

Table 8.1 from (84AJ01): Energy levels of ${}^8\text{He}$

E_x (MeV)	$J^\pi; T$	$\tau_{1/2}$ (msec)	Decay	Reactions
g.s.	$0^+; 2$	119 ± 1.5	β^-	1, 2
2.6 ± 0.2	$(2^+); 2$			2