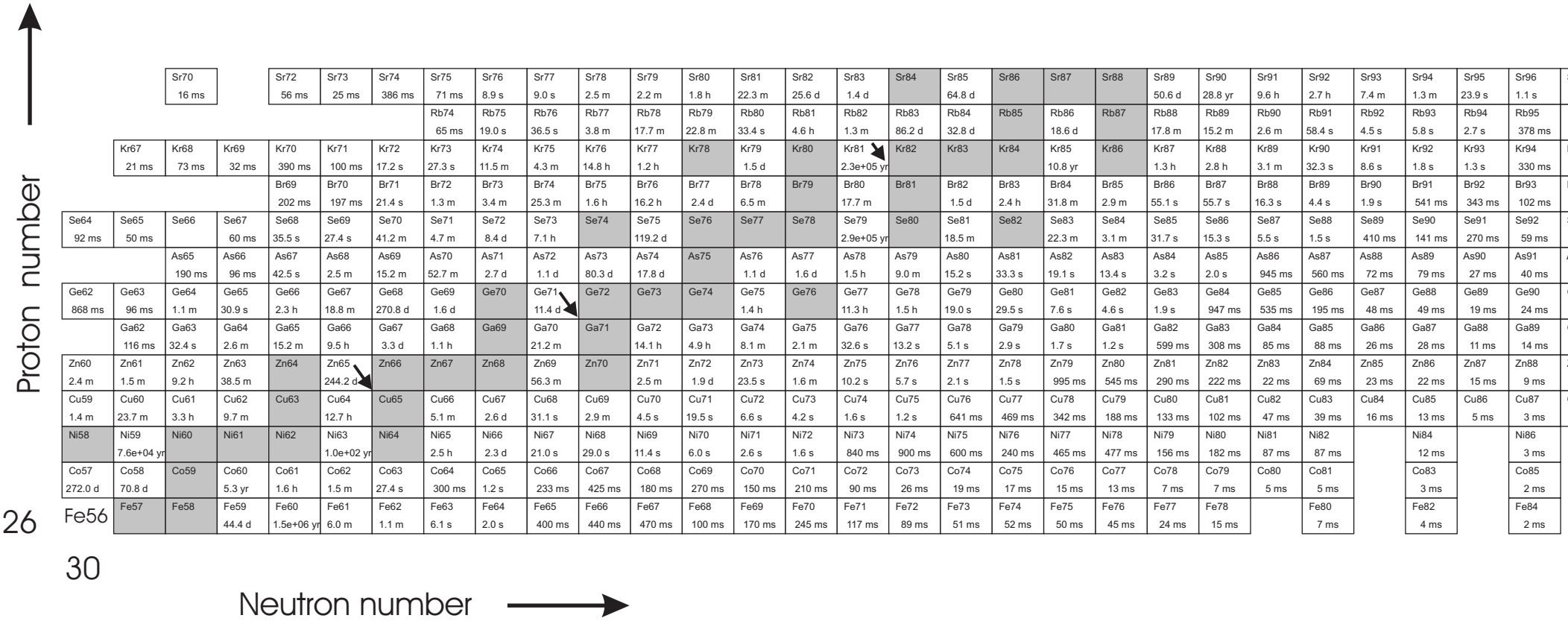
Chart of nuclides and the neutron capture processes

Legend:

Grey filled square: stable nucleus (Fe56 is also stable)

White square: unstable nucleus. To the "right" of the stable nuclei, these decay by β^- decay (a neutron is converted into a proton) with a half-life indicated by the number.

Ms=millisecond, s=second, m=minute, h=hour, d=days, yr=years

↘ Caution ! Nucleus decays via β+ decay in the direction of the arrow (proton is converted into a neutron)