29 A nuclear fusion reaction is as follows:

$$^{7}_{3}\text{Li} + {}^{1}_{1}\text{H} \rightarrow 2\,{}^{4}_{2}\text{He}$$

The masses of the nuclei are as follow:

$^{7}_{3}\text{Li}$: $7.018u$

$^{1}_{1}\text{H}$: $1.008u$

$^{4}_{2}\text{He}$: $4.004u$

What is the amount of energy released in this reaction?

A 9.0×10^{-21} J **B** 2.7×10^{-12} J **C** 6.0×10^{-10} J **D** 1.6×10^{15} J