

$$\mathbf{I} \approx 1/(200 \text{ MeV})$$

$$M \approx 1 \text{ GeV}$$

$$\rho \approx 1/2 \text{ fm}$$

$$L \approx 1 \text{ fm}$$

$$n_B \approx 1/2 \text{ fm}^{-3} \approx 3n_{NM}$$