	F n . Bogniun . Bo	09v2HN 0														
$H_Z =$	$B_0g_e\mu_B + \frac{1}{2} + \frac{1}{2}$	2	0	0	0	0	0	U	0	0	0	U	0	U	0	0
	0	$\frac{B_0g_{n1}\mu_N}{2} + \frac{B_0g_{n2}\mu_N}{2}$	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	$\frac{B_0 g_{n1} \mu_N}{2} + \frac{B_0 g_{n2} \mu_N}{2}$	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0 -	$-B_0g_e\mu_B + \frac{B_0g_{n1}\mu_N}{2} + \frac{B_0g_{n2}\mu_N}{2}$	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	$B_0g_e\mu_B + \frac{B_0g_{n1}\mu_N}{2} - \frac{B_0g_{n2}\mu_N}{2}$	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	$\frac{B_0g_{n1}\mu_N}{2} - \frac{B_0g_{n2}\mu_N}{2}$	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	$\frac{B_0g_{n1}\mu_N}{B_0g_{n2}\mu_N} = \frac{B_0g_{n2}\mu_N}{B_0g_{n2}\mu_N}$	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0 -	$-B_0g_e\mu_B + \frac{B_0g_{n1}\mu_N}{2} - \frac{B_0g_{n2}\mu_N}{2}$	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	Ű .	$B_0 g_e \mu_B - \frac{B_0 g_{n1} \mu_N}{2} + \frac{B_0 g_{n2} \mu_N}{2}$	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	$-\frac{B_0g_{n1}\mu_N}{2} + \frac{B_0g_{n2}\mu_N}{2}$	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	$-\frac{B_0 g_{n1} \mu_N}{2} + \frac{B_0 g_{n2} \mu_N}{2}$	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	$-B_0 g_e \mu_B - \frac{B_0 g_{n1} \mu_N}{2} + \frac{B_0 g_{n2} \mu_N}{2}$	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	$B_0 g_e \mu_B - \frac{B_0 g_{n1} \mu_N}{2} - \frac{B_0 g_{n2} \mu_N}{2}$	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	$-\frac{B_0g_{n1}\mu_N}{2} - \frac{B_0g_{n2}\mu_N}{2}$	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	$-\frac{B_0g_{n1}\mu_N}{2} - \frac{B_0g_{n2}\mu_N}{2}$	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	$-B_0g_e\mu_B - \frac{B_0g_{n1}\mu_N}{2} - \frac{B_0g_{n2}\mu_N}{2}$

$$\begin{array}{c} \left|1,1\right>\otimes\left|+\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|+\frac{1}{2},+\frac{1}{2}\right> \\ \left|0,0\right>\otimes\left|+\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|+\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|+\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|+\frac{1}{2},-\frac{1}{2}\right> \\ \left|0,0\right>\otimes\left|+\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|+\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|-\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|-\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|-\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|-\frac{1}{2},+\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,0\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|0,0\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|0,0\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \\ \left|1,-1\right>\otimes\left|-\frac{1}{2},-\frac{1}{2}\right> \end{array}$$