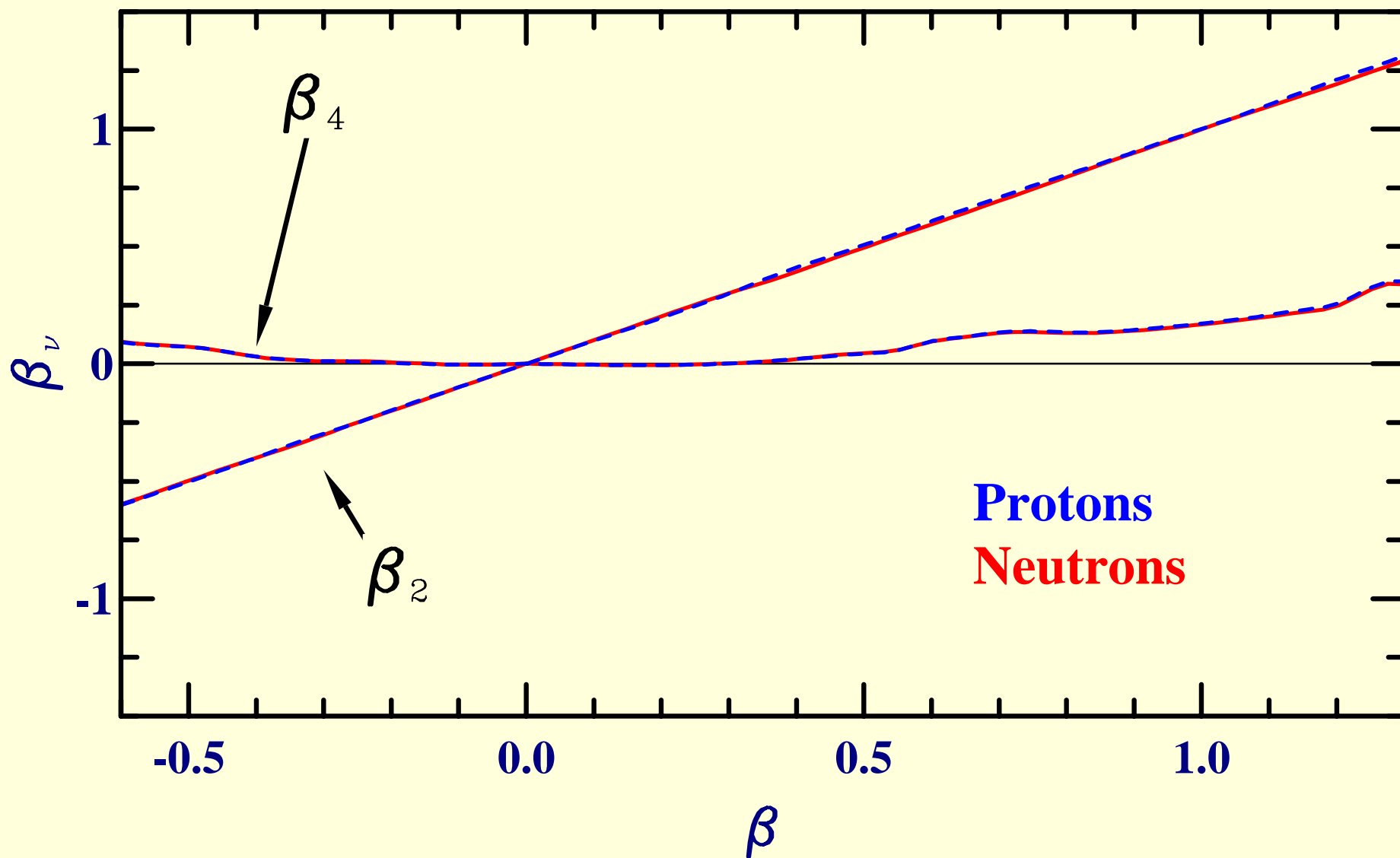


$^{176}_{72}\text{Hf}_{104}$



**Protons**  
**Neutrons**