

$^{44}\text{Si}$        $Z = 14$        $N = 30$       [link to full NNDC output](#)

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

BE      =      0.000 ( 0.000) MeV

		Energy	T	J+		J-		J-other		T1/2	
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44SI	1		0.000	0+						1	360 NS GT