500 MHz Solution-state NMR Procedure

(Bruker AVANCE Machines running TopSpin under WINDOWS XP)

Jerry Hu, x7914, jghu@mrl.ucsb.edu
Shamon Walker, x3248 shamonwalker@mrl.ucsb.edu
Materials Research Laboratory
University of California
Santa Barbara
Version 4.0, Last Modified Jan. 14th, 2019
***Safety Issues***

⚠️ If you have metal implants, DO NOT do NMR yourself;

⚠️ Take everything ferromagnetic or vulnerable to magnetic field, such as mechanic watches, cellular phones, keys, credit cards, bank cards, tapes, computer disks, etc., out of your pockets and put them somewhere away from magnets;

---

**Table of Contents**

500 MHz Solution-state NMR Procedure ................................................................. 1
I. Facilities Billing System (FBS) ........................................................................... 3
II. Sample preparation .......................................................................................... 4
III. Sign onto Logsheet ......................................................................................... 4
IV. Start TopSpin Software .................................................................................. 8
V. How to Load/Change Samples ......................................................................... 5
VI. H-NMR Setup and Data Acquisition ............................................................... 8
VII. Finishing Up .................................................................................................. 15
VIII. Go To Data Processing Workstation ............................................................ 16
IX. Acquiring and Processing -C NMR (1H decoupled) ....................................... 17

IX. Appendices ..................................................................................................... 19
A. Lock troubleshooting ....................................................................................... 19
B. Manual Shimming ........................................................................................... 19
C. Phase 1D Spectrum Manually .......................................................................... 27
D. LB and Window Function ............................................................................... 29
E. Plot Editor ......................................................................................................... 29
F. Spin Dynamics and Relaxation ........................................................................ 30
G. Probe Tuning and Matching ........................................................................... 31
H. Online NMR Book and Bruker NMR Encyclopedia ..................................... 32
I. Requirements for Access to the MRL NMR at CNSI .................................... 32

X. NMR Basic Principles ....................................................................................... 33
I. Facilities Billing System (FBS)

To Schedule time and to use the instrument computer a FBS account is required. After training you will receive an invite for FBS or if you already have a FBS account the 400MHz DNP calendar will be added to it.

The instrument time is billed through FBS. Your FBS time = your recharged time. Recharge is calculated at an hourly rate. For current recharge rates go to the MRL website, http://www.mrl.ucsb.edu/sites/default/files/mrl_docs/rechargerate.pdf

- To begin an instrument session, you must log onto FBS first and either click on Start Timer if a reservation has already been made or select Walk-Up.
  
  To do so use the FBS designated computer in the lab or any internet connected device, and navigate to http://ucsb.fbs.io

- Now you can log onto your account on the instrument computer. Remember to log off your computer account when finished.

- Once the session is finished you must log into your FBS account and click Stop Timer. This will stop your FBS time. If you do not do this you could incur extra charges.

- The paper log sheet by the instrument is used as back up for the FBS system. Remember to mark you time, recharge number, and any notes or problems you would like to convey, feel free to use as many lines on the page as needed to be clear.

⚠️ No shows will be charged 75% of the scheduled time. If you cannot use your reserved time cancel it.

⚠️ FBS records the billable time as the longer time between the scheduled time and the time used. So if your scheduled time is longer than the actual time on the instrument then the scheduled time will be charged.
II. Sample preparation

1. NMR tube parameters:
   - 5mm O.D. (outer diameter)
   - 7 or 8 inch length
   - Tubes must be 500MHz grade or higher.

2. Sample Parameters:
   - Concentration: >0.1 mM and >50 mM for $^1$H and $^{13}$C, respectively,
   - Volume: ~ 0.6 ml (or > 4 cm in height for 5 mm tubes).

Samples are dissolved in deuterated solvents for three purposes:

i. Deuteration removes solvent $^1$H signals which would otherwise dominate the $^1$H spectrum.
ii. Deuterons provide a lock signal.

Lock is a deuterium NMR process that the spectrometer uses to prevent the magnetic field from changing during the course of nmr experiments, thus locking the spectrometer.

iii. Deuterons provide an internal reference for the spectra of $^1$H, $^{13}$C, $^{29}$Si, $^{31}$P, etc., rendering addition of reference standards such as TMS unnecessary.

⚠️ Label your samples with your name and your advisor’s name. This helps us take care of unknown samples.

III. Sign onto Logsheet

Enter
1. your name
2. your advisor’s name and department
3. your start time
4. (Do this at the end of experiment: your stop time and duration of experiment)
5. (Do this at the end of experiment: Status of instrument and report problems if any)

IV. Start TopSpin Software

1. Login into the WINDOWS computer:

2. Double click the TopSpin icon on the desktop, the last dataset from your previous login session will appear.

⚠️ Power of right-click provides more functions and options. If you cannot find something you want, try the right mouse button.
V. How to Load/Change Samples

1. Load samples onto the sample changer as below:
   i. Put samples in the blue spinners, measure depth with the depth gauge.
ii. Clean the bottom half of sample tube with napkin while holding the top half; iii. Load them in the slots sequentially to the left of the white plastic piece with words “TO START:”, starting with the first slot. iv. Please check that all samples have been correctly loaded and record the position of samples.

The rotation of sample tray is controlled by air either manually or automatically, depending on whichever mode is set and used. The rotation is clockwise when viewed from the top.
2. Push “Lift ON/OFF” button on the BSMS panel. The CDCl3 sample will come up and the sample tray will rotate. The 1st sample will be at the position to load and descend to the top of shim stack;

3. After ~10s (or when you don’t see the sample), press “Lift ON/OFF” button on the BSMS panel again to let the sample go down into the magnet. Wait for 10~15s for sample status LED to show DOWN (green); 
4. Place the D,O sample in the next available slot following your sample(s), which would be the 1st slot if you have only one sample to run; 
5. Run experiments using the procedure below for the 1st sample; 
6. Once done with the 1st sample, repeat steps 2, 3, and 5 for the next sample and other samples if available; 
7. Once done with all samples, do steps 2 and 3 to load the D,O sample, and lock the magnet for wrap-up as described in “Finishing up” at the end of the procedure.
V. $^1$H-NMR Setup and Data Acquisition

The guide will walk you through the data acquisition process interactively.

1. Click on **New Experiment** (or File → New) [New] (Words in brackets are the corresponding commands): a window pops up where you can
Prepare for a new experiment by creating a new data set and initializing its NMR parameters according to the selected experiment type.

<table>
<thead>
<tr>
<th>Name*</th>
<th>Soil_Decomposition (e.g.)</th>
<th>(meaningful or descriptive)</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXPNO*</td>
<td>1</td>
<td>(start with 1)</td>
</tr>
<tr>
<td>PROCNO</td>
<td>1</td>
<td>(start with 1)</td>
</tr>
<tr>
<td>DIR</td>
<td>C:\Bruker\TOPSPIN</td>
<td>(don’t change)</td>
</tr>
<tr>
<td>USER</td>
<td>nmrusu</td>
<td>(e.g. ssmith)</td>
</tr>
<tr>
<td>Solvent</td>
<td>CCl₃</td>
<td>(leave it alone b/c it will be set when locking)</td>
</tr>
<tr>
<td>Experiment</td>
<td>e.g. PROTON</td>
<td>(experiment you want to do)</td>
</tr>
<tr>
<td></td>
<td>or choose “Use Current Params” if you want to run the same experiment as the current data in display.</td>
<td></td>
</tr>
<tr>
<td>Title</td>
<td>IH zg Soil from Hawaii, pH=7, CCl₃</td>
<td>(any information useful for current sample, project, and/or experiment)</td>
</tr>
</tbody>
</table>

*⚠️: IF YOU DO NOT CHANGE EITHER THE NAME OR THE EXPNO OF YOUR DATASET, YOU MAY OVERWRITE YOUR OLD DATA AND LOSE IT FOREVER.

$: To display an old dataset, go to the browser on the left, find and right-click on the desired dataset, and choose “Display” or “Display in a New Window”.
2. Click on **Lock**, which opens a solvents table. Select the solvent for your sample followed by **OK**. Wait for 1-2 min until you see that the Lock ON/OFF button on BSMS panel stays steady and a flat line (maybe noisy) sweeps back and forth in alternative red/green colors near the top of the lock window below. [See **Appendix A: Lock troubleshooting**].

<table>
<thead>
<tr>
<th>Solvent</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetic</td>
<td>acetic acid-d4</td>
</tr>
<tr>
<td>Acetone</td>
<td>acetone-d6</td>
</tr>
<tr>
<td>C6D6</td>
<td>benzene-d6</td>
</tr>
<tr>
<td>CD3Cl2</td>
<td>methylenechloride-d2</td>
</tr>
<tr>
<td>CD3CN</td>
<td>acetonitrile-d3</td>
</tr>
<tr>
<td>CDO3</td>
<td>chloroform-d</td>
</tr>
<tr>
<td>CH3CN+D2O</td>
<td>HPLC Solvent (Acetonitril/D2O)</td>
</tr>
<tr>
<td>CH3CH+D2O</td>
<td>HPLC Solvent (Methanol/D2O)</td>
</tr>
<tr>
<td>D2O</td>
<td>deuteriumoxide</td>
</tr>
<tr>
<td>DME</td>
<td>dimethylether-d10</td>
</tr>
<tr>
<td>Dioxane</td>
<td>dioxane-d8</td>
</tr>
<tr>
<td>DMF</td>
<td>dimethylformamide-d7</td>
</tr>
<tr>
<td>DMSO</td>
<td>dimethylsulfoxide-d6</td>
</tr>
<tr>
<td>EtOH</td>
<td>ethanol-d6</td>
</tr>
<tr>
<td>H2O+D2O</td>
<td>50%H2O and 10%D2O</td>
</tr>
<tr>
<td>MeOD</td>
<td>methanol-d4</td>
</tr>
<tr>
<td>oC6D4Cl2</td>
<td>o-dichlorobenzene-d4</td>
</tr>
<tr>
<td>Pyr</td>
<td>pyridine-d5</td>
</tr>
<tr>
<td>TCE</td>
<td>1,1,2-tetrachloroethane-d2</td>
</tr>
<tr>
<td>TFA</td>
<td>trifluoroacetic acid-d</td>
</tr>
<tr>
<td>THF</td>
<td>tetrahydrofurane-d8</td>
</tr>
<tr>
<td>Tol</td>
<td>toluene-d8</td>
</tr>
</tbody>
</table>

Wait for lock to complete and display: “Lock Finished”
3. Don’t Click on Sample Rotation, just consider it a checklist item: Make sure Sample Rotation is OFF.

Press the “Spin ON/OFF” button on the BSMS panel to toggle sample rotation ON and OFF. When turning on, the button will be lit flashing first and then becomes steady in about 15 s.

4. Gradient shimming (for manual shimming “by-hand” see Appendix B)
   a) Click on Shim and choose “Gradient Shimming”

![Gradient Shimming Interface](image)

   b) Click on the “star” and choose “deflt1d2h_2step”

   c) Click on Start Gradient Shimming to start gradient shimming, which will shim the sample twice. Please wait for 3-4 min. until you see the shimming map below.
The X axis is the field strength felt by the subvolumes of sample at different positions along the tube axis. Only the bottom 40 mm of the sample is in effect, with -20 being the bottom, +20 the top, and 0 the center. Obviously, the more straight the vertical lines, the better the shimming. Normally the 2nd shimming improves the sample field homogeneity over the 1st one, as indicated by the grey curve and red curve, respectively.

d) Click on **OK** to close the “Shim results” window, on **Exit** to close the “Gradient Shimming” window, and on the last button to close the gradient shimming dataset.

e) Now you’re done with shimming and it is time to proceed for experiments.

Please see [Appendix B: Manual Shimming](#) for how to shim manually..
5. Click on Acquisition Pars [ased] for modification of parameters. “NS” = 8 and “DS” = 0 for simple H experiment

Please refer to Appendix for simple spin dynamics of one-pulse FT-NMR.

6. Click on Prosol Pars. [prosol] to read the prosol (instrument dependent) parameters (Power levels, e.g., “PL1”, and Pulse lengths, e.g., “P1”).

7. Click on Receiver Gain and set Options to “Determine RG values automatically” [rga] based on the sample under study.

After OK is clicked, wait for message “rga finished” in the status bar of TopSpin window to occur, indicating completion of rg setting.

8. Click on Start Acquisition [zg]

9. Once complete: make sure to quickly process every acquisition to make sure there are no problems with the data:
   i. Fourier Transform (type command: efp)
   ii. Auto-phasing (type: apk)
   iii. Baseline correction (type: abs n)
Three of the buttons near the top of the window may be used to:

- Stop the acquisition [stop] with the data in buffer discarded
- Halt the acquisition [halt] with the data in buffer saved to disk
- Close the FID window

To monitor the acquisition status, just look at the Status Parameters to the right of FID. When Res. Time = 0, acquisition is completed and it is time to process the raw data. Or look at the bottom right of the Topspin status bar.

Click to close the FID window once acquisition finishes.
VI. Finishing Up

⚠️ YOU ARE NOT FINISHED WITH THE SPECTROMETER UNTIL YOU DO THE FOLLOWING.

a. Make sure the D2O sample is in the first slot of sample changer.
b. Press “Lift ON/OFF” button on BSMS panel to eject your sample and rotate the IDLE sample to the loading position.
c. In ~10s, hit “Lift ON/OFF” button on BSMS panel again to load the IDLE sample.
d. Click “LOCKD2O” button at top of screen. Wait for lock to complete.
e. Exit TopSpin by clicking the X at the top-right corner of the software.
f. Logoff your account: click Start (bottom-left corner) and choose logoff followed by “Yes”.
g. Important: On the logsheet, record your stop and duration times, and the spectrometer status. Report problems if any.
h. Important: remove all your samples from the tray and the NMR lab, and clean the lab space you have used.
i. STOP YOUR TIMÉR!
VII. Go To Data Processing Workstation

- Please go to NMR Processing Room (CNSI Room 1522) and refer to the BLUE Procedure Manual for processing.
VIII. Acquiring and Processing $^{13}$C NMR (1H decoupled)

Sometimes, an 1D $^{13}$C experiment may take hours or days depending on concentration (Recommended concentration is > 50 mM).

1. Go to Spectrometer $\rightarrow$ Data Acquisition Guide in the menu bar of TopSpin.
2. Click on New Experiment in the Guide window (see Procedure for 1H NMR).
3. In the New … window, choose one of the standard parameter files for $^{13}$C experiments below:

<table>
<thead>
<tr>
<th>Par file</th>
<th>Spectral information</th>
</tr>
</thead>
<tbody>
<tr>
<td>C13APT</td>
<td>CH+CH3 Positive, C+CH2 Negative (or vice versa), Intensity not quantitative</td>
</tr>
<tr>
<td>C13CPD</td>
<td>all carbons POSITIVE, for quantitative analysis</td>
</tr>
<tr>
<td>C13DEPT135</td>
<td>CH+CH3 Positive, CH2 Negative, C Gone, Intensity not quantitative</td>
</tr>
<tr>
<td>C13DEPT45</td>
<td>CH+CH2+CH3 Positive, C Gone, Intensity not quantitative</td>
</tr>
<tr>
<td>C13DEPT90</td>
<td>CH+CH3 Positive, C+CH2 Gone, Intensity not quantitative</td>
</tr>
</tbody>
</table>

The first two experiments are the most popular ones. If only the carbon types are of interest to you, use C13APT. If carbon signals are going to be quantified, choose C13CPD.

4. Click on Lock in the Guide if you have not done so (see Procedure for 1H NMR).
5. Click on Probe Match/Tune in the Guide, select “Automatic tuning / matching of ATM probe”, followed by OK. See Appendix I. Probe Tuning and Matching for Details.
6. Perform gradient shimming (see Procedure for 1H NMR).
7. Click on Acquisition Pars (see Procedure for 1H NMR) for modification of parameters. Set TD = 16k, NS = 64, DS = 0, and TD0 = 2000 for 13C experiments.
8. Click on Prosol Pars (see Procedure for 1H NMR).
9. Click on Receiver Gain (see Procedure for 1H NMR) and set Options to “Set RG values manually”. Input “16k” followed by return.

To know how long the experiment lasts beforehand, click on in the upper toolbar.

10. Click on Start Acquisition (see Procedure for 1H NMR).
11. Process data (see Procedure for 1H NMR).

A few things to note:

- You don’t have to wait until the experiment is done to process data. You can do processing as soon as the first NS scans are finished and saved to disk.
• A larger line broadening value is used for $^{13}\text{C}$ than for $^1\text{H}$. Typically $lb = 1$ Hz.

12. Type "halt" if spectrum is satisfactory or let it continue if not. The acquisition will stop by itself after $NS*TD0$ number of scans are completed.

13. For data processing of a $^{13}\text{C}$ spectrum, please refer to the procedure for $^1\text{H}$ NMR.

14. Finish up as for $^1\text{H}$ NMR.
IX. Appendices

A. Lock troubleshooting
Problem: “Lock ON/OFF” won’t stop flashing and the lock signal stays at the bottom of the lock display window.
Possible reasons:
1. You started with a bad shimming file
2. Your sample is too concentrate, i.e. viscosity too high
3. Too little deuterons in your solvent
Solutions:
for 1. Type [rsh] in the command line to read in a good shimming file and lock again
for 2 & 3. Do manual locking as below:
   ▪ Press “Lock ON/OFF” to turn off lock (LED off). At this point, you may see a noisy and weak oscillatory lock signal.
   ▪ Hit “Lock Gain” and rotate the wheel on BSMS panel to increase lock signal amplitude until the signal fits the whole lock window.
   ▪ Then press “Lock ON/OFF” to try to lock spectrometer. The LED should stay solid after brief flashing if spectrometer locks (the oscillatory signal becomes a flat sweeping line). If not,
   ▪ Hit “Lock Power” and rotate the BSMS wheel to increase lock power. The lock signal will increase accordingly and may be saturated, i.e. the signal will not increase anymore with power. Remember: if the saturation happens, bring back the power by 2~3 units in reading.
   ▪ Then press “Lock ON/OFF” and immediately increase “Lock Power” until the spectrometer is locked, where the “Lock ON/OFF” LED should stay solid and the oscillatory signal becomes a flat sweeping line. Avoid saturation stated above.
   ▪ If you still have trouble, please ask Jerry/Jaya for help/debugging.

B. Manual Shimming
Click the small lock display (in bottom right corner of TopSpin) to open large lock display window

Press Z1 on the BSMS panel to activate the Z1 shims
Turn the BSMS panel knob clockwise or counterclockwise to increase the lock level.

Turn the knob until you reach the maximum possible lock level.
Then hit “Stand Bye” button to save values.
Press the Z2 button on the BSMS panel to activate the Z2 shims
Turn the BSMS panel knob clockwise or counterclockwise to increase the lock level.

Turn the knob until you reach the maximum possible lock level.

(If the lock display goes out of view…see the last page of the manually shimming instruction)
<table>
<thead>
<tr>
<th>Then hit “Stand Bye” button to save values.</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOW YOU ARE FINISHED SHIMMING! 😊</td>
</tr>
<tr>
<td>(please see next page if your lock value left the lock screen while shimming on Z1 or Z2)</td>
</tr>
</tbody>
</table>
Did your lock value leave the screen while shimming on either Z1 or Z2? If so, please look at the following directions:

Press the “lock gain” button on the BSMS panel
Turn knob COUNTER CLOCKWISE to decrease the lock gain and your lock value will reappear

Continue with shimming of Z1 and/or Z2 if you have not maximized the lock value yet.

C. Phase 1D Spectrum Manually
Phase the spectrum (make all peaks absorptive)

i. Click on \( A \) button (in the upper toolbar) and the toolbar above your spectrum should look like this:

\[ \begin{array}{cccc}
\text{A} & \text{0} & \text{1} & \text{R} & \text{180} & \text{-90} & \text{90} & \text{II} & \text{III} & \text{IV} \end{array} \]

ii. Move the red cursor line to the tallest peak, right-click there, and select Set Pivot Point to mark the peak with a vertical red line, indicating a pivot point to be used by Ph1. Right-click again and choose "Calculate Ph0". The tallest peak will now be phased roughly right.

iii. Click and hold on \( 0 \) (zero order phase, used when the phase of peaks is frequency-independent). Dragging the mouse will change the zero order phase. Make the tallest peak exactly absorptive.

iv. If other peaks are still not leveled on both sides, click and hold on \( 1 \) (first order phase, the phase of peaks is directly proportional to their frequency positions relative to the pivot point set above). Dragging the mouse to fix their phase. Many times this will also straighten out the baseline.

v. Click on \( \text{保存} \) to save the phase values and leave the phase mode.

vi. If you want to process the same data again after you have done phasing, use \( \text{efp} \) (\( \text{efp} = \text{em} + \text{ft} + \text{phase} \)) instead of \( \text{ef} \), so you don’t have to do \( \text{phase} \) again.
D. LB and Window Function

![Graph showing LB and Window Function]

E. Plot Editor

This is a very nice and user-friendly program. You are referred to the Plot Editor manual of TopSpin for more details and encouraged to use it often for more controlled printouts.
F. Spin Dynamics and Relaxation

Alignment of nuclei in magnetic field

Excitation, Acquisition and Relaxation

90° RF
P1
FID
(Free Induced Decay)
Wait for $T_1$
D1~3–5* $T_1$

$Z = Bo$
$Mo$

$y$
G. Probe Tuning and Matching

⚠️ When you do NMR on a nucleus X other than \(^{1}\)H and \(^{13}\)C (e.g. X = \(^{2}\)H, \(^{19}\)F, \(^{29}\)Si, \(^{31}\)P, or ...), you will need to tune the probe. You do not normally need to do this when performing \(^{1}\)H or \(^{13}\)C NMR.

Steps

Click on **Probe Tune/Match** in the **Data Acquisition Guide** and select “Automatic tuning / matching of ATM probe”, followed by **OK**.

![Tuning / Matching - atm.png](attachment:Tuning%20-%20Matching%20-%20atm.png)

After ~45s, you will see a WOBB window showing the tuning/matching curve, the horizontal position of which corresponds to tuning and the depth to matching.

![WOBB.png](attachment:WOBB.png)

ℹ️ The tuning curve should be aligned on the screen with the central redline and should reach all the way to the zero line of Y axis. If it doesn’t look this way, then the probe isn’t tuned.
The computer will tune and match the probe for you automatically. All you need to do at this point is to wait until you see the message “atma: finished” at the bottom left corner of Topspin.

H. Online NMR Book and Bruker NMR Encyclopedia

1) NMR Book: http://www.cis.rit.edu/htbooks/nmr/
   Introduction to NMR concepts and practical issues.
2) NMR Guide & Encyclopedia: http://www.bruker.de/guide/
   All you want to know about NMR.

I. Requirements for Access to the MRL NMR at CNSI

You have to pass the mini quiz within one month after training in order to be qualified for access to the NMR facility of MRL, which includes:

• Key Card for Lab & Building:
  1. Pass the MRL safety training;
  2. Fill out the CNSI access form: http://www.cnsi.ucsb.edu/facilities/building_services/access/access_application.pdf
  3. Take the form to Sylvia in 2066G, MRL
• Web Scheduling Account (email Jerry for a setup appointment)
• NMR Account (email Jerry for a setup appointment)

These requirements apply to both on- and off-campus users.
1. Spin

*Spin is a quantum mechanical phenomena that has no physical analog in classical physics. However, it will be helpful to visualize it as a small bar magnet that precesses about an axis.

*The existence of spin angular momentum is inferred by experiments, such as the Stern-Gerlach experiment, in which particles are observed to have angular momentum that cannot be solely accounted for by orbital angular momentum alone.

*Electrons, protons, and neutrons all have a value of spin +/- \( \frac{1}{2} \).
2. Common NMR Nuclei

<table>
<thead>
<tr>
<th>Nuclei</th>
<th>Unpaired Protons</th>
<th>Unpaired Neutrons</th>
<th>Net Spin</th>
<th>$\gamma$ (MHz/T)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$^1$H</td>
<td>1</td>
<td>0</td>
<td>1/2</td>
<td>42.58</td>
</tr>
<tr>
<td>$^2$H</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>6.54</td>
</tr>
<tr>
<td>$^{31}$P</td>
<td>1</td>
<td>0</td>
<td>1/2</td>
<td>17.25</td>
</tr>
<tr>
<td>$^{33}$Na</td>
<td>1</td>
<td>2</td>
<td>3/2</td>
<td>11.27</td>
</tr>
<tr>
<td>$^{14}$N</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>3.08</td>
</tr>
<tr>
<td>$^{13}$C</td>
<td>0</td>
<td>1</td>
<td>1/2</td>
<td>10.71</td>
</tr>
<tr>
<td>$^{19}$F</td>
<td>1</td>
<td>0</td>
<td>1/2</td>
<td>40.08</td>
</tr>
</tbody>
</table>

Larmor Frequency Equation:

$$\nu = \gamma B_0$$

where $\gamma$ is the gyromagnetic ratio (specific to each nuclei) and $B_0$ is the magnetic field strength.

3. Energy Level Diagram
4. cw NMR

5. Magnetization

Alignment of nuclei in a magnetic field

6. Pulsed NMR, Relaxation, and Detection