^{5}He $Z = 2$ $N = 3$ adopted link   ENSDF link

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

BE   =   27.561 (0.020) MeV

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

    ----------------------------------------------------------------------------------------------
    S-n    = -0.735 ( 0.020)----------------------------------------------------------------------
      5HE   1 |                     |   0.000 1/2 3/2-|                                1  0.648 MEV
      5HE   2 |                     |   0.000 1/2 3/2-|                                2  0.648 MEV
      5HE   3 |                     |   1.270 1/2 1/2-|                                3  5.57 MEV


    S-p    =  20.679 ( 0.102)-------------------------------------------------------------------
    S-n    =  -0.735 ( 0.020)-------------------------------------------------------------------
    S-2p   =   0.000 ( 0.000)-------------------------------------------------------------------
    S-2n   =  19.843 ( 0.122)-------------------------------------------------------------------
    S-alpha=   0.000 ( 0.000)-------------------------------------------------------------------

    S+p        =  -4.433 ( 0.020)
    S+n        =  -1.710 ( 0.020)
    S+2p       = -10.040 ( 0.020)
    S+2n       =  -1.301 ( 0.021)
    S+alpha    =  -2.308 ( 0.020)

    gap p      =  16.246 ( 0.104)
    gap n      =  -2.445 ( 0.028)
    gap 2p     =   0.000 ( 0.000)
    gap 2n     =  18.542 ( 0.124)
    gap alpha  =   0.000 ( 0.000)
```