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# STABLE MINIMAL HYPERSURFACES IN $\mathbb{R}^{6}$ 

LAURENT MAZET


#### Abstract

Following the strategy developed by Chodosh, Li, Minter and Stryker, and using the volume estimate of Antonelli and Xu , we prove that, in $\mathbb{R}^{6}$, a complete, two-sided, stable minimal hypersurfaces is flat.


## 1. INTRODUCTION

A minimal hypersurface $M^{n}$ of $\mathbb{R}^{n+1}$ is a critical point of the $n$-volume functional. It is characterized by its vanishing mean curvature. If a unit normal vectorfield $\nu$ is defined along $M$ and $\varphi$ is a function with compact support on $M$, one can consider a deformation of $M$ with initial speed $\varphi \nu$. The computation of the second derivative of the $n$-volume along this deformation at initial time gives

$$
\int_{M}|\nabla \varphi|^{2}-\left|A_{M}\right|^{2} \varphi^{2}
$$

where $A_{M}$ is the second fundamental form of $M$. So asking that this quantity is non negative for any $\varphi$ means that $M$ is a minimum at order 2 of the $n$-volume. Such a minimal hypersurface is called stable.

The stable Bernstein problem asks wether a complete stable minimal hypersurface is a flat affine hyperplane. We give a positive answer in the case $n=5$.

Theorem 1.1. Let $M^{5} \rightarrow \mathbb{R}^{6}$ be an immersed, complete, connected, two-sided, stable minimal hypersurface. Then $M$ is a Euclidean hyperplane.

A particular class of stable minimal hypersurface is given by minimal graphs over $\mathbb{R}^{n}$. In [4], Bernstein proved that a minimal graph over $\mathbb{R}^{2}$ has to be a plane. In the sixties, the same question for higher dimensions was studied in a series of paper by Fleming [17], De Giorgi [14], Almgren [1] and Simons [26]. They proved that minimal graphs over $\mathbb{R}^{n}$ are planes if $n \leq 7$. For $n \geq 8$, Bombieri, De Giorgi and Giusti [5] were able to construct counter-examples and gave also in $\mathbb{R}^{8}$ an example of a stable minimal hypersurfaces that is not a hyperplane.

Concerning the stable Bernstein problem, the question was solved positively in $\mathbb{R}^{3}$ by Do Carmo and Peng [15], Fischer-Colbrie and Schoen [16] and Porogelov [22] in the early eighties. In higher dimension, Schoen, Simon and Yau [23, 24] were able to settle the stable Bernstein in $\mathbb{R}^{n+1}, n \leq 6$, under a Euclidean volume growth assumption (see also the recent work of Bellettini [3]).

Recently Chodosh and Li [9] were able to answer positively the stable Bernstein problem in $\mathbb{R}^{4}$. Later two alternative proofs came out: one by Catino, Mastrolia and Roncoroni [8] and one by Chodosh and Li [10]. Actually in [10], Chodosh and Li develop a second strategy to prove the result. Then, in a joint work Minter and Stryker [12], they were able to apply this strategy in the case of $\mathbb{R}^{5}$ to solved the stable Bernstein problem in this dimension as well.

As in $[13,12]$, it is well known that Theorem 1.1 comes with corollaries like curvature estimates for stable minimal immersions in 6-dimensional manifolds and characterization of finite Morse index minimal hypersurfaces in $\mathbb{R}^{6}$. For example, we have

Corollary 1.1. Let $\left(X^{6}, g\right)$ be a complete Riemannian manifold whose sectional curvature satisfies $\left|\sec _{g}\right| \leq K$. Then any compact, two-sided, stable minimal immersion $M^{5} \rightarrow X$ satisfies

$$
\left|A_{M}\right|(q) \min \left(1, d_{M}(q, \partial M)\right) \leq C(K)
$$

for $q \in M$.
The basic idea to prove Theorem 1.1 is to obtain a Euclidean growth estimate for the volume of $M$ and then apply the work of Schoen, Simon and Yau. The strategy of Chodosh and Li is a way towards this estimate. We refer to [10, 12] for a good presentation of their ideas. Let us give some elements. Let $M$ be a stable minimal hypersurface in $\mathbb{R}^{n+1}$ with induced metric $g$. Inspired by the work of Gulliver and Lawson [18], they consider the conformal metric $\tilde{g}=r^{-2} g$ where $r$ is the Euclidean distance to 0 in $\mathbb{R}^{n+1}$. If $M$ was a hyperplane passing through the origin $(M \backslash\{0\}, \tilde{g})$ would be isometric to the Euclidean product $\mathbb{S}^{n-1} \times \mathbb{R}$. In the general case, the idea of Chodosh and Li is that the stability assumption implies that the geometry of $(M \backslash\{0\}, \tilde{g})$ should look like $\mathbb{S}^{n-1} \times \mathbb{R}$. In [12], the authors consider the bi-Ricci curvature which is a certain combination of sectional curvatures. It was introduced by Shen and Ye in [25], already to study minimal surfaces (see precise definition in Section 2). Notice that on $\mathbb{S}^{n-1} \times \mathbb{R}$, the bi-Ricci curvature is lower bounded by $n-2$. In [12], the authors prove that the stability of $M$ implies a positive spectral lower bound for the bi-Ricci curvature of $(M \backslash\{0\}, \tilde{g})$. More precisely they prove that, on $(M \backslash\{0\}, \tilde{g})$, the operator $-\widetilde{\Delta}+\left(\widetilde{\text { BRic }_{-}}-1\right)$ is non-negative where $\widetilde{\text { BRic }}-$ is the punctual minimum of the bi-Ricci curvature of $\tilde{g}$. This should be understood as a weak form of $\widetilde{\text { BRic }} \geq 1$.

The second step of the strategy consists in the construction of a $\mu$-bubble in $(M \backslash\{0\}, \tilde{g})$ with a spectral lower bound for its Ricci curvature. In some sense, they identify in any sufficiently large part of $(M \backslash\{0\}, \tilde{g})$ a hypersurface that play the role of $\mathbb{S}^{n-1} \times\{t\}$ in $\mathbb{S}^{n-1} \times \mathbb{R}$.

The last step in [12] is to obtain a Bishop-Gromov volume estimate for the $\mu$-bubble under the spectral lower bound on the Ricci curvature. In their paper, the proof of this volume estimate was specific to dimension 3. Recently, Antonelli and Xu [2] have proved such a Bishop-Gromov estimate in any dimension.

Once the $\tilde{g}$-volume of the $\mu$-bubble is controlled, this gives an estimate of its volume in the original metric $g$ and then control the growth of the volume of $M$ tanks to an isoperimetric inequality due to Michael and Simon [20] and Brendle [6].

In the present paper, we also follow the above strategy of [12]. Here we consider a weighted bi-Ricci curvature $\mathrm{BRic}_{\alpha}$ where the parameter $\alpha$ does not give the same weight to all sectional curvature in the combination (a similar idea appear in the recent article by Hong and Yan [19]). We prove a spectral lower bound for the weighted bi-Ricci curvature: the operator $-a \widetilde{\Delta}+\left(\widetilde{\operatorname{BRic}}_{\alpha-}-\delta\right)$ is non-negative where $a, \delta \in \mathbb{R}$. At that step, $a, \alpha$ are two parameters that should be chosen such that $\delta>0$.

By imposing some new constraints on $a$ and $\alpha$, we are then able to construct the $\mu$ bubble with a spectral lower bound on the Ricci curvature. At the last step, we apply the Bishop-Gromov estimate of Antonelli and Xu [2]. In order to do so, this imposes some new
constraints on the parameters $a$ and $\alpha$. Nevertheless, the choice $a=\frac{11}{10}$ and $\alpha=\frac{40}{43}$ fits all the constraints. The end of the proof then follows the line of [12].

Organization. In Section 2, we fix some notations that we use all along the paper. Section 3 is devoted to the proof the spectral lower bound for $\widetilde{\mathrm{BRic}_{\alpha}}$ for the Gulliver-Lawson metric on a stable minimal hypersurface. In Section 4, we construct the $\mu$-bubble with a spectral lower Ricci bound. We end the proof of Theorem 1.1 in Section 5. Along the paper, we specify the value of $n, a$ and $\alpha$ only when it is necessary, we hope this allows to understand where the constraints come from.

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## 2. Preliminaries

Let $\left(M^{n}, g\right)$ be a Riemannian manifold and $\left(e_{i}\right)_{1 \leq i \leq n}$ be an orthonormal basis of $T_{p} M$. For $\alpha \in \mathbb{R}$, we recall or define

- the Ricci curvature $\operatorname{Ric}\left(e_{1}, e_{1}\right)=\sum_{i=2}^{n} R\left(e_{1}, e_{i}, e_{i}, e_{1}\right)$,
- the punctual minimum of the Ricci curvature $\lambda(p)=\min _{v \in T_{p} M,|e|=1} \operatorname{Ric}(e, e)$,
- the weighted bi-Ricci or $\alpha$-bi-Ricci curvature

$$
\operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)=\sum_{i=2}^{n} R\left(e_{1}, e_{i}, e_{i}, e_{1}\right)+\alpha \sum_{j=3}^{n} R\left(e_{2}, e_{j}, e_{j}, e_{2}\right)
$$

- the minimum of the $\alpha$-bi-Ricci curvature $\Lambda_{\alpha}(p)=\min _{(e, f) \text { orthonormal in } T_{p} M} \operatorname{BRic}_{\alpha}(e, f)$ Notice that for $\alpha=1, \mathrm{BRic}_{1}$ is the classical bi-Ricci curvature as defined in [25].

If $\Sigma \leftrightarrow M$ is a hypersurface with unit normal $\nu$. We use the following conventions:

- the second fundamental form of $\Sigma$ is $A_{\Sigma}(X, Y)=\left(\nabla_{X} \nu, Y\right)=-\left(\nabla_{X} Y, \nu\right)$ and
- the mean curvature of $\Sigma$ is $H=\operatorname{tr} A_{\Sigma}$.

If $\Omega$ is a subset of $M$, we denote by $\mathcal{N}_{\rho}(\Omega)$ the $\rho$-tubular neighborhood of $\Omega$ : the set of points at distance less than $\rho$ from $\Omega$.

We finish by a simple remark that we use in Section 3.
Remark 1. Let $A \in \mathcal{M}_{n}(\mathbb{R})$ be a positive definite symmetric matrix and $B \in \mathbb{R}^{n}$. Then the function $f: X \in \mathbb{R}^{n} \mapsto X^{\top} A X+B^{\top} X \in \mathbb{R}$ is lower bounded and its minimum is given by $-\frac{1}{4} B^{\top} A^{-1} B$.

## 3. Spectral lower bound for the weighted bi-Ricci curvature

Let $F: M^{n} \leftrightarrow \mathbb{R}^{n+1}$ be a complete two-sided minimal hypersurface and $g$ its induced metric. We consider the Gulliver-Lawson conformal metric $\tilde{g}=r^{-2} g$ where $r$ is the Euclidean distance function to 0 . Notice that if $F(p)=0, \tilde{g}$ is not defined. So we consider $N=$ $M \backslash F^{-1}(0)$. As it was observed by Gulliver and Lawson [18], the metric ( $N, \tilde{g}$ ) is complete.

The first step of the proof of Theorem 1.1 consists in proving that the stability assumption can be translated in a spectral lower bound for the $\alpha$-bi-Ricci curvature of the metric $\tilde{g}$. Actually we have the following result.

Theorem 3.1. Let $M^{n} \leftrightarrow \mathbb{R}^{n+1}$ be a two-sided stable minimal hypersurface. Suppose $n=5$, then, for $a=\frac{11}{10}, \alpha=\frac{40}{43}$ and $\delta=\frac{3}{10}$, there is a smooth function $V$ such that

$$
V \geq \delta-\widetilde{\Lambda}_{\alpha}
$$

and

$$
\begin{equation*}
\int_{N}|\nabla \varphi|_{\tilde{g}}^{2} d v_{\tilde{g}} \geq \int_{N} \frac{1}{a} V \varphi^{2} d v_{\tilde{g}} \tag{1}
\end{equation*}
$$

for any $\varphi \in C_{c}^{1}(N)$.
3.1. Recalling some computations. We first recall some computations and results of [12].

We denote by $\nu$ the unit normal to $M$ and by $|d r|$ the norm of the differential of $r$ along $M$ with respect to the $g$-metric.

Let $\left(e_{i}\right)_{1 \leq i \leq n}$ be an orthonormal basis for the metric $g$ then, for the conformal metric $\tilde{g}$, an orthonormal basis is given by $\tilde{e}_{i}=r e_{i}$. The sectional curvatures of $g$ and $\tilde{g}$ are related by

$$
\begin{equation*}
\tilde{R}_{i j j i}=r^{2} R_{i j j i}+2-|d r|^{2}-d r\left(e_{i}\right)^{2}-d r\left(e_{j}\right)^{2}-(p, \nu)\left(A_{i i}+A_{j j}\right) \tag{2}
\end{equation*}
$$

(see [12, Proposition 3.5]).
The second result that we want to recall is the writing of the stability inequality in the conformal metric $\tilde{g}$. We have

$$
\begin{equation*}
\int_{N}|\nabla \varphi|^{2} d v_{\tilde{g}} \geq \int_{N}\left(r^{2}|A|^{2}-\frac{n(n-2)}{2}+\frac{n^{2}-4}{4}|d r|^{2}\right) \psi^{2} d v_{\tilde{g}} \tag{3}
\end{equation*}
$$

for any $\varphi \in C_{c}^{1}(N)$ (see [12, Proposition 3.10]).
3.2. Estimating the curvature terms. In this subsection, we want to relate the curvature term in the stability inequality (3) to the $\alpha$-bi-Ricci curvature. We use the notations of the preceding subsection.

## Proposition 3.1.

$$
\begin{aligned}
\widetilde{\operatorname{BRic}}_{\alpha}\left(\tilde{e}_{1}, \tilde{e}_{2}\right)= & r^{2} \operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+2(n-1+\alpha(n-2))-(n+\alpha(n-1))|d r|^{2} \\
& -\left((n-2-\alpha) d r\left(e_{1}\right)^{2}+\alpha(n-3) d r\left(e_{2}\right)^{2}\right) \\
& -(p, \nu)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right)
\end{aligned}
$$

Proof. Summing (2) and using $\operatorname{tr} A=0$, we have

$$
\begin{aligned}
\widetilde{\operatorname{BRic}}_{\alpha}\left(\tilde{e}_{1}, \tilde{e}_{2}\right)= & \sum_{i=2}^{n} \tilde{R}_{1 i i 1}+\alpha \sum_{j=3}^{n} \tilde{R}_{2 j j 2} \\
= & r^{2} \operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+2(n-1)-(n-1)|d r|^{2}-(n-1) d r\left(e_{1}\right)^{2} \\
& -\left(|d r|^{2}-d r\left(e_{1}\right)^{2}\right)-(p, \nu)\left((n-1) A_{11}-A_{11}\right)+2 \alpha(n-2) \\
& -\alpha(n-2)|d r|^{2}-\alpha(n-2) d r\left(e_{2}\right)^{2}-\alpha\left(|d r|^{2}-d r\left(e_{1}\right)^{2}-d r\left(e_{2}\right)^{2}\right) \\
& -\alpha(p, \nu)\left((n-2) A_{22}-A_{11}-A_{22}\right) \\
= & r^{2} \operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+2(n-1+\alpha(n-2))-(n+\alpha(n-1))|d r|^{2} \\
& -\left((n-2-\alpha) d r\left(e_{1}\right)^{2}+\alpha(n-3) d r\left(e_{2}\right)^{2}\right) \\
& -(p, \nu)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right)
\end{aligned}
$$

## Proposition 3.2.

$$
\operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)=-\sum_{i=1}^{n} A_{1 i}^{2}-\alpha \sum_{j=2}^{n} A_{2 j}^{2}-\alpha A_{11} A_{22}
$$

Proof. Applying Gauss formula we have

$$
\begin{aligned}
\operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right) & =\sum_{i=2}^{n}\left(A_{11} A_{i i}-A_{1 i}^{2}\right)+\alpha \sum_{j=3}^{n}\left(A_{22} A_{j j}-A_{2 j}^{2}\right) \\
& =-\sum_{i=1}^{n} A_{1 i}^{2}+\alpha\left(-A_{22}\left(A_{11}+A_{22}\right)-\sum_{j=3}^{n} A_{2 j}^{2}\right) \\
& =-\sum_{i=1}^{n} A_{1 i}^{2}-\alpha \sum_{j=2}^{n} A_{2 j}^{2}-\alpha A_{11} A_{22}
\end{aligned}
$$

Using the above computation, we obtain the following estimate of the curvature term. This estimate introduces some constraints on $\alpha$ and a second parameter $a$.

Proposition 3.3. Let $a, \alpha>0$ such that $a>\frac{1}{2}, 2 a \geq \alpha$ and

$$
W=\left(a-\frac{1}{2}\right)\left(a-\frac{n-2}{2 n}(1+2 \alpha)\right)-\frac{n-2}{4 n}(1-\alpha)^{2}>0
$$

Let us define

$$
f=\frac{(n-2)^{2}}{8 W}\left(\left(a-\frac{1}{2}\right) \frac{n-2}{n}\left(1+\alpha \frac{n-4}{n-2}\right)^{2}+(1-\alpha)^{2}\left(a+\frac{n-2}{2 n}-\frac{2}{n} \alpha\right)\right)
$$

Then

$$
a r^{2}|A|^{2}+f\left(1-|d r|^{2}\right) \geq-r^{2} \operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+(p, \nu)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right)
$$

Proof. By Proposition 3.2, the right-hand side of the expected inequality satisfies to

$$
\begin{align*}
& -r^{2} \operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+(p, \nu)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right) \\
& =r^{2}\left(\sum_{i=1}^{n} A_{1 i}^{2}+\alpha \sum_{j=2}^{n} A_{2 j}^{2}+\alpha A_{11} A_{22}\right. \\
& \left.\quad+\left(\frac{p}{r^{2}}, \nu\right)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right)\right)  \tag{4}\\
& =r^{2}\left(A_{11}^{2}+\alpha A_{22}^{2}+\alpha A_{11} A_{22}+\sum_{i=2}^{n} A_{1 i}^{2}+\alpha \sum_{j=3}^{n} A_{2 j}^{2}\right. \\
& \left.\quad+\left(\frac{p}{r^{2}}, \nu\right)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right)\right)
\end{align*}
$$

The vector $A_{\Delta}=\left(A_{11}, \cdots, A_{n n}\right)$ belongs to the sub-space $F_{n}=\left\{X \in \mathbb{R}^{n} \mid x_{1}+\cdots+x_{n}=0\right\}$. We write a decomposition in an orthonormal basis of $F_{n}$ as

$$
\left(\begin{array}{c}
A_{11} \\
\vdots \\
A_{n n}
\end{array}\right)=\sum_{i=1}^{n-3}\left(\begin{array}{c}
0 \\
0 \\
E_{i}
\end{array}\right) x_{i}+\frac{1}{\sqrt{2 n(n-2)}}\left(\begin{array}{c}
n-2 \\
n-2 \\
-2 \\
\vdots \\
-2
\end{array}\right) z_{1}+\frac{1}{\sqrt{2}}\left(\begin{array}{c}
1 \\
-1 \\
0 \\
\vdots \\
0
\end{array}\right) z_{2}
$$

where $\left(E_{i}\right)_{1 \leq i \leq n-3}$ is an orthonormal basis of $F_{n-2}$. So we have

$$
\begin{align*}
A_{11}^{2}+ & \alpha A_{22}^{2}+\alpha A_{11} A_{22}+\left(\frac{p}{r^{2}}, \nu\right)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right) \\
= & \left(\frac{\sqrt{n-2}}{\sqrt{2 n}} z_{1}+\frac{z_{2}}{\sqrt{2}}\right)^{2}+\alpha\left(\frac{\sqrt{n-2}}{\sqrt{2 n}} z_{1}-\frac{z_{2}}{\sqrt{2}}\right)^{2}+\alpha\left(\frac{n-2}{2 n} z_{1}^{2}-\frac{1}{2} z_{2}^{2}\right) \\
& +\left(\frac{p}{r^{2}}, \nu\right)\left(\frac{\sqrt{n-2}}{\sqrt{2 n}}(n-2+\alpha(n-4)) z_{1}+\frac{n-2}{\sqrt{2}}(1-\alpha) z_{2}\right)  \tag{5}\\
= & \frac{n-2}{2 n}(1+2 \alpha) z_{1}^{2}+\sqrt{\frac{n-2}{n}}(1-\alpha) z_{1} z_{2}+\frac{1}{2} z_{2}^{2} \\
& +\left(\frac{p}{r^{2}}, \nu\right) \frac{n-2}{\sqrt{2}}\left(\sqrt{\frac{n-2}{n}}\left(1+\alpha \frac{n-4}{n-2}\right) z_{1}+(1-\alpha) z_{2}\right)
\end{align*}
$$

For $a>0$, we are interested in the minimum (if it exists) of

$$
\begin{align*}
a\left(z_{1}^{2}+z_{2}^{2}\right)- & \frac{n-2}{2 n}(1+2 \alpha) z_{1}^{2}-\sqrt{\frac{n-2}{n}}(1-\alpha) z_{1} z_{2}-\frac{1}{2} z_{2}^{2} \\
& -\left(\frac{p}{r^{2}}, \nu\right) \frac{n-2}{\sqrt{2}}\left(\sqrt{\frac{n-2}{n}}\left(1+\alpha \frac{n-4}{n-2}\right) z_{1}+(1-\alpha) z_{2}\right) \tag{6}
\end{align*}
$$

The matrix of the quadratic part of the above expression is

$$
\left(\begin{array}{cc}
a-\frac{n-2}{2 n}(1+2 \alpha) & -\sqrt{\frac{n-2}{4 n}}(1-\alpha) \\
-\sqrt{\frac{n-2}{4 n}}(1-\alpha) & a-\frac{1}{2}
\end{array}\right)
$$

This matrix is positive definite if $a>\frac{1}{2}$ and its determinant is positive:

$$
W=\left(a-\frac{1}{2}\right)\left(a-\frac{n-2}{2 n}(1+2 \alpha)\right)-\frac{n-2}{4 n}(1-\alpha)^{2}>0
$$

If it's the case, by Remark 1 with vector $B=-\left(\frac{p}{r^{2}}, \nu\right) \frac{n-2}{\sqrt{2}}\left(\sqrt{\frac{n-2}{n}}\left(1+\alpha \frac{n-4}{n-2}\right),(1-\alpha)\right)$, the quantity in (6) is lower bounded by

$$
\begin{aligned}
& -\left(\frac{p}{r^{2}}, \nu\right)^{2} \frac{(n-2)^{2}}{8 W}\left(\left(a-\frac{1}{2}\right) \frac{n-2}{n}\left(1+\alpha \frac{n-4}{n-2}\right)^{2}+\frac{n-2}{n}(1-\alpha)^{2}\left(1+\alpha \frac{n-4}{n-2}\right)\right. \\
& \left.+\left(a-\frac{n-2}{2 n}(1+2 \alpha)\right)(1-\alpha)^{2}\right) \\
= & -\left(\frac{p}{r^{2}}, \nu\right)^{2} \frac{(n-2)^{2}}{8 W}\left(\left(a-\frac{1}{2}\right) \frac{n-2}{n}\left(1+\alpha \frac{n-4}{n-2}\right)^{2}+(1-\alpha)^{2}\left(a+\frac{n-2}{2 n}-\frac{2}{n} \alpha\right)\right) \\
= & -\left(\frac{p}{r^{2}}, \nu\right)^{2} f
\end{aligned}
$$

Since $\left(\frac{p}{r}, \nu\right)^{2}=\left(1-|d r|^{2}\right)$, we have then proved that

$$
\begin{aligned}
a\left(z_{1}^{2}+z_{2}^{2}\right)+\frac{f}{r^{2}}\left(1-|d r|^{2}\right) \geq & \frac{n-2}{2 n}(1+2 \alpha) z_{1}^{2}+\sqrt{\frac{n-2}{n}}(1-\alpha) z_{1} z_{2}+\frac{1}{2} z_{2}^{2} \\
& +\left(\frac{p}{r^{2}}, \nu\right) \frac{n-2}{\sqrt{2}}\left(\sqrt{\frac{n-2}{n}}\left(1+\alpha \frac{n-4}{n-2}\right) z_{1}+(1-\alpha) z_{2}\right)
\end{aligned}
$$

Combining this with (4) and (5), if $2 a \geq \alpha$, we have

$$
\begin{aligned}
a|A|^{2}+\frac{f}{r^{2}}\left(1-|d r|^{2}\right) \geq & a\left(\left|A_{\Delta}\right|^{2}+\sum_{i \neq j} A_{i j}^{2}\right)+\frac{f}{r^{2}}\left(1-|d r|^{2}\right) \\
\geq & A_{11}^{2}+\alpha A_{22}^{2}+\alpha A_{11} A_{22}+\left(\frac{p}{r^{2}}, \nu\right)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right) \\
& +a \sum_{i \neq j} A_{i j}^{2} \\
\geq & A_{11}^{2}+\alpha A_{22}^{2}+\alpha A_{11} A_{22}+\sum_{i=2}^{n} A_{1 i}^{2}+\alpha \sum_{j=3}^{n} A_{2 j}^{2} \\
& +\left(\frac{p}{r^{2}}, \nu\right)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right) \\
\geq & -\operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+\frac{(p, \nu)}{r^{2}}\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right)
\end{aligned}
$$

This is the expected estimate
3.3. Proof of Theorem 3.1. Let us assume that the basis is chosen such that $\widetilde{\Lambda}_{\alpha}=$ $\widetilde{\operatorname{BRic}}_{\alpha}\left(\tilde{e}_{1}, \tilde{e}_{2}\right)$. From (3), we are looking for a lower bound for $r^{2}|A|^{2}-\frac{n(n-2)}{2}+\frac{n^{2}-4}{4}|d r|^{2}$. Under the assumptions of Proposition 3.3, $\alpha \leq 1$ (such that $n-2-\alpha \geq \alpha(n-3)$ ) and using

Proposition 3.1, we have

$$
\begin{aligned}
a\left(r^{2}|A|^{2}-\frac{n(n-2)}{2}+\right. & \left.\frac{n^{2}-4}{4}|d r|^{2}\right) \\
\geq & -r^{2} \operatorname{BRic}_{\alpha}\left(e_{1}, e_{2}\right)+(p, \nu)\left((n-2-\alpha) A_{11}+\alpha(n-3) A_{22}\right) \\
& \quad-f\left(1-|d r|^{2}\right)-a \frac{n(n-2)}{2}+a \frac{n^{2}-4}{4}|d r|^{2} \\
\geq- & \widetilde{\operatorname{BRic}}_{\alpha}\left(\tilde{e}_{1}, \tilde{e}_{2}\right)+2(n-1+\alpha(n-2))-(n+\alpha(n-1))|d r|^{2} \\
& \quad-\left((n-2-\alpha) d r\left(e_{1}\right)^{2}+\alpha(n-3) d r\left(e_{2}\right)^{2}\right) \\
& \quad-f\left(1-|d r|^{2}\right)-a \frac{n(n-2)}{2}+a \frac{n^{2}-4}{4}|d r|^{2} \\
\geq & C\left(|d r|^{2}\right)-\widetilde{\Lambda}_{\alpha}
\end{aligned}
$$

where

$$
C(t)=2(n-1+\alpha(n-2))-(2 n-2+\alpha(n-2)) t-f(1-t)-a \frac{n(n-2)}{2}+a \frac{n^{2}-4}{4} t
$$

$C$ is an affine function and $0 \leq|d r|^{2} \leq 1$, so $C\left(|d r|^{2}\right) \geq \min (C(0), C(1))$. We have

$$
\begin{aligned}
C(1)= & 2(n-1+\alpha(n-2))-(2 n-2+\alpha(n-2))-a \frac{n(n-2)}{2}+a \frac{n^{2}-4}{4} \\
& =\alpha(n-2)-a \frac{(n-2)^{2}}{4}=(n-2)\left(\alpha-a \frac{n-2}{4}\right)
\end{aligned}
$$

and

$$
C(0)=2(n-1+\alpha(n-2))-f-a \frac{n(n-2)}{2}
$$

If we consider $a=\frac{11}{10}$ and $\alpha=\frac{40}{43}$, we have $a>\frac{1}{2}, 2 a \geq \alpha, \alpha \leq 1$ and $W=\frac{26697}{184900}>0$. So the above computations apply. We have

$$
C(0)=\frac{731975}{1530628} \simeq 0.47 \quad \text { and } \quad C(1)=\frac{543}{1720} \simeq 0.31
$$

So for these values of $a$ and $\alpha$, and with $\delta=\frac{3}{10} \leq \min (C(0), C(1))$, we have

$$
V=a\left(r^{2}|A|^{2}-\frac{n(n-2)}{2}+\frac{n^{2}-4}{4}|d r|^{2}\right) \geq \delta-\widetilde{\Lambda}_{\alpha}
$$

By (3), the spectral estimate (1) is true. Theorem 3.1 is proved.

## 4. The $\mu$-Bubble construction

In this section, we produce a warped $\mu$-bubble with a spectral Ricci curvature lower bound. So we start with a complete non-compact Riemannian manifold $\left(N^{n}, \bar{g}\right)$ with a spectral lower bound on the $\alpha$-bi-Ricci curvature: there is a smooth function $\bar{V}$ on $N$ such that

$$
\bar{V} \geq \delta-\bar{\Lambda}_{\alpha}
$$

and

$$
\begin{equation*}
\int_{N}|\bar{\nabla} \varphi|_{\bar{g}}^{2} d v_{\bar{g}} \geq \int_{N} \frac{1}{a} \bar{V} \varphi^{2} d v_{\bar{g}} \tag{7}
\end{equation*}
$$

for any $\varphi \in C_{c}^{1}(N)$

Theorem 4.1. Assume $(N, \bar{g})$ as above with $n=5, a=\frac{11}{10}, \alpha=\frac{40}{43}$ and $\delta=\frac{3}{10}$. Let $\Omega_{+}$be a domain in $N$. Then there is a domain $\Omega_{*}$ with

- $\Omega_{+} \subset \Omega_{*} \subset \overline{\mathcal{N}}_{100 \pi}\left(\Omega_{+}\right)$and
- there is a smooth function $V$ on $\Sigma=\partial \Omega_{*}$ such that

$$
V \geq \frac{\delta}{2}-\alpha \lambda^{\Sigma}
$$

and

$$
\begin{equation*}
\frac{4}{4-a} \int_{\Sigma}|\nabla \varphi|^{2} d v_{g} \geq \int_{\Sigma} V \varphi^{2} d v_{g} \tag{8}
\end{equation*}
$$

for any $\varphi \in C^{1}(\Sigma)$ where $g$ is the induced metric on $\Sigma$.
4.1. Construction of the $\mu$-bubble. Because of the spectral control (7) on $N$, we know (see [16]) that there is a positive function $w$ on $N$ such that

$$
\begin{equation*}
-a \bar{\Delta} w=\bar{V} w \geq\left(\delta-\bar{\Lambda}_{\alpha}\right) w \tag{9}
\end{equation*}
$$

Let us recall quickly the construction of the $\mu$-bubble. Let $\Omega_{-}$be a domain in $N$ such that $\Omega_{+} \subset \subset \Omega_{-} \subset \overline{\mathcal{N}}_{100 \pi}\left(\Omega_{+}\right)$. Let $h: \Omega_{-} \backslash \Omega_{+} \rightarrow \mathbb{R}$ be a smooth function such that $\lim _{p \rightarrow \partial \Omega_{+}} h(p)=+\infty$ and $\lim _{p \rightarrow \partial \Omega_{-}} h(p)=-\infty$. Let $\underline{\Omega}$ be a domain with $\Omega_{+} \subset \subset \underline{\Omega} \subset \subset \Omega_{-}$. For any sets of finite perimeter $\Omega$ with $\Omega_{+} \subset \subset \Omega \subset \subset \Omega_{-}$, we consider the quantity

$$
\mathcal{A}(\Omega)=\int_{\partial^{*} \Omega} w^{a}-\int_{U}\left(\chi_{\Omega}-\chi_{\underline{\Omega}}\right) h w^{a}
$$

where $\partial^{*} \Omega$ is the reduced boundary of $\Omega$. By similar argument to the ones in [11, 28], there there is a set of finite perimeter $\Omega_{*}\left(\Omega_{+} \subset \subset \Omega_{*} \subset \subset \Omega_{-}\right)$which minimize the functional $\mathcal{A}$. Moreover its reduced boundary $\partial^{*} \Omega_{*}=\Sigma$ is smooth (see for example [21, 27]).
4.2. Spectral Ricci-curvature bound of the $\mu$-bubble. We denote by $k=n-1$ the dimension of $\Sigma$ and by $\eta$ the outgoing unit normal to $\Sigma$.

As in [12, Proposition 4.2], if $\varphi$ is a function on $\Sigma$, writing the first variation of $\mathcal{A}$ for a variation $\left\{\Omega_{t}\right\}$ of $\Omega_{*}$ generated by $\varphi \eta$ gives

$$
0=\frac{d}{d t} \mathcal{A}\left(\Omega_{t}\right)_{\mid t=0}=\int_{\Sigma}\left(H w^{a}+a w^{a-1} d w(\eta)-h w^{a}\right) \varphi=\int_{\Sigma}\left(H+a w^{-1} d w(\eta)-h\right) w^{a} \varphi
$$

Since this is true for any $\varphi$,

$$
\begin{equation*}
H=h-a d \ln w(\eta) \tag{10}
\end{equation*}
$$

Computing the second derivative of $\mathcal{A}\left(\Omega_{t}\right)$, we obtain

$$
\begin{aligned}
0 \leq \frac{d^{2}}{d t^{2}} \mathcal{A}\left(\Omega_{t}\right)_{\mid t=0}=\int_{\Sigma} w^{a}( & -\varphi \Delta \varphi-\left(|B|^{2}+\overline{\operatorname{Ric}}(\eta, \eta)\right) \varphi^{2}-a w^{-2} d w(\eta)^{2} \varphi^{2} \\
& \left.+a w^{-1} \bar{\nabla}^{2} w(\eta, \eta) \varphi^{2}-a w^{-1}(\bar{\nabla} w, \nabla \varphi) \varphi-d h(\eta) \varphi^{2}\right)
\end{aligned}
$$

where $B$ is the second fundamental form of $\Sigma$. So

$$
\begin{aligned}
0 \leq \int_{\Sigma}-\operatorname{div}\left(w^{a} \varphi \nabla \varphi\right)+w^{a}\left(|\nabla \varphi|^{2}-\right. & \left(|B|^{2}+\overline{\operatorname{Ric}}(\eta, \eta)\right) \varphi^{2}-a w^{-2} d w(\eta)^{2} \varphi^{2} \\
& \left.+a w^{-1} \bar{\nabla}^{2} w(\eta, \eta) \varphi^{2}-d h(\eta) \varphi^{2}\right)
\end{aligned}
$$

Using $\bar{\nabla}^{2} w(\eta, \eta)=\bar{\Delta} w-\Delta w-H d w(\eta)$, we obtain

$$
\begin{align*}
0 \leq \int_{\Sigma} w^{a}\left(|\nabla \varphi|^{2}-\right. & \left(|B|^{2}+\overline{\operatorname{Ric}}(\eta, \eta)\right) \varphi^{2}-a w^{-2} d w(\eta)^{2} \varphi^{2}  \tag{11}\\
& \left.+a w^{-1}(\bar{\Delta} w-\Delta w-H d w(\eta)) \varphi^{2}-d h(\eta) \varphi^{2}\right)
\end{align*}
$$

For $\varphi=w^{-a / 2} \psi$, we have $\nabla \varphi=w^{-a / 2} \nabla \psi-\frac{a}{2} w^{-a / 2-1} \psi \nabla w$. So we can write

$$
\begin{aligned}
\int_{\Sigma} w^{a}\left(|\nabla \varphi|^{2}-a w^{-1} \Delta w \varphi^{2}\right)= & \int_{\Sigma}|\nabla \psi|^{2}-a w^{-1} \psi(\nabla w, \nabla \psi)+\frac{a^{2}}{4} \psi^{2} w^{-2}|\nabla w|^{2}-a \psi^{2} w^{-1} \Delta w \\
= & \int_{\Sigma}|\nabla \psi|^{2}-a \operatorname{div}\left(\psi^{2} w^{-1} \nabla w\right)+a w^{-1} \psi(\nabla w, \nabla \psi) \\
& -\left(a-\frac{a^{2}}{4}\right) \psi^{2} w^{-2}|\nabla w|^{2} \\
= & \int_{\Sigma}|\nabla \psi|^{2}+a w^{-1} \psi(\nabla w, \nabla \psi)-\left(a-\frac{a^{2}}{4}\right) \psi^{2} w^{-2}|\nabla w|^{2}
\end{aligned}
$$

Using that $w^{-1} \psi(\nabla w, \nabla \psi) \leq \varepsilon|\nabla \psi|^{2}+\frac{1}{4 \varepsilon} \psi^{2} w^{-2}|\nabla w|^{2}$ with $\varepsilon=\frac{1}{4-a}$, we get

$$
\int_{\Sigma} w^{a}\left(|\nabla \varphi|^{2}-a w^{-1} \Delta w \varphi^{2}\right) \leq \frac{4}{4-a} \int_{\Sigma}|\nabla \psi|^{2}
$$

From (11) and (9), we then obtain

$$
\begin{align*}
\frac{4}{4-a} \int_{\Sigma}|\nabla \psi|^{2} \geq \int_{\Sigma}\left(|B|^{2}\right. & \left.+\overline{\operatorname{Ric}}(\eta, \eta)+a w^{-2} d w(\eta)^{2}-a w^{-1} \bar{\Delta} w+a H d \ln (\eta)\right) \psi^{2} \\
& +a d h(\eta) \psi^{2} \\
\geq \int_{\Sigma}\left(|B|^{2}\right. & \left.+\overline{\operatorname{Ric}}(\eta, \eta)+\delta-\bar{\Lambda}_{\alpha}+a w^{-2} d w(\eta)^{2}+a H d \ln (\eta)\right) \psi^{2}  \tag{12}\\
& +a d h(\eta) \psi^{2}
\end{align*}
$$

Let $\left(e_{1}, \ldots, e_{k}\right)$ be an orthonormal basis of $\Sigma$. Using Gauss equation, we have

$$
\begin{aligned}
\alpha \operatorname{Ric}^{\Sigma}\left(e_{1}, e_{1}\right)=\alpha \sum_{j=2}^{k} R_{1 j j 1}^{\Sigma} & =\alpha \sum_{j=2}^{k}\left(\bar{R}_{1 j j 1}+B_{11} B_{j j}-B_{1 j}^{2}\right) \\
& =\overline{\operatorname{BRic}}_{\alpha}\left(\eta, e_{1}\right)-\overline{\operatorname{Ric}}(\eta, \eta)+\alpha \sum_{j=2}^{k}\left(B_{11} B_{j j}-B_{1 j}^{2}\right)
\end{aligned}
$$

So assuming that $e_{1}$ is such that $\operatorname{Ric}^{\Sigma}\left(e_{1}, e_{1}\right)=\lambda^{\Sigma}$, we have

$$
\overline{\operatorname{Ric}}(\eta, \eta)-\bar{\Lambda}_{\alpha} \geq \overline{\operatorname{Ric}}(\eta, \eta)-\overline{\operatorname{BRic}}_{\alpha}\left(\eta, e_{1}\right)=-\alpha \lambda^{\Sigma}+\alpha \sum_{j=2}^{k}\left(B_{11} B_{j j}-B_{1 j}^{2}\right)
$$

So the above inequality and using $\operatorname{tr} B=H$ in (12), we then get the inequality

$$
\begin{gathered}
\frac{4}{4-a} \int_{\Sigma}|\nabla \psi|^{2} \geq \int_{\Sigma} \psi^{2}\left(\delta-\alpha \lambda^{\Sigma}+|B|^{2}+\alpha \sum_{j=2}^{k}\left(B_{11} B_{j j}-B_{1 j}^{2}\right)+a(d \ln w(\eta))^{2}\right. \\
+a H d \ln w(\eta)+a d h(\eta)) \\
\geq \int_{\Sigma} \psi^{2}\left(\delta-\alpha \lambda^{\Sigma}+|B|^{2}+\alpha H B_{11}-\alpha \sum_{j=1}^{k} B_{1 j}^{2}+a(d \ln w(\eta))^{2}\right. \\
+a H d \ln w(\eta)+a d h(\eta))
\end{gathered}
$$

Using (10), we have

$$
\begin{aligned}
& K:=|B|^{2}+\alpha H B_{11}-\alpha \sum_{j=1}^{k} B_{1 j}^{2}+a(d \ln w(\eta))^{2}+a H d \ln w(\eta)= \\
& |B|^{2}+\alpha H B_{11}-\alpha \sum_{j=1}^{k} B_{1 j}^{2}+\frac{1}{a}(H-h)^{2}+H(h-H)
\end{aligned}
$$

Let us denote by $\Phi$ the traceless part of $B$ and let $\Phi_{\Delta}$ denote the vector $\left(\Phi_{11}, \ldots, \Phi_{k k}\right) \in F_{k}$. Thus, for $\alpha \leq 2$, we have

$$
K \geq \frac{1}{k} H^{2}+\left|\Phi_{\Delta}\right|^{2}+\frac{\alpha}{k} H^{2}+\alpha H \Phi_{11}-\alpha\left(\frac{1}{k} H+\Phi_{11}\right)^{2}+\frac{1}{a}(H-h)^{2}+H(h-H)
$$

We can write a decomposition of $\Phi_{\Delta}$ in an orthonormal basis of $F_{k}$

$$
\Phi_{\Delta}=\sum_{i=1}^{k-2}\binom{0}{E_{i}} x_{i}+\frac{1}{\sqrt{k(k-1)}}\left(\begin{array}{c}
k-1 \\
-1 \\
\vdots \\
-1
\end{array}\right) z
$$

where $\left(E_{i}\right)_{1 \leq i \leq k-2}$ is an orthonormal basis of $F_{k-1}$. We then have

$$
\begin{aligned}
K & \geq \frac{1}{k} H^{2}+z^{2}+\frac{\alpha}{k} H^{2}+\alpha H \sqrt{\frac{k-1}{k}} z-\alpha\left(\frac{1}{k} H+\sqrt{\frac{k-1}{k}} z\right)^{2}+\frac{1}{a}(H-h)^{2}+H(h-H) \\
& \geq\left(\frac{1}{k}+\frac{\alpha}{k}-\frac{\alpha}{k^{2}}+\frac{1}{a}-1\right) H^{2}+\left(1-\alpha \frac{k-1}{k}\right) z^{2}+\frac{1}{a} h^{2}+\alpha \sqrt{\frac{k-1}{k}}\left(1-\frac{2}{k}\right) H z+\left(1-\frac{2}{a}\right) H h
\end{aligned}
$$

The above expression is a quadratic form in $(H, z, h)$ associated to the matrix

$$
G=\left(\begin{array}{ccc}
\frac{1}{k}+\frac{\alpha}{k}-\frac{\alpha}{k^{2}}+\frac{1}{a}-1 & \frac{\alpha}{2} \sqrt{\frac{k-1}{k}}\left(1-\frac{2}{k}\right) & \frac{1}{2}-\frac{1}{a} \\
\frac{\alpha}{2} \sqrt{\frac{k-1}{k}}\left(1-\frac{2}{k}\right) & 1-\alpha \frac{k-1}{k} & 0 \\
\frac{1}{2}-\frac{1}{a} & 0 & \frac{1}{a}
\end{array}\right)
$$

Notice that this matrix is positive definite if $1-\alpha \frac{k-1}{k}>0$ and $\operatorname{det}(G)>0$. Actually for $k=4, a=\frac{11}{10}, \alpha=\frac{40}{43}$, we have $1-\alpha \frac{k-1}{k}=\frac{13}{43}>0$ and

$$
\operatorname{det}\left(G-\left(\begin{array}{ccc}
0 & 0 & 0 \\
0 & 0 & 0 \\
0 & 0 & \frac{1}{22}
\end{array}\right)\right)=\frac{2599}{1789832}>0
$$

So $K \geq \frac{1}{22} h^{2}$. Finally, for our values of the parameters, we have

$$
\begin{equation*}
\frac{4}{4-a} \int_{\Sigma}|\nabla \psi|^{2} \geq \int_{\Sigma} \psi^{2}\left(\frac{\delta}{2}-\alpha \lambda^{\Sigma}\right)+\psi^{2}\left(\frac{\delta}{2}+\frac{1}{22} h^{2}+a d h(\eta)\right) \tag{13}
\end{equation*}
$$

4.3. End of the proof. We need to choose the domain $\Omega_{-}$and the function $h$. Let $\Psi$ : $N \backslash \Omega_{+} \rightarrow \mathbb{R}_{+}$be a smoothing of the distance function $d_{\bar{g}}\left(\cdot, \partial \Omega_{+}\right)$such that $\frac{1}{2} d_{\bar{g}}\left(\cdot, \partial \Omega_{+}\right) \leq \Psi \leq$ $2 d_{\bar{g}}\left(\cdot, \partial \Omega_{+}\right)$and $|\bar{\nabla} \Psi|_{\bar{g}} \leq 2$. Let $\varepsilon>0$ small such that $(1+\varepsilon) 11 \pi \sqrt{\frac{88}{15}}$ is a regular value of $\Psi$. Let us define $\Omega_{-}=\Omega_{+} \cup\left\{\Phi \leq(1+\varepsilon) 11 \pi \sqrt{\frac{88}{15}}\right\}$. On $\Omega_{-}, d_{\bar{g}}\left(\cdot, \partial \Omega_{+}\right) \leq 2(1+\varepsilon) 11 \pi \sqrt{\frac{88}{15}} \leq 100 \pi$, so $\Omega_{-} \subset \overline{\mathcal{N}}_{100 \pi}\left(\Omega_{+}\right)$.

On $\left\{0<\Psi<(1+\varepsilon) 11 \pi \sqrt{\frac{88}{15}}\right\}$, we consider the function $h$ defined by $h=k \circ \frac{\Psi}{1+\varepsilon}$ where

$$
k(t)=-\sqrt{\frac{33}{10}} \tan \left(\frac{1}{11} \sqrt{\frac{15}{88}} t-\frac{\pi}{2}\right)
$$

for $t \in\left(0,11 \pi \sqrt{\frac{88}{15}}\right)$. We have $\lim _{p \rightarrow \partial \Omega_{ \pm}} h(p)= \pm \infty$. Notice that $k$ solves $-k^{\prime}=\frac{3}{44}+\frac{5}{242} k^{2}$ so

$$
|a d h(\eta)|=a\left|k^{\prime}\left(\frac{\Psi(p)}{1+\varepsilon}\right)\right| \frac{\left|\Psi^{\prime}(p)\right|}{1+\varepsilon} \leq \frac{2 a}{1+\varepsilon}\left(\frac{3}{44}+\frac{5}{242} h^{2}\right) \leq \frac{3}{20}+\frac{1}{22} h^{2}=\frac{\delta}{2}+\frac{1}{22} h^{2}
$$

Hence, the above construction applies and, for our choices of parameters, (13) becomes

$$
\frac{4}{4-a} \int_{\Sigma}|\nabla \psi|^{2} \geq \int_{\Sigma} \psi^{2}\left(\frac{\delta}{2}-\alpha \lambda^{\Sigma}\right)
$$

This ends the proof of Theorem 4.1.

## 5. Stable Bernstein problem

In this section we prove Theorem 1.1. This a consequence of the following volume growth estimate.

Proposition 5.1. Let $F: M^{5} \rightarrow \mathbb{R}^{6}$ be a complete, immersed, two-sided, simply-connected stable minimal hypersurface. Let $\mathcal{B}_{\rho}$ denote the geodesic ball of radius $\rho>0$ centered at some point $p_{0}$ in $M$ (for the induced metric $g$ ). Then

$$
\operatorname{Vol}\left(\mathcal{B}_{\rho}\right) \leq \operatorname{Vol}\left(\mathbb{B}^{5}\right)\left(\frac{800}{43}\right)^{5 / 2}(2 \exp (100 \pi))^{5} \rho^{5}
$$

Proof. First, up to a translation, we may assume that $F\left(p_{0}\right)=0$. Let $\Omega_{+}$be a smooth compact domain in $M$ such that $\mathcal{B}_{\rho} \subset \Omega_{+} \subset \mathcal{B}_{2 \rho}$ and such that $0 \notin F\left(\partial \Omega_{+}\right)$. We consider the Gulliver-Lawson conformal metric $\tilde{g}=r^{-2} g$. By Theorem 3.1 and Theorem 4.1, there is $\Omega_{*}$ a domain in $M$ such that $\Omega_{+} \subset \Omega_{*} \subset \widetilde{\mathcal{N}}_{100 \pi}\left(\Omega_{+}\right)$and $\partial \Omega_{*}$ satisfies the spectral Ricci lower bound (8) for the metric induced by $\tilde{g}$.

By [7, Theorem 1], $M$ has one end. We consider $\Omega_{* *}$ the connected component of $\Omega_{*}$ that contains $\mathcal{B}_{\rho}$. We assume $M$ is simply connected so the unbounded component of $M \backslash \Omega_{* *}$ has only boundary component $\Sigma_{0}$. Let $\Omega^{\prime}$ be the bounded component of $M \backslash \Sigma_{0}$. We have $\mathcal{B}_{\rho} \subset \Omega^{\prime}$ and $\partial \Omega^{\prime} \subset \widetilde{\mathcal{N}}_{100 \pi}\left(\mathcal{B}_{2 \rho}\right)$.

On $\partial \mathcal{B}_{2 \rho}$, the Euclidean distance function $r$ is bounded by $2 \rho$. So, by [10, Lemma 6.2], on $\widetilde{\mathcal{N}}_{100 \pi}\left(\mathcal{B}_{2 \rho}\right)$, the Euclidean distance function $r$ is bounded by $2 \rho \exp (100 \pi)$.

Now, because of the spectral Ricci lower bound (8) and since $\frac{4}{(4-a) \alpha}=\frac{43}{29}<\frac{3}{2}=\frac{k-1}{k-2}$, we can apply the volume estimate of Antonelli and Xu [2, Theorem 1] for the metric $\tilde{g}$ and obtain

$$
\operatorname{Vol}_{\tilde{g}}\left(\Sigma_{0}\right) \leq\left(\frac{\delta}{6 \alpha}\right)^{-2} \operatorname{Vol}\left(\mathbb{S}^{4}\right)=\left(\frac{800}{43}\right)^{2} \operatorname{Vol}\left(\mathbb{S}^{4}\right)
$$

So scaling back to the Euclidean metric

$$
\operatorname{Vol}\left(\Sigma_{0}\right) \leq\left(\frac{800}{43}\right)^{2} \operatorname{Vol}\left(\mathbb{S}^{4}\right)(2 \exp (100 \pi))^{4} \rho^{4}
$$

Finally we can apply the isoperimetric inequality for minimal hypersurfaces in $\mathbb{R}^{n+1}[6,20]$ to obtain

$$
\operatorname{Vol}_{g}\left(\mathcal{B}_{\rho}\right) \leq \operatorname{Vol}_{g}\left(\Omega^{\prime}\right) \leq \operatorname{Vol}\left(\mathbb{B}^{5}\right)\left(\frac{800}{43}\right)^{5 / 2}(2 \exp (100 \pi))^{5} \rho^{5}
$$

Proof of Theorem 1.1. Let $M \leftrightarrow \mathbb{R}^{6}$ be an immersed, connected,complete, two-sided, stable minimal hypersurface. The stability assumption lifts to the universal cover, so we can assume $M$ to be simply connected. By Proposition 5.1, $M$ has Euclidean volume growth. So by [23] (see also [3]), we obtain that $M$ is a flat hyperplane.

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Institut Denis Poisson, CNRS UMR 7013, Université de Tours, Université d’Orléans, Parc de Grandmont, 37200 Tours, France

Email address: laurent.mazet@univ-tours.fr

