

$^{70}\text{Fe}$        $Z = 26$        $N = 44$       [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		
70FE	1		0.000	0+		1	65 MS	6
70FE	2					0.480	(2+)	2
70FE	3					1.346	(4+)	3