

$$\text{LTE } \alpha_{\text{CO}(1-0)}^{-\text{He}} = C \cdot [QE] \cdot [\tau] \cdot 10^{-4} / ([\text{CO}/\text{H}_2])$$

$$\approx [(0.22 + (T_{\text{ex}}/75)^{2.37}) \cdot (T_{\text{ex}}/75)^{-1.79} - 0.34] \times (1 \times 10^{-4} / [\text{CO}/\text{H}_2])$$

