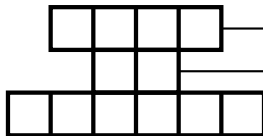


Protons

Neutrons



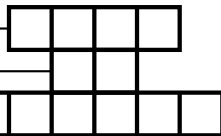
1f<sub>7/2</sub>



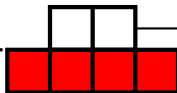
1d<sub>3/2</sub>

2s<sub>1/2</sub>

1d<sub>5/2</sub>

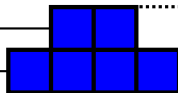


$\mathcal{E}_{F_p}$



1p<sub>1/2</sub>

1p<sub>3/2</sub>



$\mathcal{E}_{F_n}$



1s<sub>1/2</sub>

