single monzero eigenvalue, (\$1)\$1), which has to be <1, since Ex is a POVM element. So

which implies that

Thus the FOVM inequality is a tighter constraint on H(F), i.e., forces H(F) to be bigger.

(c) This transformation relies on the fact that
$$f_{a}(x_{a}^{2}|p^{-1})x_{a}^{2} > = \langle \bar{\varphi}_{a}|\bar{\varphi}_{a}\rangle \leq L,$$

so we have, since log is an increasing function, log(<3|10|14) ≤ log Pol = -log Pol,

which implies

thus giving a different perspective on why the POVM inequality is tighter than the preparation inequality.