Constant of prop, good up to 5th order:

$$1 + \frac{V^{2}}{J^{2}} + \frac{f^{2}}{J^{2}} + \frac{V^{4}}{J^{4}} + \frac{4V^{2}}{J^{4}} f^{2} + \frac{f^{4}}{J^{4}} + \frac{V^{6}}{J^{6}} + \frac{140V^{4}f^{2}}{9J^{6}} + \frac{55V^{2}f^{4}}{9J^{6}} + \frac{f^{6}}{J^{6}} + \frac{V^{8}}{J^{8}} + \frac{1352V^{6}f^{2}}{27J^{8}} + \frac{2141V^{4}f^{4}}{27J^{8}} + \frac{503V^{2}f^{6}}{27J^{8}} + \frac{f^{8}}{J^{8}} + \frac{V^{10}}{J^{10}} + \frac{1249879V^{8}f^{2}}{18225J^{10}} + \frac{3827636V^{6}f^{4}}{18225J^{10}} + \frac{957412V^{4}f^{6}}{6075J^{10}} + \frac{6017V^{2}f^{8}}{243J^{10}} + \frac{f^{10}}{J^{10}}$$

$$(1)$$

Fourth order full, normalised:

$$\begin{aligned} & \ln_1 + \int_{3Q^2}^1 \frac{iV}{iJ} h_1 a_2 a_3 - \frac{iV}{iJ} f_1 h_2 b_1 h_3 a_3 + \frac{iVJ}{iJ} \left(J^2 - 2V^2 + 2f^2 \right) a_2 b_2 a_3 \\ & - \frac{iVJ}{3J^4} \left(3J^2 + 2V^2 + f^2 \right) b_1 a_2 a_4 + \int_{J^2}^2 \left(J^2 - \frac{2V^2}{3} \right) a_3 - \frac{iVJ}{3J^4} \left(3J^2 + f^2 \right) b_2 a_3 a_4 \\ & - \frac{V^2}{iJ} \left(J^2 + \frac{4f^2}{3} \right) b_1 a_2 b_3 a_4 a_5 + \frac{iV}{J^2} f^2 a_1 b_2 a_3 + \frac{V^2J}{3J^3} a_2 a_3 b_3 a_4 b_1 + \int_{J^2}^3 \left(V^2 + f^2 \right) a_4 \\ & - \frac{V^2J}{J^3} b_1 a_2 b_3 a_4 a_6 + \frac{V^2J}{3J^3} b_1 a_3 b_3 a_4 a_5 + \frac{iV}{J^2} f^2 a_1 b_2 a_2 + \frac{2V^2J}{3J^3} b_1 b_2 b_3 a_4 b_4 \\ & - \frac{V^2J}{J^3} b_1 a_2 b_3 a_4 b_6 + \frac{2V^2J}{J^3} b_1 a_3 b_3 a_4 a_5 + \frac{iV}{J^2} f^2 b_1 a_2 a_5 - \frac{V^2J}{J^3} a_1 b_1 b_2 a_4 a_5 - \frac{iV}{J^2} f^2 a_1 b_1 a_4 \\ & + \frac{iV^3}{J^3} b_1 a_2 b_3 a_4 b_2 a_6 - \frac{2V^2J}{J^3} b_1 a_2 a_4 b_4 a_5 - \frac{4VJ^2}{J^3} b_1 a_2 b_2 a_4 - \frac{V^2J}{J^3} a_2 b_2 a_3 b_3 a_4 \\ & + \frac{iV^3}{J^3} b_1 a_2 b_3 a_4 b_2 a_6 - \frac{V^2J}{J^3} b_1 a_2 a_4 b_4 a_5 + \frac{iVJ^2}{J^3} b_1 a_2 b_3 a_3 b_3 \\ & - \frac{V^2J}{J^3} b_2 a_3 b_3 a_4 - \frac{2V^2J^2}{J^3} a_2 b_2 b_3 a_4 a_5 + \frac{V^2J^2}{J^3} b_1 a_2 b_3 a_3 b_3 \\ & - \frac{V^2J}{J^3} b_3 a_4 b_2 a_3 b_3 a_5 - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_2 b_4 b_3 b_4 + \frac{2V^2J^2}{J^3} b_1 a_2 a_3 b_3 a_5 \\ & - \frac{2V^2J}{J^3} b_1 a_2 a_3 b_3 a_5 - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_2 a_4 b_3 b_3 b_4 b_4 + \frac{2V^2J^2}{J^3} b_1 a_2 a_3 b_3 b_3 b_4 a_5 \\ & - \frac{2V^2J^2}{J^3} b_1 a_2 a_3 b_3 b_4 a_5 b_5 + \frac{2V^2J^2}{J^3} a_1 b_1 a_2 a_4 b_2 b_3 a_6 a_7 + \frac{V^2J^2}{J^3} a_1 b_1 b_2 a_3 b_3 b_3 b_6 a_7 \\ & - \frac{V^2J^2}{J^3} b_1 b_2 a_3 b_3 b_4 a_5 b_5 + \frac{2V^2J^2}{J^3} b_1 a_2 a_3 b_3 b_3 b_4 b_5 \\ & - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_2 a_3 b_1 b_4 b_4 b_4 b_5 \\ & - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_2 a_3 b_1 b_4 b_4 a_5 b_5 \\ & - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_2 a_3 b_1 b_4 b_4 a_5 b_5 \\ & - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_2 a_3 b_1 a_5 b_5 a_6 b_6 - \frac{V^2J^2}{J^3} a_1 b_1 a_2 b_3 a_4 b_4 b_6 \\ & - \frac{V^2J^2}{J^3} a_1 a_1 b_2 a_2 b_3 a_5 - \frac{V^2J^2}{J^3} b_1 a_2 a_2 b_3 a_5 a_6 b_7 \\ & - \frac{V^2J^2}{J^3} a_1 a_2 b_2 a_3 a_4 b_4 a_5 b_5 + \frac{V$$

$$-\frac{5iV^3f}{9J^4}a_2a_3b_3a_4b_5a_6b_6 + \frac{if}{J^4}V^3b_1a_2a_4b_4a_5b_5a_6 - \frac{V^2f^2}{J^4}b_2a_3a_5b_5a_6$$

$$-\frac{V^2f^2}{3J^4}b_1a_2a_4a_5b_5 + \frac{V^2f^2}{3J^4}b_2a_3b_3a_5a_6 + \frac{iVf}{9J^4}(5V^2 + 4f^2)b_1a_3a_5 + \frac{f^2}{J^4}(2V^2 + f^2)a_5$$

$$+\frac{iVf}{9J^4}(-2V^2 + 3f^2)b_2b_3b_4 + \frac{iV^3f}{3J^4}b_1a_2b_3a_4b_4b_5b_6 - \frac{iV^3f}{3J^4}b_1b_2a_3a_4b_4a_5a_6$$

$$+\frac{V^2f^2}{9J^4}b_1a_2a_3b_4a_5 + \frac{iVf^3}{3J^4}a_1a_3b_3 - \frac{iVf}{9J^4}(4V^2 + 3f^2)a_3a_4b_4 - \frac{4V^2f^2}{9J^4}b_1a_2a_3a_4b_5$$

$$+\frac{5V^2f^2}{9J^4}a_2a_3b_3b_4a_5 - \frac{7V^2f^2}{9J^4}a_2b_2b_3a_4a_6 - \frac{V^2f^2}{J^4}b_2a_3b_5a_6a_7 + \frac{if}{J^4}V^3b_1a_2b_3a_4a_6b_6a_7$$

$$-\frac{V^2f^2}{9J^4}b_3a_4b_5a_6a_7 - \frac{iVf}{9J^4}(7V^2 + 12f^2)a_3b_3a_5 + \frac{if}{J^4}V^3a_2b_2a_3b_3a_4b_4a_5 + \frac{2V^2f^2}{9J^4}b_1a_3b_3a_4a_6$$

$$-\frac{2iV^3f}{9J^4}b_1a_3b_3a_4b_5a_6a_7 + \frac{4V^2f^2}{9J^4}b_1b_2b_3b_4a_5 + \frac{iVf}{9J^4}(2V^2 + f^2)a_2a_3b_4 + \frac{4V^2f^2}{9J^4}b_1b_2b_3a_4b_5$$

$$-\frac{2V^2f^2}{3J^4}b_2a_3a_4a_5b_5 - \frac{V^2f^2}{J^4}b_1a_2b_5a_6a_7 + \frac{5V^2f^2}{9J^4}a_2a_3b_3a_4b_5 + \frac{if}{J^4}V^3a_1b_1b_3a_4b_5a_6a_7$$

$$+\frac{V^2f^2}{J^4}a_1b_1a_2b_2a_3 - \frac{V^2f^2}{J^4}b_1a_2b_5a_6a_7 + \frac{5V^2f^2}{9J^4}a_2a_3b_3a_4b_5 + \frac{if}{J^4}V^3a_1b_1b_3a_4b_5a_6a_7$$

$$-\frac{iV}{J^4}f^3a_4b_4a_5 + \frac{V^2f^2}{J^4}b_1a_2a_3b_3a_4 + \frac{if}{J^4}V^3a_1b_1a_2b_2a_3b_3a_5 + \frac{V^2f^2}{J^4}b_1a_2a_3b_3a_4b_4a_6$$

$$-\frac{iV}{J^4}f(V^2 + f^2)b_4a_5a_6 - \frac{V^2f^2}{9J^4}b_1b_2b_4a_5b_5 - \frac{4iV^3f}{9J^4}b_1b_2b_3a_4b_5a_6b_6 + \frac{V^2f^2}{3J^4}a_3a_4b_4a_6$$

$$-\frac{iV^3f}{9J^4}b_1a_2b_2a_4b_5a_6a_7 + \frac{2V^2f^2}{9J^4}b_1b_2b_3a_4a_5 - \frac{iV^3f}{9J^4}b_1b_2b_3a_4b_5a_6b_6 + \frac{V^2f^2}{3J^4}a_1a_3b_3a_4b_5$$

$$-\frac{2iV^3f}{9J^4}b_1a_2b_2a_4b_5a_6a_7 + \frac{2V^2f^2}{9J^4}b_1b_2a_3b_3a_4 + \frac{7iV^3f}{9J^4}b_1a_2a_3b_3a_4b_5a_6$$

$$-\frac{iV^3f}{9J^4}b_1a_2b_2a_4b_5a_6 + \frac{V^2f^2}{9J^4}a_2b_2a_3b_3a_4 + \frac{7iV^3f}{9J^4}b_1a_2a_3b_3a_5a_6a_7 - \frac{2iV^3f}{9J^4}b_1a_2b_2b_3a_4a_5$$

$$-\frac{2iV^3f}{9J^4}a_2a_3b_4a_5b_5 + \frac{7V^2f^2}{9J^4}a_2b_3a_3b_4 + \frac{7iV^3f}{9J^4}b_1a_2a_3b_3b_5a_6a_7 - \frac{2iV^3f}{9J^4}b_1a_2b_2b_3a_4a_5$$

$$-\frac{2iV^3f}{9J^4}a_2a_3b_4a_5b_5 + \frac{7V^2f^2}{9$$