

^{208}Po $Z = 84$ $N = 124$ [link to full NNDC output](#)

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

BE = 1630.587 (0.002) MeV

Qbeta+ = 1.401 (0.003) MeV

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

S-alpha=	-5.215	(0.002)	-----		
208PO 1	0.000	0+			1 2.898 Y 2
208PO 2	0.687	2+			2
208PO 3	1.263	2+			3
208PO 4	1.272	0+			4 465 PS 20
208PO 5	1.347	4+			5
208PO 6	1.420	3+			6
208PO 7	1.524	6+			7 4.01 NS 25
208PO 8	1.528	8+			8 350 NS 20
208PO 9	1.539	2+			9
208PO 10	1.583	4+			10

208PO 11				1.995 2-,3-	11
208PO 12	2.041	6+			12
208PO 13				2.149 3+,4+,5+	13
208PO 14	2.160	8+			14
208PO 15	2.241	9+			15
208PO 16				2.281 3+,4+,5+	16
208PO 17	2.294	6+			17
208PO 18	2.335	7+			18
208PO 19			2.369 7-		19 1.4 NS LT
208PO 20				2.415 7+,8+	20

208PO 21				2.507 6+,7+	21
208PO 22	2.526	5+			22
208PO 23	2.555	10+			23
208PO 24	2.556	7+			24
208PO 25				2.575 6-,7-	25
208PO 26			2.703 11-		26 8.04 NS 14
208PO 27			2.800 9-		27 0.35 NS LT
208PO 28			2.884 5-		28
208PO 29			2.927 5-		29
208PO 30			3.113 7-		30

208PO 31				3.145 6+,7+,8+	31
208PO 32				3.202 6+,7+,8+	32
208PO 33			3.400 12-		33 1.0 NS LT
208PO 34			3.525 11-		34
208PO 35				3.535 5+,6+	35
208PO 36			3.546 13-		36 0.76 NS 14

208PO	37				3.553	5-				37				
208PO	38				3.565	6-				38				
208PO	39				3.683	6-				39				
208PO	40							3.808	6-,7-	40				

208PO	41				3.901	13-				41				
208PO	42							4.019	(5,6,7)-	42				
208PO	43				4.057	14-				43	0.7 NS	LT		
208PO	44				4.062	15-				44				
208PO	45				4.167	7-				45				
208PO	46				4.177	13-				46	0.35 NS	LT		
208PO	47							4.251	(5,6,7)-	47				
208PO	48				4.307	14-				48				
208PO	49							4.452	14-,15-,16-	49				
208PO	50							4.509	(5+,6,7+)	50				

208PO	51				4.660	15-				51	0.7 NS	LT		
S-p	=	4.704	(0.003)	-----									
208PO	52				4.805	15-				52				
208PO	53							4.913	12,13,14	53				
208PO	54		4.918	16+						54	0.35 NS	LT		
208PO	55							4.920	(14,15,16-)	55	1.0 NS	LT		
208PO	56				4.920	16-				56	0.7 NS	LT		
208PO	57							5.103	15+,16+,17+	57	1.4 NS	LT		
208PO	58		5.117	17+						58	0.7 NS	LT		
208PO	59		5.262	14+ T 18+						59	1.4 NS	LT		
208PO	60							5.327	14-,15,16,17,18	60-	7 NS	LT		

208PO	61							5.409	15(+),16(+),17(61+)	0.35 NS	LT		
208PO	62							5.465	15,16,17,18-	62				
208PO	63		5.475	18+						63	0.35 NS	LT		
208PO	64							5.861	16+,17+,18+	64	0.7 NS	LT		
208PO	65		5.900	19+						65	0.35 NS	LT		
208PO	66							5.921	15+,16,17,18,19	66+	0.7 NS	LT		
208PO	67							5.977	16+,17,18,19,20	67+	0.35 NS	LT		
208PO	68		6.021	15+ T 19+						68	0.35 NS	LT		
208PO	69							6.052		69	0.7 NS	LT		
208PO	70							6.486	15,16,17	70	0.7 NS	LT		

208PO	71							6.510	16(+),17(+),18(71+)	0.7 NS	LT		
208PO	72							6.521	17+,18,19,20+	72	14 NS	LT		
208PO	73							6.598		73	14 NS	LT		
208PO	74							6.620	(19-)	74	14 NS	LT		
208PO	75		6.641	19+						75	0.7 NS	LT		
208PO	76							6.648		76	14 NS	LT		
208PO	77							6.848	18-,19-,20-	77	0.7 NS	LT		
208PO	78							6.898		78	0.7 NS	LT		
208PO	79							6.915		79				
208PO	80		6.951	17+ T 21+						80	14 NS	LT		

208P0	81				7.476		81	7	NS	LT
208P0	82				7.653		82	14	NS	LT
208P0	83				7.705		83	0.35	NS	LT
208P0	84				7.785		84	0.35	NS	LT
208P0	85				7.932		85	7	NS	LT
208P0	86				8.023		86	7	NS	LT
208P0	87				8.106		87	0.7	NS	LT
S-2p	=	8.262	(0.002)	-----					
208P0	88				8.395		88	0.7	NS	LT
S-n	=	8.395	(0.007)	-----					
208P0	89				8.731		89			
208P0	90				8.835		90	1.4	NS	LT
-----							-----			
208P0	91				8.895		91	0.7	NS	LT
208P0	92				8.992		92			
208P0	93				9.033		93			
208P0	94				9.161		94			
208P0	95				9.644		95			
S-p	=	4.704	(0.003)	-----					
S-n	=	8.395	(0.007)	-----					
S-2p	=	8.262	(0.002)	-----					
S-2n	=	15.424	(0.004)	-----					
S-alpha	=	-5.215	(0.002)	-----					
S+p	=	-2.702	(0.005)						
S+n	=	-6.968	(0.003)						
S+2p	=	-6.713	(0.005)						
S+2n	=	-14.626	(0.002)						
S+alpha	=	6.385	(0.004)						
gap p	=	2.002	(0.006)						
gap n	=	1.428	(0.007)						
gap 2p	=	1.549	(0.005)						
gap 2n	=	0.797	(0.005)						
gap alpha	=	1.170	(0.004)						