$$
\begin{array}{lll}
 & (return\ x) \gg\!= f & :: m\ (Plus\ Unit\ i)\ a \\
\equiv & f\ x & :: m\ i\ a \\
 & & \\
 & m \gg\!= return & :: m\ (Plus\ i\ Unit)\ a \\
\equiv & m & :: m\ i\ a \\
 & & \\
 & m \gg\!= (\lambda x \to (f\ x) \gg\!= g) & :: m\ (Plus\ i\ (Plus\ j\ k))\ a \\
\equiv & (m \gg\!= f) \gg\!= g & :: m\ (Plus\ (Plus\ i\ j)\ k)\ a
\end{array}
$$