| Isotope | $Q_{\beta\beta}$ (MeV) | Isotopic abundance (%) |
|---|---|---|
| $^{48}$Ca | 4.271 | 0.0035 |
| $^{76}$Ge | 2.039 | 7.8 |
| $^{82}$Se | 2.995 | 9.2 |
| $^{96}$Zr | 3.350 | 2.8 |
| $^{100}$Mo | 3.034 | 9.6 |
| $^{116}$Cd | 2.802 | 7.5 |
| $^{128}$Te | 0.868 | 31.7 |
| $^{130}$Te | 2.533 | 34.5 |
| $^{136}$Xe | 2.479 | 8.9 |
| $^{150}$Nd | 3.367 | 5.6 |