

$$\frac{1[14][24]^2\langle 34\rangle\langle 46\rangle^2}{[34]\langle 56\rangle\langle 4|2+3|4]^2\langle 4|5+6|4]} +$$

$$\frac{1/2[14][24]\langle 34\rangle\langle 46\rangle^2}{\langle 24\rangle[34]\langle 56\rangle\langle 4|2+3|4]\langle 4|5+6|4]}$$