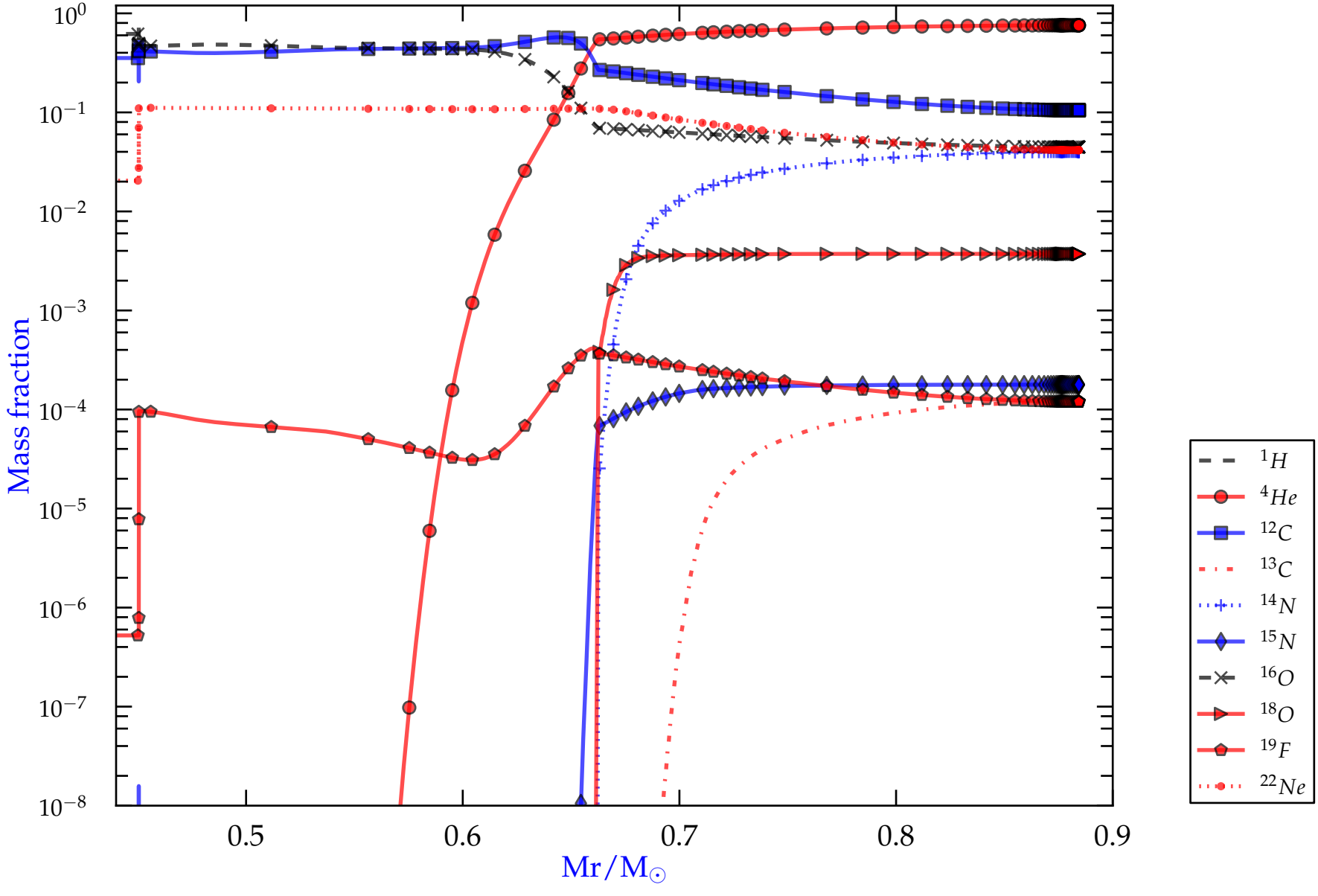
Mass fraction
$10^{0}$
$10^{-1}$
$10^{-2}$
$10^{-3}$
$10^{-4}$
$10^{-5}$
$10^{-6}$
$10^{-7}$
$10^{-8}$
0.5
0.6
0.7
0.8
0.9
Mr/M$_{\odot}$
$^{1}H$
$^{4}He$
$^{12}C$
$^{13}C$
$^{14}N$
$^{15}N$
$^{16}O$
$^{18}O$
$^{19}F$
$^{22}Ne$