

¹¹⁶La-1

The 2 μ s isomer of ¹¹⁶La was first observed in 2022 by W. Zhang et al. at the University of Jyväskylä, Jyväskylä, Finland ([2022Zh76](#)).

[2022Zh76](#) W. Zhang, B. Cederwall, O. Aktas, X. Liu *et al.*, Commun. Phys. **5**, 285 (2022).

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