

$^{46}\text{Mn}$        $Z = 25$        $N = 21$       [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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46MN 1					0.000 2 (4+)	1 36.2 MS 4
46MN 2		5.017	0+			2