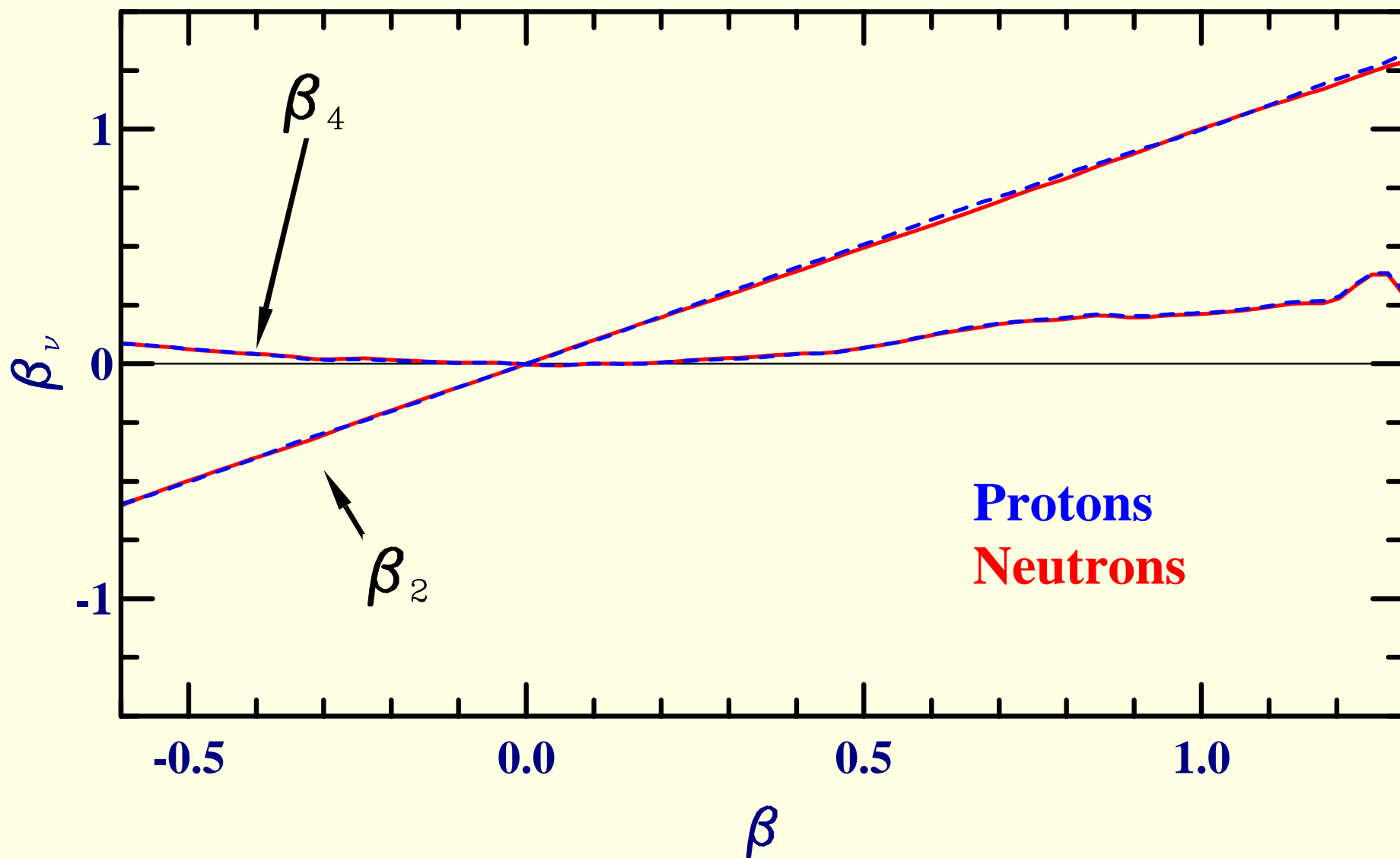


$^{162}_{67}\text{Ho}_{95}$ 

**Protons**  
**Neutrons**