^{3}He $Z = 2$ $N = 1$ adopted link ENSDF link

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

BE = 7.718 (0.120) MeV

	Energy	T	J+	J-	J-other	T1/2
3HE 1	0.000		1/2+			1 STABLE

S-p = 5.493 (0.120)
S-n = 0.000 (0.000)
S-2p = 0.000 (0.000)
S-2n = 0.000 (0.000)
S-alpha= 0.000 (0.000)

S+p = 3.103 (0.244)
S+n = -20.578 (0.120)
S+2p = 7.628 (2.009)
S+2n = -19.843 (0.122)
S+alpha = -1.587 (0.120)

gap p = 8.596 (0.272)
gap n = 0.000 (0.000)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.000 (0.000)