

$$\leq \text{[diagram 1]} \text{[diagram 2]} : \quad \text{[diagram 3]} \text{[diagram 4]} \text{[diagram 5]}$$

[illegible]

[illegible]

$$\leq \frac{1}{\sqrt{\pi}} \left(\frac{1}{\sqrt{\pi}} + \frac{1}{\sqrt{\pi}} \right) = \frac{2}{\sqrt{\pi}}$$