Example:
$$\int_{X_{-}}^{3} \left[x^{2} + 1 \, dx \right] = x^{2} \cdot \frac{1}{3} \left(x^{2} + 1 \right)^{\frac{1}{2}} - \int_{\frac{1}{3}}^{3} \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{2} \, dx = \frac{1}{3} x^{2} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} x^{2} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} x^{2} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} x^{2} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} x^{2} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \frac{1}{3} \cdot \left(x^{2} + 1 \right)^{\frac{1}{2}} \cdot \frac{1}{3} \cdot \left(x^{2}$$