

^{140}Dy $Z = 66$ $N = 74$ [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	
140DY	1	0.000	0+						1	
140DY	2					0.202	(2+)		2	
140DY	3					0.566	(4+)		3	
140DY	4					1.042	(6+)		4	
140DY	5					1.592	(8+)		5	
140DY	6					2.166	(8-)		6	7.0 US 5