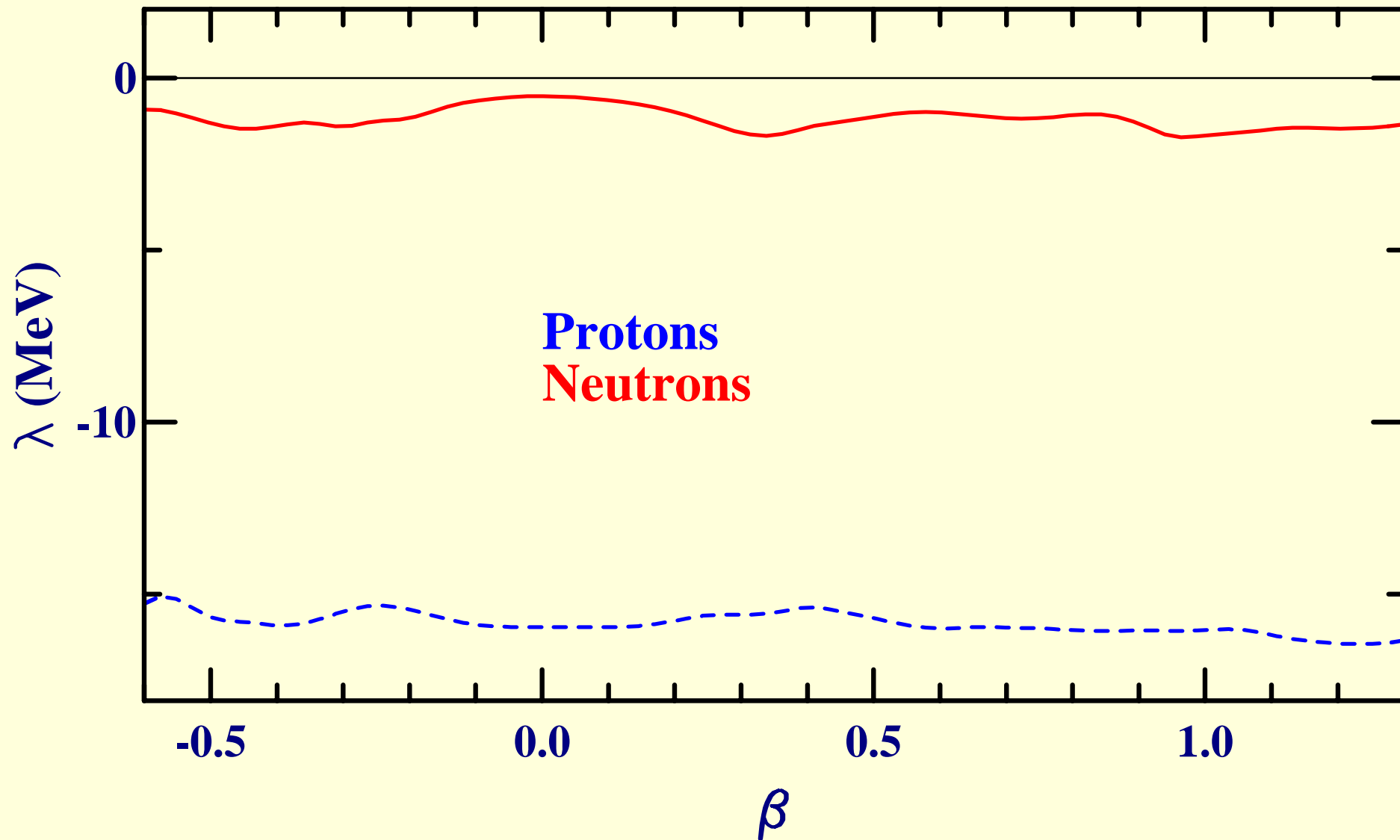


$^{216}_{72}\text{Hf}_{144}$



Protons
Neutrons