5.

4 j

j + 6

28 j

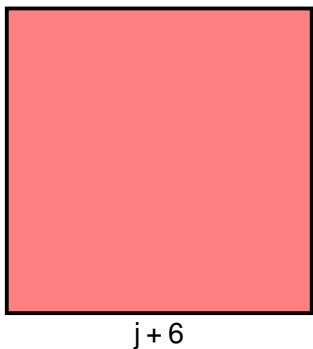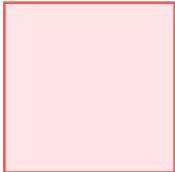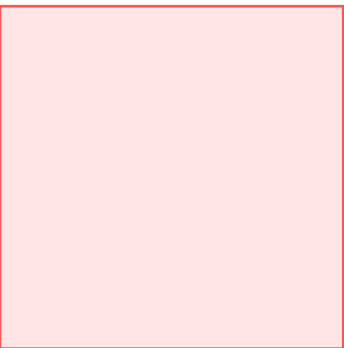$6 j^2 + 24 j$

$4 j^2 + 24 j$

$4 j + 6 j^2$

Solution

$$= (j + 6) \times (4 j)$$
$$= 4 j^2 + 24 j$$