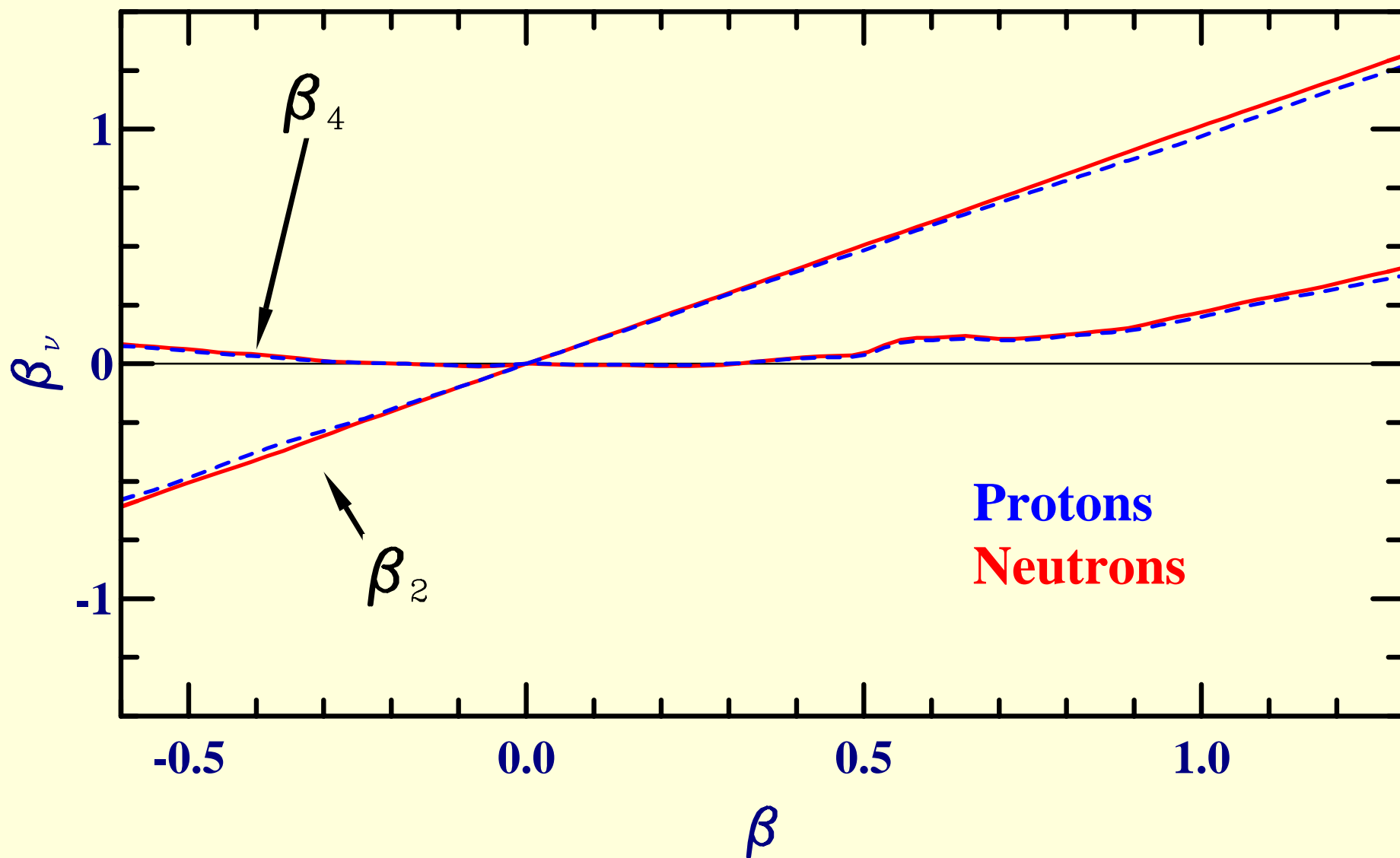


$^{230}_{72}\text{Hf}_{158}$



**Protons**  
**Neutrons**