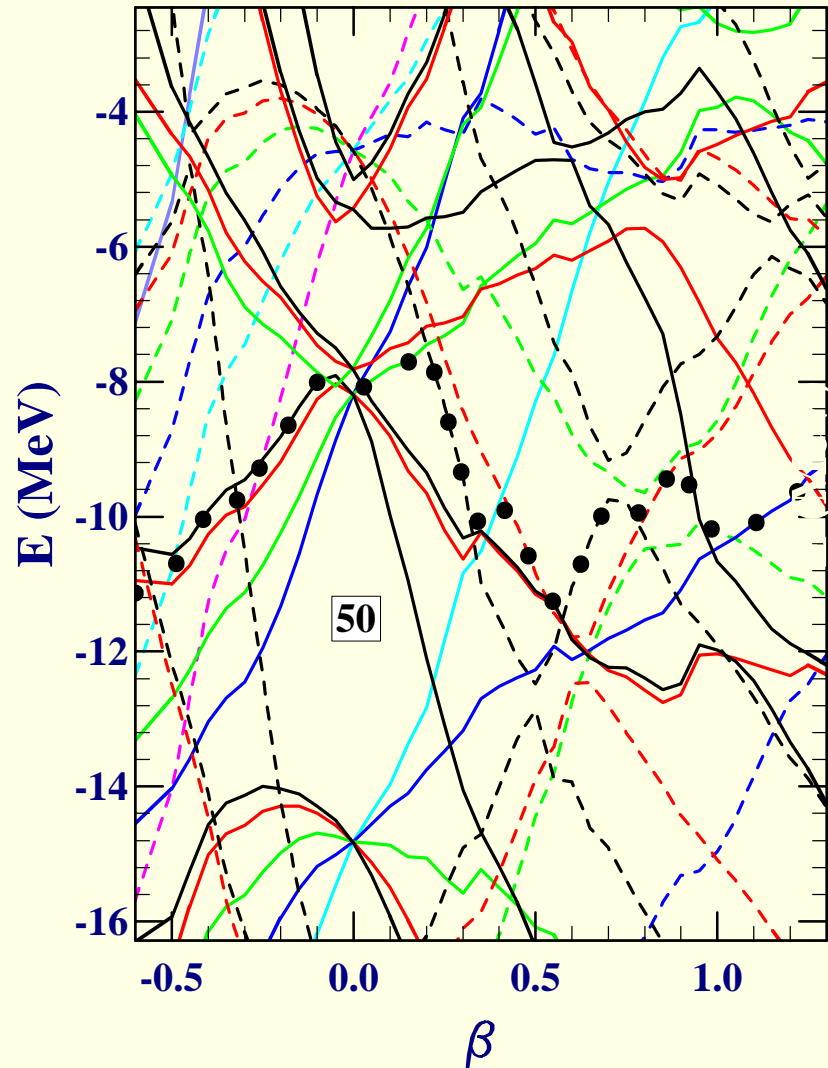


$^{143}_{57}\text{La}_{86}$

### Protons



### Neutrons

