

$$\begin{array}{ccc}
 M & \xrightarrow{\text{unM}} & M \circ M \\
 \searrow \text{id}_M & & \downarrow \text{mu} \\
 & & M
 \end{array}$$

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 M & \xrightarrow{M \text{un}} & M \circ M \\
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 & & M
 \end{array}$$