80. From Eq. 28-37, we have

$$Q = -\Delta M c^2 = -\left(3(4.00151\,\mathrm{u}) - 11.99671\,\mathrm{u}\right)c^2 = -(0.00782\,\mathrm{u})(931.5\,\mathrm{MeV/u}) = -7.28\ \mathrm{MeV}\ .$$

Thus, it takes a minimum of 7.28 MeV supplied to the system to cause this reaction. We note that the masses given in this problem are strictly for the nuclei involved; they are not the "atomic" masses which are quoted in several of the other problems in this chapter.