

$^{184}\text{Yb}$        $Z = 70$        $N = 114$       [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		
184YB	1		0.000	0+						1	160 NS	GT