

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