28   The masses of the neutron and proton are respectively 1.0087 u and 1.0073 u.   Two neutrons and two protons combine to form a helium nucleus (mass = 4.0015 u).   Take 1 u = 931 MeV. The binding energy of the helium nucleus is

A 28.4 MeV   **B** 2.84 MeV   **C** 142 MeV   **D** 14.2 MeV