

$$\begin{aligned}
& \frac{1 \langle 13 \rangle \langle 6 | 2+4 | 3 \rangle^2}{\langle 12 \rangle^2 [23] [34] \langle 56 \rangle s_{234}} + \\
& \frac{-3 [24] \langle 6 | 2+4 | 3 \rangle^2}{\langle 12 \rangle [23] [34]^2 \langle 56 \rangle s_{234}}
\end{aligned}$$