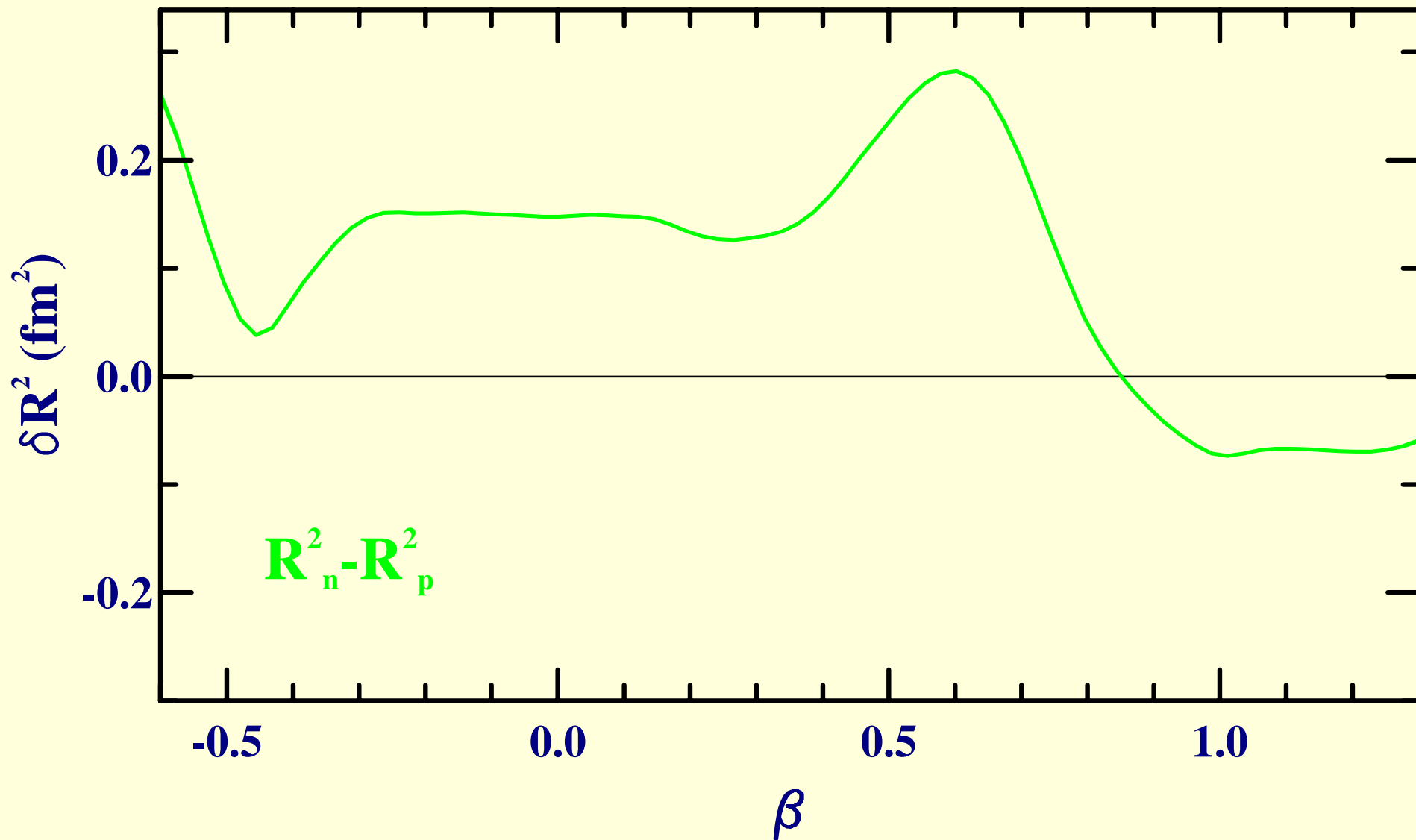


$^{56}_{26}\text{Fe}_{30}$



$R_n^2 - R_p^2$