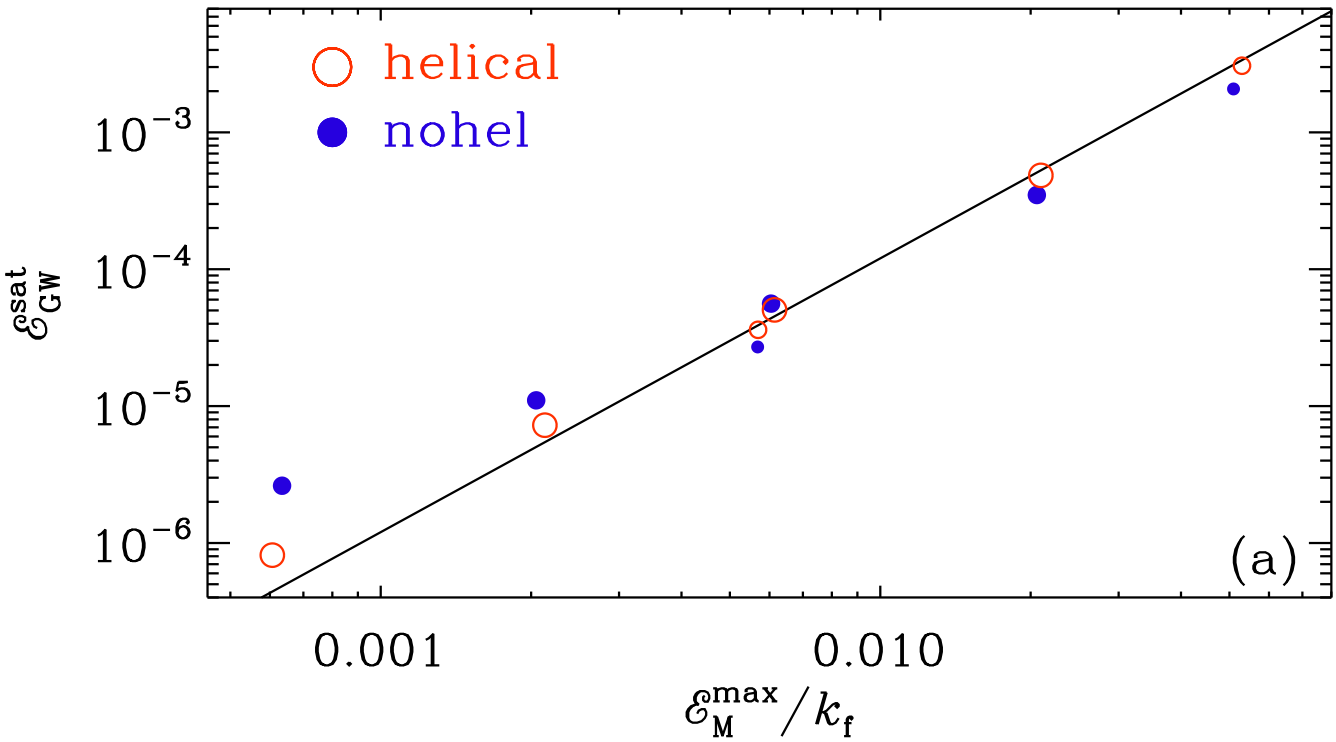
helical
nohel
10^{-3}
10^{-4}
10^{-5}
10^{-6}
$\mathcal{E}_{\rm GW}^{\rm sat}$
(a)
0.001
0.010
$\mathcal{E}_{\rm M}^{\rm max}/k_{\rm f}$