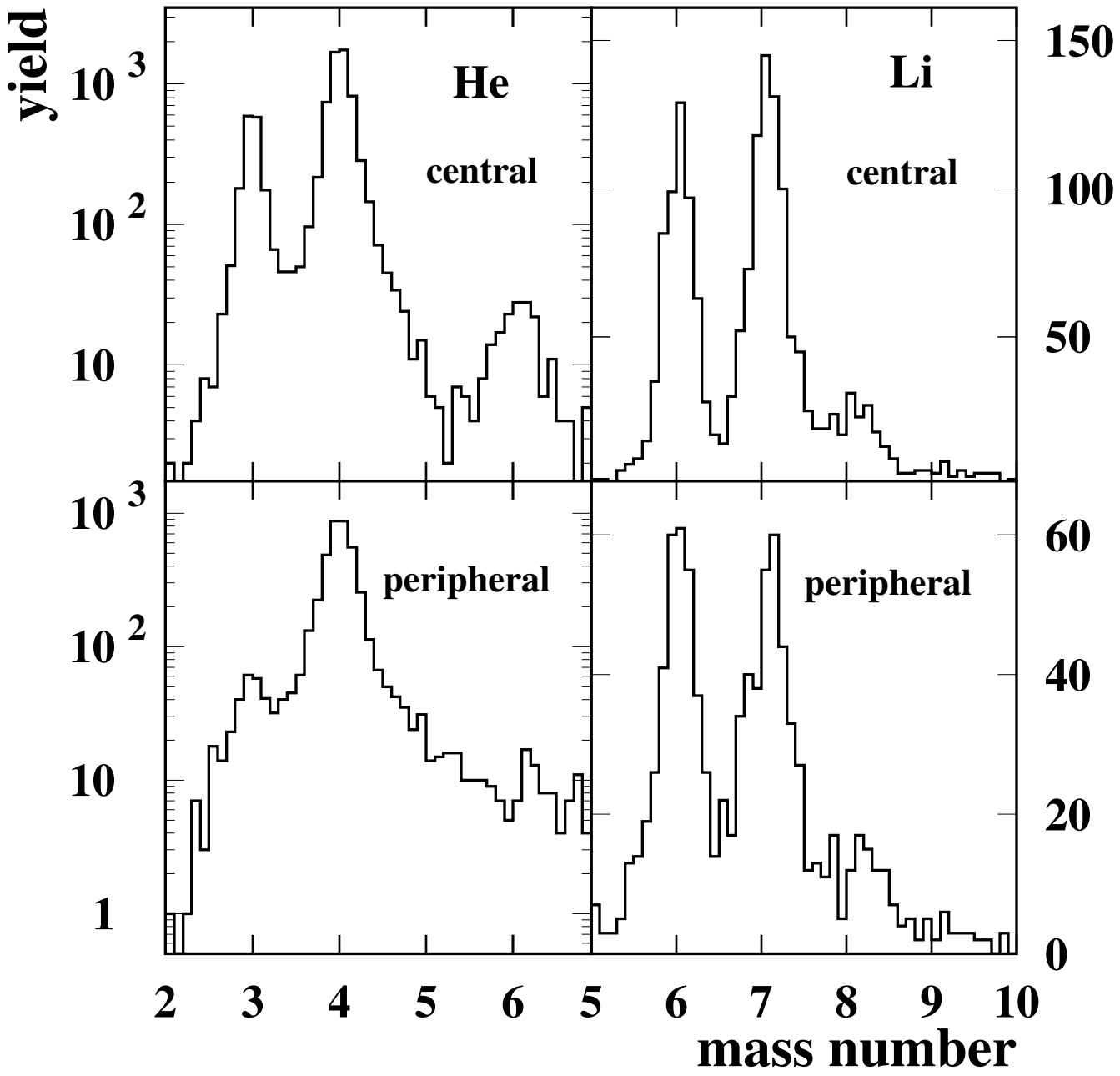
yield
He
central
Li
central
peripheral
peripheral
mass number
10 3
10 2
10
1
150
100
50
60
40
20
0
2
3
4
5
6
5
6
7
8
9
10