$$\frac{4f\frac{7}{2}}{4f\frac{5}{2}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_0$$

$$\frac{3d\frac{5}{2}}{3d\frac{3}{2}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_0 + 1$$

$$\frac{2p\frac{3}{2}}{2p\frac{1}{2}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_0 + 1$$

$$\frac{2p\frac{3}{2}}{I_{nucl}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_0 + 1$$

$$\frac{1s\frac{1}{2}}{I_{nucl}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_0 + 1$$

$$\frac{1s\frac{1}{2}}{I_{nucl}} \otimes \frac{I_{nucl}}{I_{nucl}} = I_0$$