

$^{164}\text{Gd}$        $Z = 64$        $N = 100$       [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
164GD 1	0.000		0+			1 45 S 3
164GD 2					0.073 (2+)	2 2.77 NS 14
164GD 3					0.241 (4+)	3
164GD 4					0.503 (6+)	4
164GD 5					0.852 (8+)	5
164GD 6					1.035 (3+)	6
164GD 7					1.096 (4-)	7 0.580 US 23
164GD 8					1.283 (10+)	8
164GD 9					1.794 (12+)	9
164GD 10					2.376 (14+)	10