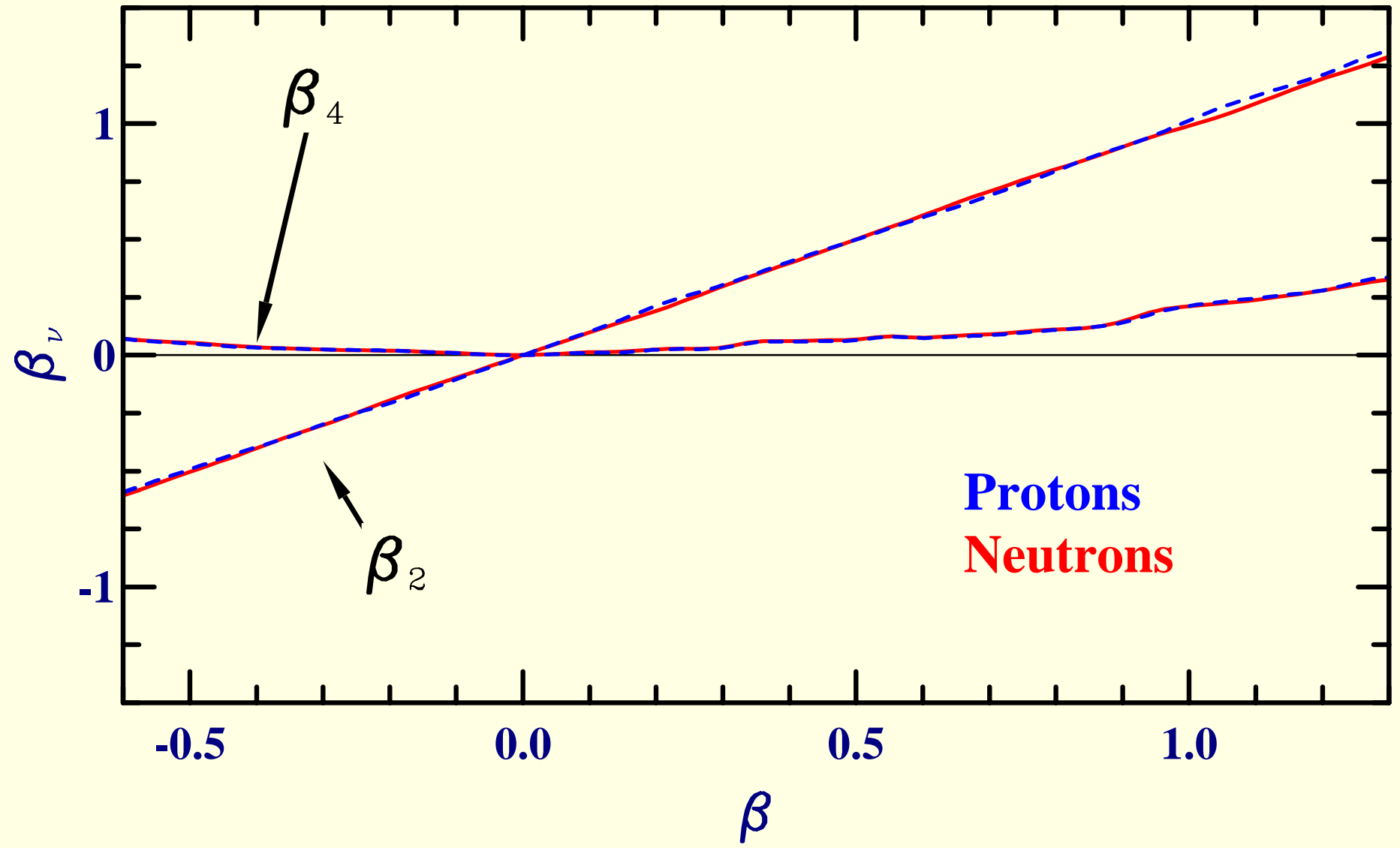




$^{143}_{57}\text{La}_{86}$



Protons
Neutrons