Nuclear Sources of Stellar Luminosity

What releases more energy than $^1\text{H} \rightarrow ^4\text{He} \rightarrow ^{56}\text{Fe}$?

This compares potential energy of the neutron (●), proton (●) and all other 2,850 known nuclides. Among stable nuclides, $^{56}\text{Fe}$ has least and $^1\text{H}$ has greatest potential energy.

The data define mass parabolas at each value of $A > 1.0$. Each parabola intercepts the front plane at $Z/A = 0$ with $M/A > M_n$. This repulsive interaction of neutrons is the main source of solar energy.