

Nucleus	Spin	Frequency Ratio	Shift Reference	Frequency (1.4T)	Frequency (2.1T)
¹ H	1/2	1	Si(CH ₃) ₄ TMS	60.000	90.000
³ He	1/2	0.76179437	He _g	45.708	68.561
¹⁹ F	1/2	0.94094011	CFCl ₃	56.456	84.685
²⁰⁵ Tl	1/2	0.57683838	Tl(NO ₃) ₃	34.610	51.915
²⁰³ Tl	1/2	0.571232	Tl(NO ₃) ₃	34.274	51.411
³¹ P	1/2	0.40480742	85% H ₃ PO ₄	24.288	36.433
⁷ Li	3/2	0.38863797	LiCl	23.318	34.977
¹¹⁹ Sn	1/2	0.37290632	Sn(CH ₃) ₄	22.374	33.562
¹¹⁷ Sn	1/2	0.35632259	Sn(CH ₃) ₄	21.379	32.069
⁸⁷ Rb	3/2	0.32720454	RbCl	19.632	29.448
¹¹ B	3/2	0.32083974	BF ₃ :O(C ₂ H ₅) ₂	19.250	28.876
¹²⁵ Te	1/2	0.31549769	Te(CH ₃) ₂	18.930	28.395
⁷¹ Ga	3/2	0.30496704	Ga(NO ₃) ₃	18.298	27.447
⁶⁵ Cu	3/2	0.28403693	[Cu(CH ₃ CN) ₄][ClO ₄]	17.042	25.563
¹²⁹ Xe	1/2	0.27810186	XeOF ₄	16.686	25.029
⁸¹ Br	3/2	0.27006518	NaBr	16.204	24.306
⁶³ Cu	3/2	0.26515473	[Cu(CH ₃ CN) ₄][ClO ₄]	15.909	23.864
²³ Na	3/2	0.264519	NaCl	15.871	23.807
⁵¹ V	7/2	0.26302948	VOCl ₃	15.782	23.673
¹²³ Te	1/2	0.26169742	Te(CH ₃) ₂	15.702	23.553
²⁷ Al	5/2	0.26056859	Al(NO ₃) ₃	15.634	23.451
¹³ C	1/2	0.2514502	Si(CH ₃) ₄ TMS	15.087	22.631
⁷⁹ Br	3/2	0.2505398	NaBr	15.032	22.549
⁵⁵ Mn	5/2	0.24789218	KMnO ₄	14.874	22.310
⁹³ Nb	9/2	0.2447617	KNbCl ₆	14.686	22.029
⁴⁵ Sc	7/2	0.24291747	Sc(NO ₃) ₃	14.575	21.863
⁶⁹ Ga	3/2	0.24001354	Ga(NO ₃) ₃	14.401	21.601
¹²¹ Sb	5/2	0.23930577	KSbCl ₆	14.358	21.538
⁵⁹ Co	7/2	0.23727074	K ₃ [Co(CN) ₆]	14.236	21.354
¹⁸⁷ Re	5/2	0.227516	KReO ₄	13.651	20.476
¹⁸⁵ Re	5/2	0.225246	KReO ₄	13.515	20.272
⁹⁹ Tc	9/2	0.22508326	NH ₄ TcO ₄ *	13.505	20.257
¹¹³ Cd	1/2	0.22193175	Cd(CH ₃) ₂	13.316	19.974
¹¹⁵ In	9/2	0.21912629	In(NO ₃) ₃	13.148	19.721
¹¹³ In	9/2	0.21865755	In(NO ₃) ₃	13.119	19.679
¹⁹⁵ Pt	1/2	0.21496784	Na ₂ PtCl ₆	12.898	19.347
¹¹¹ Cd	1/2	0.2121548	Cd(CH ₃) ₂	12.729	19.094
²⁰⁷ Pb	1/2	0.20920599	Pb(CH ₃) ₄	12.552	18.829
¹²⁷ I	5/2	0.20007486	KI	12.004	18.007
²⁹ Si	1/2	0.19867187	Si(CH ₃) ₄ TMS	11.920	17.880
Frequency ratios and references from					
R.K. Harris et.al. Pure Applied Chem. (2001) 73 , 1795-1818					