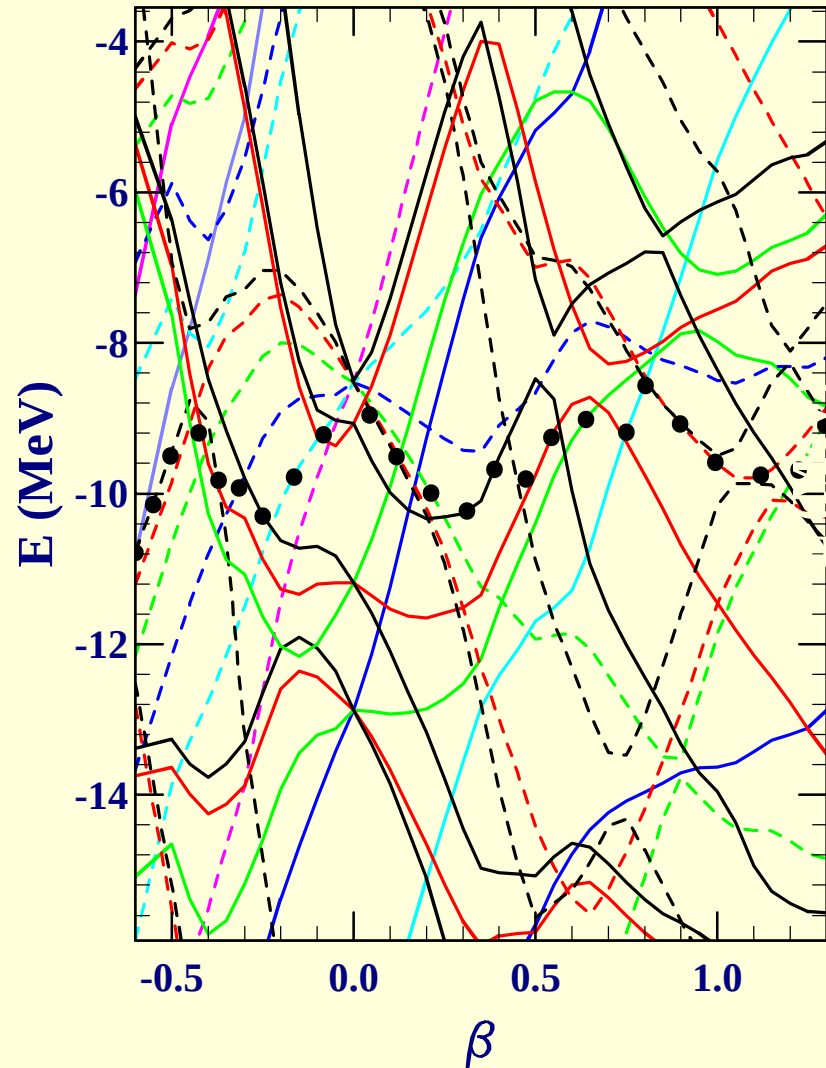


$^{176}_{68}\text{Er}_{108}$ **Protons****Neutrons**