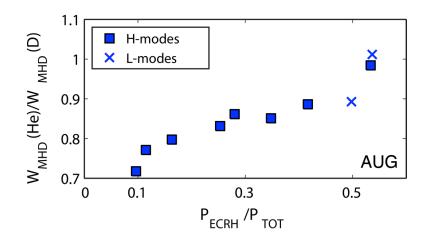
## Energy confinement and performance of pure helium plasmas and helium seeded deuterium plasmas



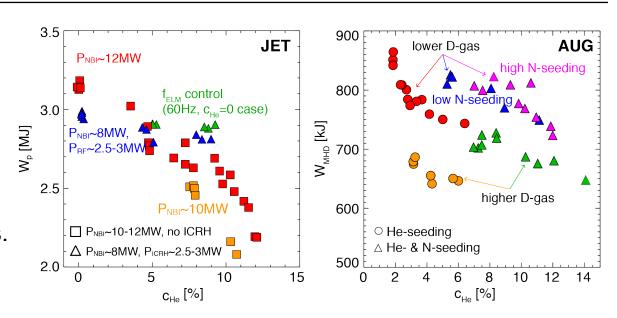




The confinement of He plasmas is experimentally shown and theoretically explained to increase with the fraction of electron heating in ASDEX Upgrade, even reaching the confinement of their D counterparts.



Strong decrease of the plasma stored energy was observed with He-seeding at reactor relevant He concentrations in high confinement ASDEX Upgrade and JET plasmas.



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