

Mass	Symbol	Name	Spin	Nat. Abund.	300MHz	400MHz	600MHz	Receptivity
1	H	<i>Hydrogen</i>	1/2	99.99%	299.860	399.814	599.721	1.00
2	D	<i>Deuterium</i>	1	0.02%	46.031	61.374	92.061	1.4386E-06
3	T	<i>Tritium</i>	1/2		319.840	426.453	639.680	
3	He	<i>Helium</i>	-1/2	0.00%	228.426	304.568	456.852	
6	Li	<i>Lithium</i>	1	7.42%	44.127	58.837	88.255	0.00062807
7	Li	<i>Lithium</i>	3/2	92.58%	116.537	155.382	233.074	0.270175439
9	Be	<i>Beryllium</i>	-3/2	100.00%	42.136	56.181	84.272	0.013824561
10	B	<i>Boron</i>	3	19.58%	32.216	42.955	64.432	0.003859649
11	B	<i>Boron</i>	3/2	80.42%	96.170	128.226	192.339	0.132280702
13	C	<i>Carbon</i>	1/2	1.11%	75.407	100.542	150.814	0.000175439
14	N	<i>Nitrogen</i>	1	99.63%	21.669	28.892	43.338	0.000998246
15	N	<i>Nitrogen</i>	-1/2	0.37%	30.396	40.528	60.792	3.84211E-06
17	O	<i>Oxygen</i>	-5/2	0.04%	37.653	50.203	75.305	1.07193E-05
19	F	<i>Fluorine</i>	1/2	100.00%	282.127	376.169	564.254	0.829824561
21	Ne	<i>Neon</i>	-3/2	0.26%	23.672	31.563	47.345	6.29825E-06
23	Na	<i>Sodium</i>	3/2	100.00%	79.319	105.758	158.637	0.092105263
25	Mg	<i>Magnesium</i>	-5/2	10.13%	18.356	24.475	36.712	0.000270175
27	Al	<i>Aluminum</i>	5/2	100.00%	78.134	104.179	156.268	0.205263158
29	Si	<i>Silicon</i>	-1/2	4.70%	59.574	79.431	119.147	0.000366667
31	P	<i>Phosphorus</i>	1/2	100.00%	121.386	161.847	242.771	0.066140351
33	S	<i>Sulfur</i>	3/2	0.76%	23.017	30.690	46.035	1.70702E-05
35	Cl	<i>Chlorine</i>	3/2	75.53%	29.380	39.173	58.760	0.00354386
37	Cl	<i>Chlorine</i>	3/2	24.47%	24.456	32.608	48.911	0.000661404
	Ar	<i>Argon</i>				0.000	0.000	
39	K	<i>Potassium</i>	3/2	93.10%	13.993	18.657	27.985	0.00047193
41	K	<i>Potassium</i>	3/2	6.88%	7.680	10.240	15.361	5.75439E-06
43	Ca	<i>Calcium</i>	-7/2	0.15%	20.179	26.905	40.358	9.24561E-06
45	Sc	<i>Scandium</i>	7/2	100.00%	72.841	97.122	145.682	0.3
47	Ti	<i>Titanium</i>	-5/2	7.28%	16.909	22.545	33.818	0.000151579
49	Ti	<i>Titanium</i>	-7/2	5.51%	16.905	22.539	33.809	0.000207018
50	V	<i>Vanadium</i>	6	0.24%	29.897	39.863	59.794	0.000132456
51	V	<i>Vanadium</i>	7/2	99.76%	75.873	101.164	151.747	0.378947368
53	Cr	<i>Chromium</i>	-3/2	9.55%	16.949	22.599	33.899	8.59649E-05
55	Mn	<i>Manganese</i>	5/2	100.00%	74.200	98.934	148.401	0.174385965
57	Fe	<i>Iron</i>	1/2	2.19%	9.709	12.945	19.417	7.36842E-07
59	Co	<i>Cobalt</i>	7/2	100.00%	71.148	94.864	142.296	0.275438596
61	Ni	<i>Nickel</i>	-3/2	1.19%	26.796	35.728	53.591	4.21053E-05
63	Cu	<i>Copper</i>	3/2	69.09%	79.547	106.063	159.094	0.064035088
65	Cu	<i>Copper</i>	3/2	30.91%	85.212	113.616	170.424	0.035263158
67	Zn	<i>Zinc</i>	5/2	4.11%	18.761	25.015	37.523	0.000116667
69	Ga	<i>Gallium</i>	3/2	60.40%	71.971	95.961	143.941	0.041578947
71	Ga	<i>Gallium</i>	3/2	39.60%	91.447	121.930	182.895	0.055964912

Mass	Symbol	Name	Spin	Nat. Abund.	300MHz	400MHz	600MHz	Receptivity
73	Ge	<i>Germanium</i>	-9/2	7.76%	10.460	13.947	20.920	0.000108246
75	As	<i>Arsenic</i>	3/2	100.00%	51.344	68.459	102.688	0.025087719
77	Se	<i>Selenium</i>	1/2	7.58%	57.188	76.250	114.376	0.000522807
79	Br	<i>Bromine</i>	3/2	50.54%	75.128	100.171	150.256	0.039649123
81	Br	<i>Bromine</i>	3/2	49.46%	80.983	107.978	161.966	0.048596491
83	Kr	<i>Krypton</i>	-9/2	11.55%	11.539	15.385	23.077	0.000215789
85	Rb	<i>Rubidium</i>	5/2	72.15%	28.952	38.602	57.904	0.00754386
87	Rb	<i>Rubidium</i>	3/2	27.85%	98.118	130.824	196.236	0.048596491
87	Sr	<i>Strontium</i>	-9/2	7.02%	12.996	17.328	25.992	0.000187719
89	Y	<i>Yttrium</i>	-1/2	100.00%	14.694	19.592	29.387	0.000117193
91	Zr	<i>Zirconium</i>	-5/2	11.23%	27.876	37.167	55.751	0.001059649
93	Nb	<i>Niobium</i>	9/2	100.00%	73.394	97.859	146.788	0.480701754
95	Mo	<i>Molybdenum</i>	5/2	15.72%	19.542	26.055	39.083	0.000505263
97	Mo	<i>Molybdenum</i>	-5/2	9.46%	19.951	26.602	39.903	0.000322807
99	Tc	<i>Technetium</i>	9/2		67.493	89.991	134.987	0.374385965
99	Ru	<i>Ruthenium</i>	-5/2	12.72%	13.809	18.412	27.618	0.000145614
101	Ru	<i>Ruthenium</i>	-5/2	17.07%	15.477	20.636	30.954	0.000273684
103	Rh	<i>Rhodium</i>	-1/2	100.00%	9.476	12.634	18.951	3.10526E-05
105	Pd	<i>Palladium</i>	-5/2	22.23%	13.722	18.296	27.444	0.000247368
107	Ag	<i>Silver</i>	-1/2	51.82%	12.138	16.184	24.275	3.42105E-05
109	Ag	<i>Silver</i>	-1/2	48.18%	13.954	18.605	27.908	4.84211E-05
111	Cd	<i>Cadmium</i>	-1/2	12.75%	63.573	84.764	127.145	0.001215789
113	Cd	<i>Cadmium</i>	-1/2	12.26%	66.503	88.671	133.007	0.001333333
113	In	<i>Indium</i>	9/2	4.28%	65.567	87.422	131.134	0.014701754
115	In	<i>Indium</i>	9/2	95.72%	65.707	87.610	131.414	0.331578947
115	Sn	<i>Tin</i>	-1/2	0.35%		0.000	0.000	
117	Sn	<i>Tin</i>	-1/2	7.60%	106.847	142.463	213.694	0.00342807
119	Sn	<i>Tin</i>	-1/2	8.60%	111.820	149.093	223.640	0.004421053
121	Sb	<i>Antimony</i>	5/2	57.25%	71.758	95.678	143.517	0.09122807
123	Sb	<i>Antimony</i>	7/2	42.75%	38.859	51.811	77.717	0.019473684
123	Te	<i>Tellurium</i>	-1/2	0.87%	94.605	126.140	189.210	0.00015614
125	Te	<i>Tellurium</i>	-1/2	6.99%	78.473	104.630	156.945	0.002192982
127	I	<i>Iodine</i>	5/2	100.00%	59.998	79.997	119.996	0.092982456
129	Xe	<i>Xenon</i>	-1/2	26.44%	82.936	110.581	165.871	0.005578947
131	Xe	<i>Xenon</i>	3/2	21.18%	24.587	32.783	49.174	0.000580702
133	Cs	<i>Cesium</i>	7/2	100.00%	39.330	52.440	78.661	0.047192982
135	Ba	<i>Barium</i>	3/2	6.59%	29.789	39.719	59.579	0.000315789
137	Ba	<i>Barium</i>	3/2	11.32%	33.323	44.431	66.646	0.000773684
139	La	<i>Lanthanum</i>	7/2	99.91%	42.357	56.476	84.714	0.058947368
177	Hf	<i>Hafnium</i>	7/2	18.50%	9.357	12.476	18.714	0.000154386
179	Hf	<i>Hafnium</i>	-9/2	13.75%	5.607	7.477	11.215	4.73684E-05
181	Ta	<i>Tantalum</i>	7/2	99.99%	35.952	47.936	71.904	0.035789474

Mass	Symbol	Name	Spin	Nat. Abund.	300MHz	400MHz	600MHz	Receptivity
183	W	<i>Tungsten</i>	1/2	14.40%	12.493	16.657	24.986	1.03333E-05
185	Re	<i>Rhenium</i>	5/2	37.07%	67.542	90.056	135.085	0.049122807
187	Re	<i>Rhenium</i>	5/2	62.93%	68.223	90.964	136.446	0.085964912
187	Os	<i>Osmium</i>	1/2	1.64%	6.844	9.125	13.687	0.0000002
189	Os	<i>Osmium</i>	3/2	16.10%	23.285	31.047	46.571	0.000373684
191	Ir	<i>Iridium</i>	3/2	37.30%	5.155	6.873	10.309	4.03509E-06
193	Ir	<i>Iridium</i>	3/2	62.70%	5.612	7.483	11.224	8.77193E-06
195	Pt	<i>Platinum</i>	1/2	33.80%	64.467	85.956	128.934	0.003350877
197	Au	<i>Gold</i>	3/2	100.00%	5.135	6.847	10.270	1.05263E-05
199	Hg	<i>Mercury</i>	1/2	16.84%	53.707	71.609	107.414	0.000950877
201	Hg	<i>Mercury</i>	-3/2	13.22%	19.791	26.388	39.582	0.000189474
203	Tl	<i>Thallium</i>	1/2	29.50%	171.591	228.788	343.182	0.050701754
205	Tl	<i>Thallium</i>	1/2	70.50%	173.278	231.038	346.557	0.134912281
207	Pb	<i>Lead</i>	1/2	22.60%	62.545	83.394	125.090	0.002070175
209	Bi	<i>Bismuth</i>	9/2	100.00%	48.185	64.247	96.370	0.136315789
141	Pr	<i>Praseodymium</i>	5/2	100.00%	87.832	117.109	175.664	0.298245614
143	Nd	<i>Neodymium</i>	-7/2	12.17%	16.305	21.740	32.610	0.000403509
145	Nd	<i>Neodymium</i>	-7/2	8.30%	10.032	13.376	20.064	6.49123E-05
	Pm	<i>Promethium</i>				0.000	0.000	
147	Sm	<i>Samarium</i>	-7/2	14.97%	12.078	16.104	24.157	2.21053E-05
149	Sm	<i>Samarium</i>	-7/2	13.83%	9.862	13.150	19.725	0.000103509
151	Eu	<i>Europium</i>	5/2	47.82%	74.367	99.156	148.734	0.084210526
153	Eu	<i>Europium</i>	5/2	52.18%	32.839	43.786	65.678	0.007894737
155	Gd	<i>Gadolinium</i>	-3/2	14.73%	11.453	15.271	22.906	3.50877E-05
157	Gd	<i>Gadolinium</i>	-3/2	15.68%	14.317	19.089	28.634	8.42105E-05
159	Tb	<i>Terbium</i>	3/2	100.00%	68.004	90.672	136.008	0.057894737
161	Dy	<i>Dysprosium</i>	-5/2	18.88%	9.879	13.172	19.758	7.89474E-05
163	Dy	<i>Dysprosium</i>	5/2	24.97%	13.744	18.325	27.488	0.000280702
165	Ho	<i>Holmium</i>	7/2	100.00%	61.510	82.014	123.021	0.175438596
167	Er	<i>Erbium</i>	-7/2	22.94%	8.666	11.555	17.332	0.000115789
169	Tm	<i>Thulium</i>	-1/2	100.00%	24.803	33.071	49.606	0.000561404
171	Yb	<i>Ytterbium</i>	1/2	14.31%	52.814	70.419	105.629	0.000710526
173	Yb	<i>Ytterbium</i>	-5/2	16.13%	14.551	19.401	29.101	0.0002
175	Lu	<i>Lutetium</i>	7/2	97.41%	34.207	45.609	68.413	0.027368421
176	Lu	<i>Lutetium</i>	7	2.59%	23.776	31.701	47.552	0.000901754