

${}^4\text{H}$ $Z = 1$ $N = 3$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 6.882 (0.100) MeV

Qbeta- = 22.196 (0.100) MeV

	Energy T	J+	J-	J-other	T1/2

S-n	=	-1.600 (0.100)	-----		
4H	1		0.000 1 2-		1
4H	2		0.310 1 1-		2 6.73 MEV
4H	3		2.080 1 0-		3 8.92 MEV
4H	4		2.830 1 1-		4 12.99 MEV

S-p	=	0.000 (0.000)	-----		
S-n	=	-1.600 (0.100)	-----		
S-2p	=	0.000 (0.000)	-----		
S-2n	=	4.657 (0.100)	-----		
S-alpha	=	0.000 (0.000)	-----		

S+p	=	-20.679 (0.102)			
S+n	=	0.200 (0.134)			
S+2p	=	-25.112 (0.100)			
S+2n	=	1.112 (0.273)			
S+alpha	=	-6.100 (0.100)			

gap p	=	0.000 (0.000)			
gap n	=	-1.400 (0.167)			
gap 2p	=	0.000 (0.000)			
gap 2n	=	5.769 (0.291)			
gap alpha	=	0.000 (0.000)			