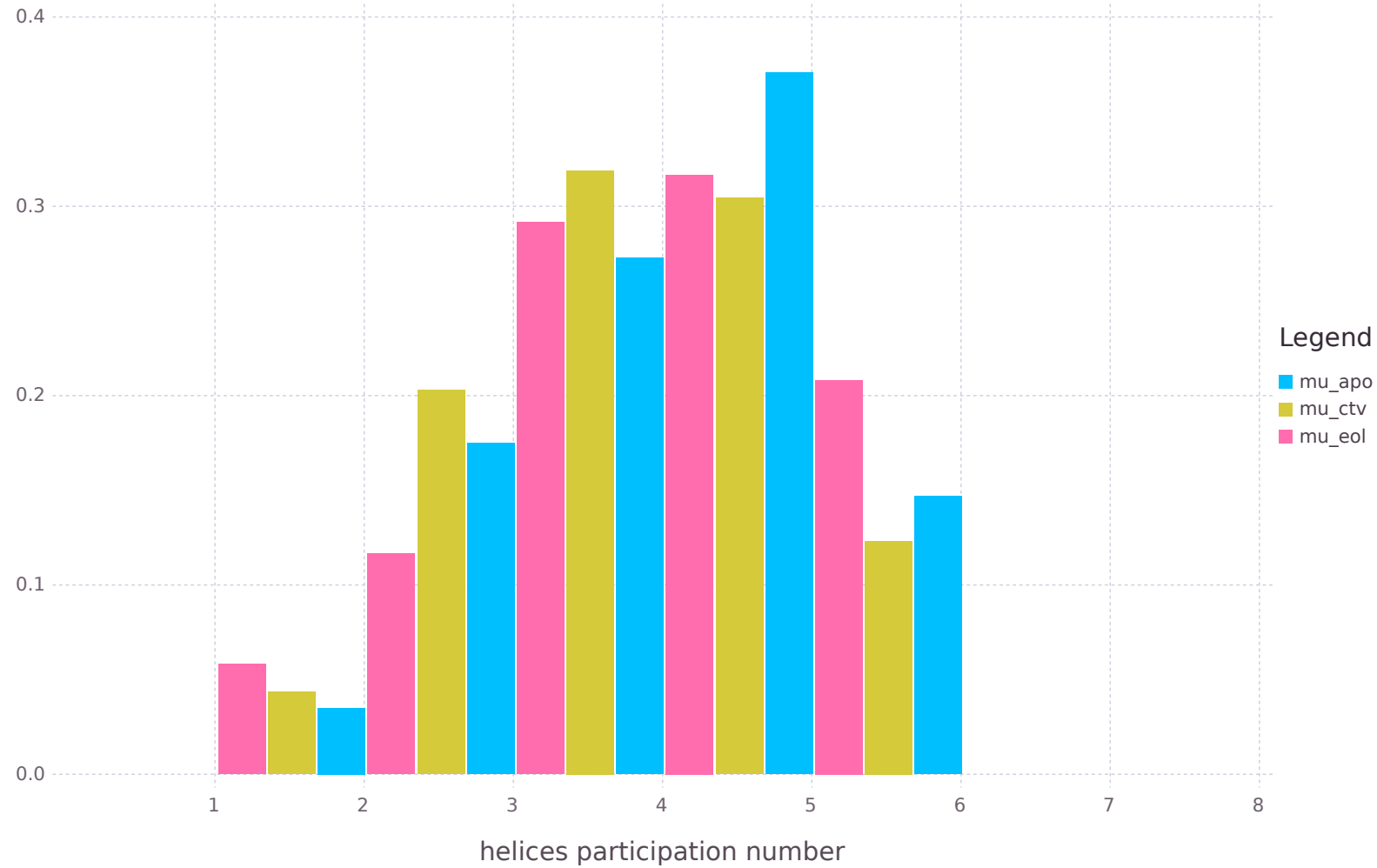


### P-number in terms of helices



### P-number in terms of loops

