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## Nucleon spin and quark content at the physical point

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The quark contributions to the spin and mass of the nucleon are computed using  $N_f = 2$  twisted mass fermions with a physical value of the pion mass. We use improved methods to obtain accurate results for the disconnected contributions involved in the evaluation of the axial charge and quark momentum fraction as well as the light, the strange and the charm  $\sigma$ -terms.

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