^{6}He $Z = 2$ $N = 4$ adopted link ENSDF link

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

BE = 29.271 (0.000) MeV
Qbeta- = 3.505 (0.000) MeV

	Energy	T	J+	J-	J-other		T1/2	
6HE 1	0.000	1	0+			1	806.7 MS	15
S-n = 1.710 (0.020)								
S-2n = 0.975 (0.000)								
6HE 2	1.797	1	2+			2	113 KEV	20
6HE 3					5.600 1 (2+, 1-, 0+)	3	12.1 MEV	11

S-p = 22.589 (0.089)
S-n = 1.710 (0.020)
S-2p = 0.000 (0.000)
S-2n = 0.975 (0.000)
S-alpha= 0.000 (0.000)

S+p = -9.974 (0.000)
S+n = 0.410 (0.008)
S+2p = -27.228 (0.000)
S+2n = -2.125 (0.000)
S+alpha = -7.410 (0.000)

gap p = 12.615 (0.089)
gap n = 2.120 (0.021)
gap 2p = 0.000 (0.000)
gap 2n = -1.150 (0.000)
gap alpha = 0.000 (0.000)