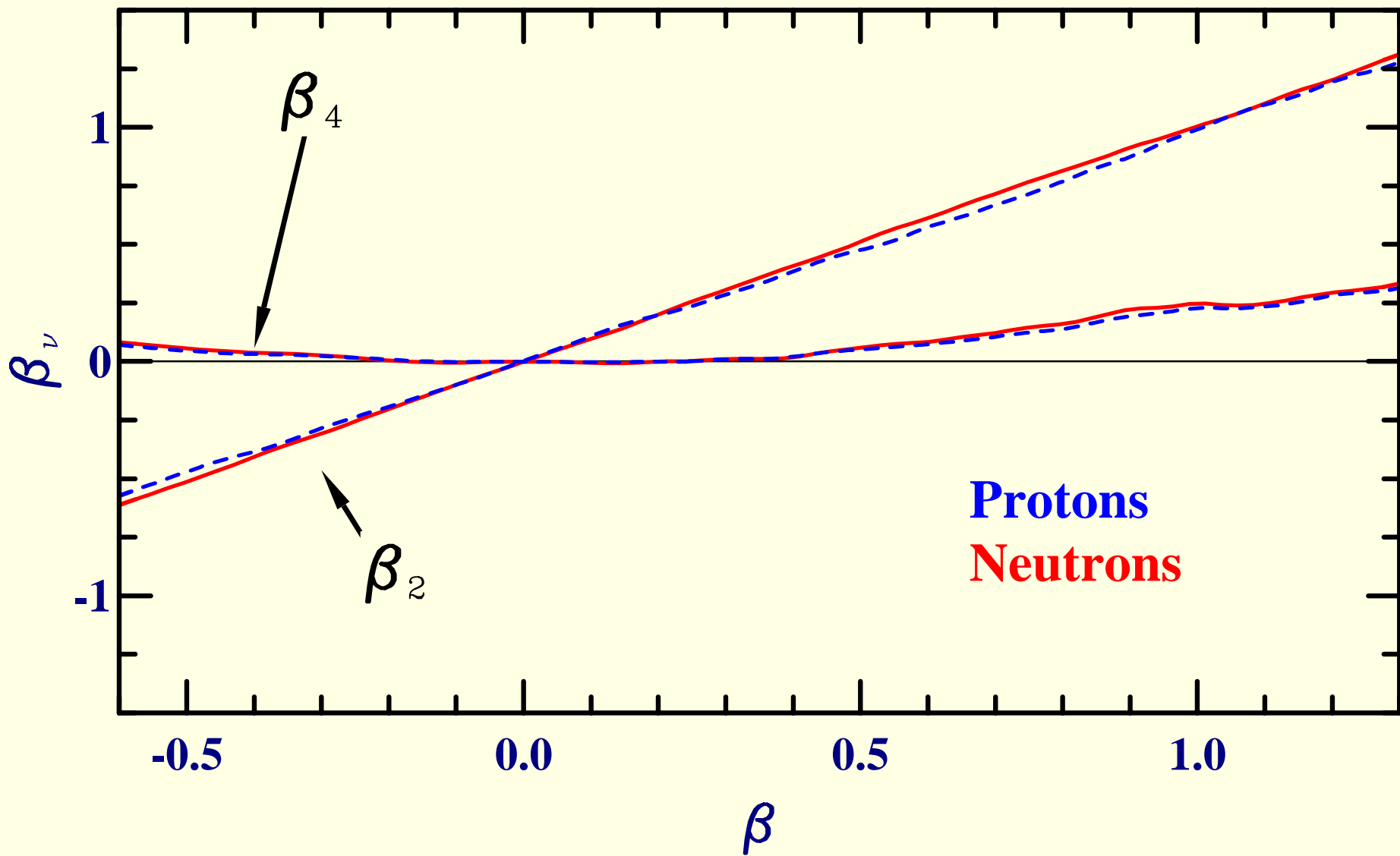


$^{176}_{57}\text{La}_{119}$



Protons
Neutrons