

^{14}O $Z = 8$ $N = 6$ adopted link ENSDF link

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

BE = 98.732 (0.000) MeV

Qbeta+ = 5.144 (0.000) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|------|------------------|------|------------|--------------|---------------|
| 140 | 1 0.000 | 1 0+ | | | 1 70.606 S 18 |
| S-p | = 4.627 (0.000) | | | | |
| 140 | 2 | | 5.173 1 1- | | 2 38.1 KEV 18 |
| 140 | 3 5.920 | 1 0+ | | | 3 50 KEV LE |
| 140 | 4 | | 6.272 1 3- | | 4 103 KEV 6 |
| S-2p | = 6.570 (0.000) | | | | |
| 140 | 5 6.590 | 1 2+ | | | 5 60 KEV LE |
| 140 | 6 | | | 6.790 1 - | 6 |
| 140 | 7 7.768 | 1 2+ | | | 7 76 KEV 10 |
| 140 | 8 | | | 8.720 1 | 8 |
| 140 | 9 | | | 9.715 1 (2+) | 9 |
| 140 | 10 9.915 | 1 4+ | | | 10 100 KEV 50 |

S-p = 4.627 (0.000)
S-n = 23.179 (0.010)
S-2p = 6.570 (0.000)
S-2n = 40.148 (0.012)
S-alpha = 10.116 (0.000)

S+p = 1.270 (0.014)
S+n = -13.223 (0.000)
S+2p = 1.401 (0.020)
S+2n = -28.887 (0.000)
S+alpha = -5.115 (0.000)

gap p = 5.897 (0.014)
gap n = 9.955 (0.010)
gap 2p = 7.971 (0.020)
gap 2n = 11.261 (0.012)
gap alpha = 5.001 (0.000)