

$^{144}\text{Er}$        $Z = 68$        $N = 76$       [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	
144ER	1	0.000	0+						1	200 NS GE
144ER	2	0.330	2+						2	