$$F(x,y,z) = 3x^2 + 2y^2 + z^2$$

$$G(x,y,z) = x^2 + y^2 + z^2 - 8x - 6y - 8z + 24 = 0$$

$$p = (1,1,2)$$

$$\nabla F(x,y,z) = (6x,4y,2z)$$

$$\nabla F(1,1,2) = (6,4,4)$$

$$\nabla G(x,y,z) = (2x - 8,2y - 6,2z - 8)$$

$$\nabla G(1,1,2) = (-6,-4,-4)$$

$$\nabla G(1,1,2) = -1\nabla F(1,1,2)$$
 Son paraletas