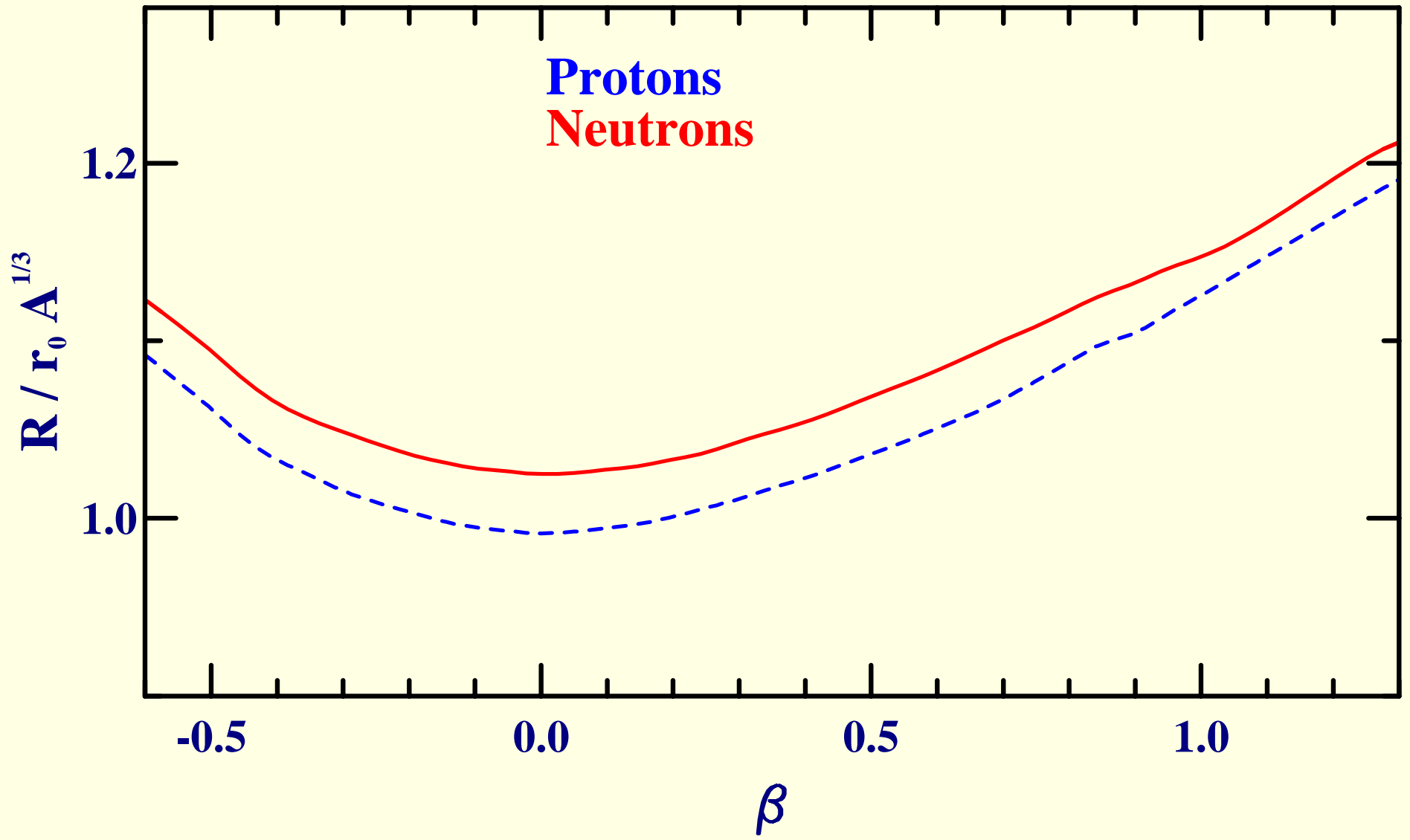




$^{145}_{57}\text{La}_{88}$



Protons
Neutrons