

$$G^i \approx \frac{1}{4} \operatorname{Re} \left[ \frac{1}{\omega \mu} \frac{\mathrm{d}(\varepsilon \mu \omega^2)}{\mathrm{d} \omega} \underline{\tilde{\mathbf{E}}} \times \underline{\tilde{\mathbf{B}}}^* \right]$$