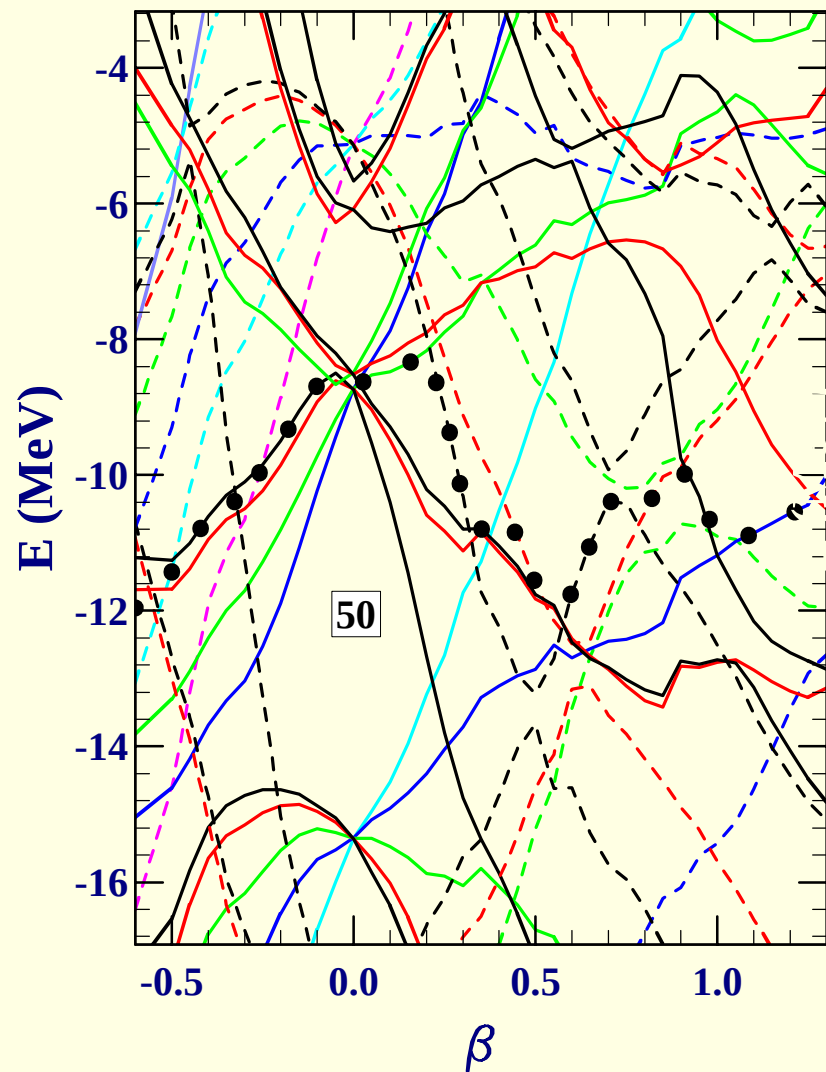


$^{145}_{57}\text{La}_{88}$

Protons



Neutrons

