

Nuclear Decay

Type	ΔZ	ΔA	Q
α	-2	-4	$(M_P - M_D - M_{\text{He}})c^2$
β	+1	0	$(M_P - M_D)c^2$
e. c.	-1	0	$(M_P - M_D)c^2$
β^+	-1	0	$(M_P - M_D - 2m_e)c^2$
γ	0	0	$(M_P - M_D)c^2$

$$u = 931.494 \text{ MeV}/c^2$$

$$2m_e c^2 = 1.02200 \text{ MeV}$$

$$M_{\text{He}} = 4.002602 \text{ u}$$

e. c. = electron capture

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