

${}^8\text{Be}$ $Z = 4$ $N = 4$ adopted link ENSDF link

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

BE = 56.499 (0.000) MeV

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

S-alpha=	-0.092 (0.000)	-----			
8BE 1	0.000 0 0+				1 5.57 EV 25
8BE 2	3.030 0 2+				2 1513 KEV 15

S-p = 17.254 (0.000)-----
S-n = 18.899 (0.000)-----
S-2p = 27.228 (0.000)-----
S-2n = 29.576 (0.005)-----
S-alpha= -0.092 (0.000)-----

S+p = 0.186 (0.001)
S+n = -1.665 (0.000)
S+2p = -3.821 (0.000)
S+2n = -8.477 (0.000)
S+alpha = -7.367 (0.000)

gap p = 17.440 (0.001)
gap n = 17.234 (0.000)
gap 2p = 23.407 (0.000)
gap 2n = 21.099 (0.005)
gap alpha = -7.458 (0.000)