

${}^4\text{He}$ $Z = 2$ $N = 2$ adopted link ENSDF link

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

BE = 28.296 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
-----	-----	-----	-----	-----	-----
4HE 1	0.000 0	0+			1 STABLE

S-p = 19.814 (0.000)-----
S-n = 20.578 (0.120)-----
S-2p = 0.000 (0.000)-----
S-2n = 0.000 (0.000)-----
S-alpha= 0.000 (0.000)-----

S+p = 1.965 (0.050)
S+n = 0.735 (0.020)
S+2p = 1.372 (0.005)
S+2n = -0.975 (0.000)
S+alpha = 0.092 (0.000)

gap p = 21.779 (0.050)
gap n = 21.313 (0.122)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.000 (0.000)