^{34}Mg $Z = 12$ $N = 22$ link to full NNDC output

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 256.713 (0.029) MeV
Qbeta- = 11.324 (0.029) MeV

	Energy	T	J+	J-	J-other		T1/2	
34MG 1	0.000		0+			1	20 MS	10
34MG 2	0.660		2+			2	40 PS	8
34MG 3					2.120 (4+)	3		

S-p = 22.746 (0.451)
S-n = 4.710 (0.029)
S-2p = 0.000 (0.000)
S-2n = 6.990 (0.029)
S-alpha= 17.382 (0.255)

S+p = -15.836 (0.030)
S+n = -0.755 (0.271)
S+2p = -35.337 (0.077)
S+2n = -4.086 (0.691)
S+alpha = -14.919 (0.109)

gap p = 6.910 (0.452)
gap n = 3.955 (0.273)
gap 2p = 0.000 (0.000)
gap 2n = 2.905 (0.691)
gap alpha = 2.463 (0.277)