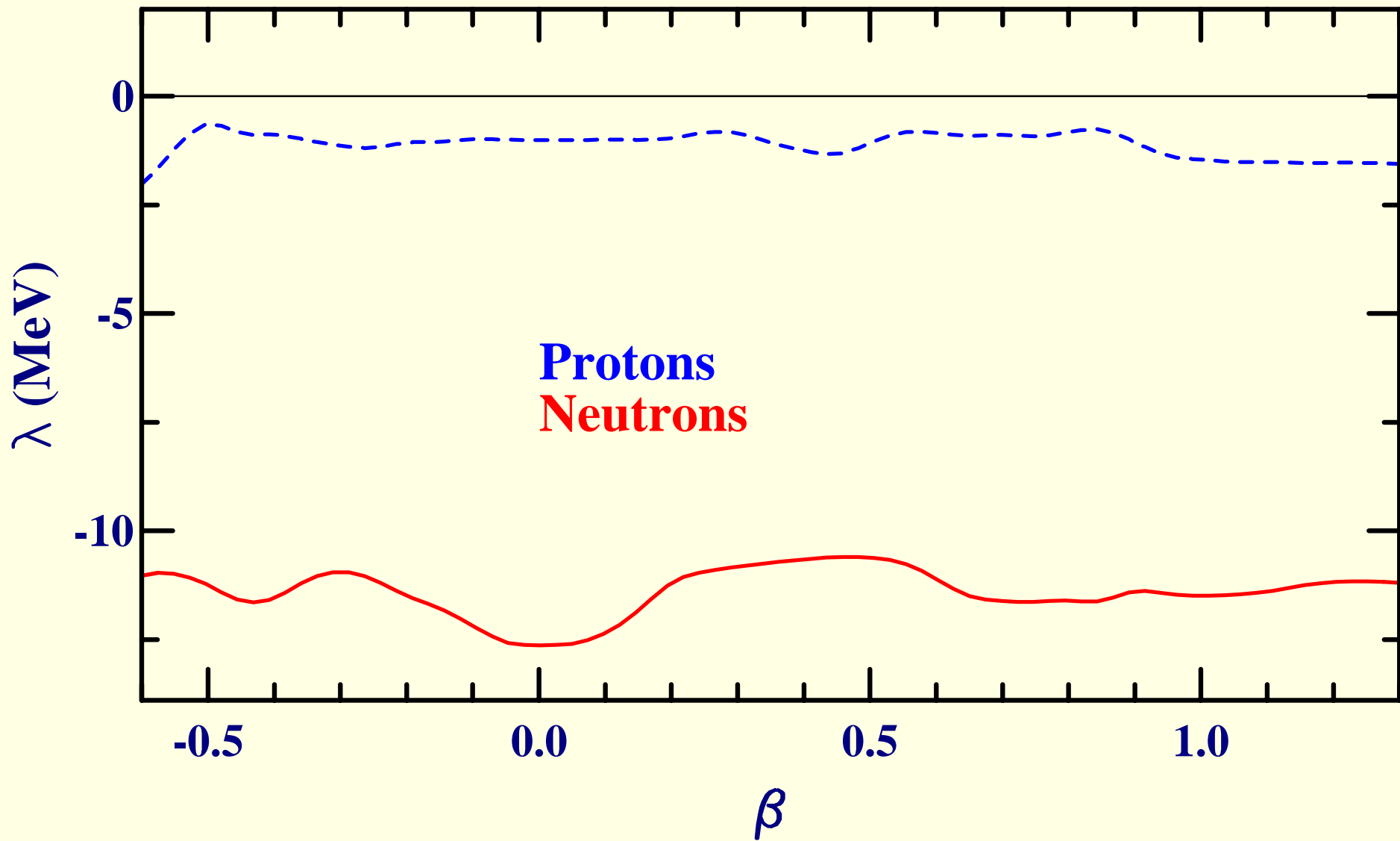


$^{145}_{67}\text{Ho}_{78}$



Protons
Neutrons