

^{116}Ba $Z = 56$ $N = 60$ [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
116BA	1		0.000	0+		1 1.3 S 2