canada according to the Food and Drugs Act: Natural Health Products Regulations - Schedule 1 can include:
- List:**
 1. A plant or a plant material ...
 2. Any of the following vitamins: biotin, folate, niacin, pantothenic acid, riboflavin, thiamine, vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E ...
 3. A mineral.
 4. An amino acid.
 5. An essential fatty acid. (Govt. of Canada)
- Text:** Alternative medicine is not considered a scientific medicine by some health care practitioners because there is "no scientific proof that some of these methods work" (Dworkin 4).

Annotations include a top margin of 8 1/2", a left margin of 11", and a 1/2" margin for the header. A box at the bottom right states: "1" margins on all sides; double-space all text, no extra spaces between paragraphs".