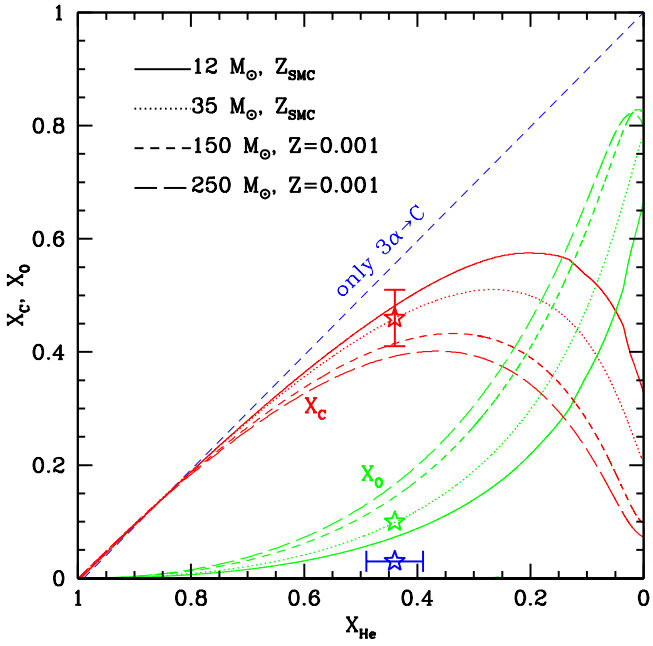
12 M⊙, ZSMC
35 M⊙, ZSMC
150 M⊙, Z=0.001
250 M⊙, Z=0.001
only 3α→C
Xc
Xo
Xc, Xo
XHe
1
0.8
0.6
0.4
0.2
0