^{10}He $Z = 2$ $N = 8$ adopted link ENSDF link

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

BE = 29.951 (0.093) MeV
Qbeta- = 16.145 (0.094) MeV

	Energy	T	J+	J-	J-other		T1/2	
S-n = -0.190 (0.104)								
S-2n = -1.445 (0.093)								
10HE 1				0.000 3	(0+)	1	300 KEV	200
10HE 2				3.240 3	(2+)	2	1000 KEV	300
10HE 3				6.800 3	(3-)	3	600 KEV	300
10HE 4				0.000	(0+)	4		

S-p = 0.000 (0.000)
S-n = -0.190 (0.104)
S-2p = 0.000 (0.000)
S-2n = -1.445 (0.093)
S-alpha= 0.000 (0.000)

S+p = -15.758 (0.093)
S+n = 0.000 (0.000)
S+2p = -38.697 (0.093)
S+2n = 0.000 (0.000)
S+alpha = -11.668 (0.162)

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