

$^{56}\text{Ca}$        $Z = 20$        $N = 36$       [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
56CA	1	0.000	0+			1 11 MS 2