

^{190}Po $Z = 84$ $N = 106$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1472.397 (0.013) MeV

Qbeta+ = 6.036 (0.026) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-7.693	(0.018)	-----		
190PO	1 0.000	0+			1 2.46 MS 5
190PO	2			0.234 (2+)	2
190PO	3			0.532 (4+)	3
190PO	4			0.902 (6+)	4
S-2p =	1.326	(0.017)	-----		
190PO	5			1.339 (8+)	5
S-p =	1.788	(0.025)	-----		
190PO	6			1.837 (10+)	6
190PO	7			2.402 (12+)	7
190PO	8			3.040 (14+)	8

S-p = 1.788 (0.025)-----
 S-n = 11.213 (0.026)-----
 S-2p = 1.326 (0.017)-----
 S-2n = 20.162 (0.024)-----
 S-alpha= -7.693 (0.018)-----

S+p = 1.139 (0.021)
 S+n = -8.576 (0.015)
 S+2p = 0.000 (0.000)
 S+2n = -19.650 (0.017)
 S+alpha = 7.862 (0.022)

gap p = 2.927 (0.032)
 gap n = 2.637 (0.030)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.513 (0.030)
 gap alpha = 0.169 (0.028)