http://www.explainingthefuture.com/helium3.html
Proton + electron (neutrino electronico)= Hidrogeno
$[1-1-(1)]+\left[\frac{1}{2}-\frac{1}{2}-(1)\right]=\left[1\frac{1}{2}-1\frac{1}{2}-(2)\right]={}^{1}\mathrm{H}$
Proton + antineutrino= Neutron sin masa
$[1-1-(1)]+\left[(\frac{1}{2})-(\frac{1}{2})-1\right]=\left[\frac{1}{2}-\frac{1}{2}-0\right]$
Proton + neutron sin masa= Helion
$[1-1-(1)]+\left[\frac{1}{2}-\frac{1}{2}-0\right]=\left[1\frac{1}{2}-1\frac{1}{2}-(1)\right]={}^{3}\mathrm{He}$
${}^{2}\mathrm{D}+{}^{3}\mathrm{He}\rightarrow{}^{4}\mathrm{He}\ (3.67\,\mathrm{MeV})+\mathrm{p}(14.67\,\mathrm{MeV})$
http://www-fusion.ciemat.es/New_fusion/es/Fusion/basica.shtml