

^{214}Po $Z = 84$ $N = 130$ [link to full NNDC output](#)

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

BE = 1666.015 (0.001) MeV

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

S-alpha=	-7.833	(0.002)	-----		
214Po 1	0.000	0+			1 164.3 US 20
214Po 2	0.609	2+			2
214Po 3				1.015 (4+)	3
214Po 4				1.275 (3)-	4
214Po 5	1.378	2+			5
214Po 6	1.415	0+			6 99 PS 3
214Po 7	1.543	2+			7
214Po 8	1.661	2+			8
214Po 9				1.713 (3)+	9
214Po 10	1.730	2+			10

214Po 11	1.743	0+			11
214Po 12	1.765	1+			12
214Po 13	1.847	2+			13
214Po 14	1.890	2+			14
214Po 15				1.995 (2)-	15
214Po 16	2.011	2+			16
214Po 17	2.017	0+			17
214Po 18				2.088 1+,1-,2+	18
214Po 19	2.119	1+			19
214Po 20				2.148 1(-),2+	20

214Po 21	2.193	2+			21
214Po 22	2.204	1+			22
214Po 23				2.209 (2,3)	23
214Po 24				2.266 1(-),2+	24
214Po 25				2.293 1(+),2+	25
214Po 26				2.348 1+,1-,2+	26
214Po 27				2.361 1+,1-,2+	27
214Po 28				2.423 1+,1-,2+	28
214Po 29			2.448 1-		29
214Po 30				2.482 (2)+	30

214Po 31				2.505 1(-),2+	31
214Po 32				2.508	32
214Po 33				2.545	33
214Po 34				2.553	34
214Po 35				2.562	35
214Po 36				2.605 (2+)	36
214Po 37				2.631 1+,1-,2+	37

214P0	38				2.662	(2+)	38
214P0	39				2.695	1(-),2+	39
214P0	40				2.699	1-,2+	40

214P0	41				2.719	1+,1-,2+	41
214P0	42				2.729	1,2	42
214P0	43				2.770	1+,1-,2+	43
214P0	44				2.786	1+,1-,2+	44
214P0	45				2.794		45
214P0	46				2.803		46
214P0	47				2.827	1+,1-,2+	47
214P0	48				2.861	1+,1-,2+	48
214P0	49				2.870		49
214P0	50				2.880	1+,1-,2+	50

214P0	51				2.894	1+,1-,2+	51
214P0	52				2.897		52
214P0	53				2.920		53
214P0	54				2.922	1+,1-,2+	54
214P0	55				2.929	1+,1-,2+	55
214P0	56				2.935	1+,1-,2+	56
214P0	57				2.941	1(-),2+,2-	57
214P0	58				2.963		58
214P0	59				2.968		59
214P0	60				2.979	1+,1-,2+	60

214P0	61				2.986	(1-),2+,2-	61
214P0	62				3.000	1(-),2+	62
214P0	63				3.003		63
214P0	64				3.006		64
214P0	65				3.014	1+,1-,2+	65
214P0	66				3.022		66
214P0	67				3.030		67
214P0	68				3.039		68
214P0	69				3.054	1+,1-,2+	69
214P0	70				3.068		70

214P0	71				3.079		71
214P0	72				3.082	1+,1-,2+	72
214P0	73				3.094	1(-),2+	73
214P0	74				3.139		74
214P0	75				3.143	1+,1-,2+	75
214P0	76				3.149	1+,1-,2+	76
214P0	77				3.160	1+,1-,2+	77
214P0	78				3.164		78
214P0	79				3.173		79
214P0	80				3.184	1+,1-,2+	80

214P0	81				3.262		81

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S-p    =  6.527 ( 0.005)-----  
S-n    =  5.888 ( 0.003)-----  
S-2p   = 11.499 ( 0.002)-----  
S-2n   = 10.243 ( 0.002)-----  
S-alpha= -7.833 ( 0.002)-----  
  
S+p    = -4.075 ( 0.007)  
S+n    = -4.143 ( 0.003)  
S+2p   = -9.855 ( 0.006)  
S+2n   = -9.890 ( 0.002)  
S+alpha =  7.263 ( 0.003)  
  
gap p   =  2.453 ( 0.009)  
gap n   =  1.745 ( 0.004)  
gap 2p  =  1.644 ( 0.007)  
gap 2n  =  0.353 ( 0.003)  
gap alpha = -0.571 ( 0.004)
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