

$$\text{LTE } \alpha_{\text{CO}(2-1)}^{-\text{He}} = C \cdot [QE] \cdot [\tau] \cdot 10^{-4} / ([\text{CO}/\text{H}_2])$$

$$\approx [(0.00 + (T_{\text{ex}}/75)^{5.92}) \cdot (T_{\text{ex}}/75)^{-6.60} - 0.30] \times (1 \times 10^{-4} / [\text{CO}/\text{H}_2])$$

