

$$B = \begin{pmatrix} \frac{1}{\sqrt{2}}\Sigma^0 + \frac{1}{\sqrt{6}}\Lambda & \Sigma^+ & p \\ \Sigma^- & -\frac{1}{\sqrt{2}}\Sigma^0 + \frac{1}{\sqrt{6}}\Lambda & n \\ [\Xi]^- & [\Xi]^0 & -\frac{2}{\sqrt{6}}\Lambda \end{pmatrix}$$