

$^{164}\text{Tb-1}$

The 2# m isomer of ^{164}Tb was first observed in 2020 by R.Orford et al. at Argonne National Laboratory, Argonne, Illinois ([2020Or03](#)).

[2020Or03](#) R. Orford, F. G. Kondev, G. Savard, J. A. Clark *et al.*, Phys. Rev. C **102**, 011303 (2020).

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