

NMR Frequency Table

Isotope	Spin	Abundance (%)	NMR Frequency (MHz) at field (T)				
			5.8717	7.0460	9.3947	11.7434	14.0921
¹ H	1/2	99.98	250.000	300.000	400.000	500.000	600.000
² H	1	1.5x10 ⁻²	38.376	46.051		76.753	
³ H	1/2	0	266.658	319.990		533.317	
³ He	1/2	1.3x10 ⁻⁴	190.444	228.533		380.888	
⁶ Li	1	7.42	36.789	44.146		73.578	
⁷ Li	3/2	92.58	97.158	116.590		194.317	
⁹ Be	3/2	100	35.133	42.160		70.267	
¹⁰ B	3	19.58	26.866	32.239		53.732	
¹¹ B	3/2	80.42	80.209	96.251		160.419	
¹³ C	1/2	1.108	62.860	75.432		125.721	
¹⁴ N	1	99.63	18.059	21.671		36.118	
¹⁵ N	1/2	0.37	25.332	30.398		50.664	
¹⁷ O	5/2	3.7x10 ⁻²	33.892	40.670		67.784	
¹⁹ F	1/2	100	235.192	282.231		470.385	
²¹ Ne	3/2	0.257	19.736	23.683		39.472	
²³ Na	3/2	100	66.128	79.353		132.256	
²⁵ Mg	5/2	10.13	15.298	18.358		30.597	
²⁷ Al	5/2	100	65.143	78.172		130.287	
²⁹ Si	1/2	4.7	49.662	59.595		99.325	
³¹ P	1/2	100	101.202	121.442		202.404	
³³ S	3/2	0.76	19.174	23.009		38.348	
³⁵ Cl	3/2	75.53	24.495	29.395		48.991	
³⁷ Cl	3/2	24.47	20.389	24.467		40.779	
³⁹ K	3/2	93.1	11.666	13.999		23.333	
⁴¹ K	3/2	6.88	6.403	7.684		12.806	
⁴³ Ca	7/2	0.145	16.820	20.184		33.641	
⁴⁵ Sc	7/2	100	60.735	72.882		121.470	
⁴⁷ Ti	5/2	7.28	14.092	16.910		28.164	
⁴⁹ Ti	7/2	5.51	14.095	16.914		28.191	

⁵⁰V	6	0.24	24.926	29.911		49.852	
⁵¹V	7/2	99.76	65.720	78.864		131.440	
⁵³Cr	3/2	9.55	14.130	16.956		28.260	
⁵⁵Mn	5/2	100	61.661	73.993		123.322	
⁵⁷Fe	1/2	2.19	8.078	9.693		16.156	
⁵⁹Co	7/2	100	59.035	70.842		118.071	
⁶¹Ni	3/2	1.19	22.340	26.808		44.681	
⁶³Cu	3/2	69.09	66.262	79.515		132.525	
⁶⁵Cu	3/2	30.91	70.958	85.183		141.972	
⁶⁷Zn	5/2	4.11	15.635	18.762		31.271	
⁶⁹Ga	3/2	60.4	60.008	72.009		120.016	
⁷¹Ga	3/2	39.6	76.238	91.485		152.476	
⁷³Ge	9/2	7.76	8.721	10.465		17.442	
⁷⁵As	3/2	100	42.817	51.380		85.634	
⁷⁷Se	1/2	7.58	47.669	57.203		95.338	
⁷⁹Br	3/2	50.54	62.633	75.160		125.267	
⁸¹Br	3/2	49.46	67.515	81.018		135.031	
⁸³Kr	9/2	11.55	9.619	11.543		19.238	
⁸⁵Rb	5/2	72.15	24.138	28.965		48.276	
⁸⁷Rb	3/2	27.85	81.803	98.163		163.606	
⁸⁷Sr	9/2	7.02	10.834	13.001		21.669	
⁸⁹Y	1/2	100	12.248	14.697		24.496	
⁹¹Zr	5/2	11.23	23.325	27.991		46.651	
⁹³Nb	9/2	100	61.107	73.328		1222.214	
⁹⁵Mo	5/2	15.72	16.287	19.544		32.574	
⁹⁷Mo	5/2	9.46	16.630	19.957		33.261	
⁹⁹Ru	3/2	12.72	8.474	10.169		16.949	
¹⁰¹Ru	5/2	17.07	12.353	14.824		24.707	
¹⁰³Rh	1/2	100	7.868	9.442		15.737	
¹⁰⁵Pd	5/2	22.23	11.440	13.728		22.881	
¹⁰⁷Ag	1/2	51.82	10.116	12.139		20.233	
¹⁰⁹Ag	1/2	48.18	11.630	13.956		23.260	
¹¹¹Cd	1/2	12.75	53.013	63.616		106.027	
¹¹³Cd	1/2	12.26	55.457	66.548		110.914	
¹¹³In	9/2	4.28	54.666	65.600		109.333	
¹¹⁵In	9/2	95.72	54.785	65.742		109.570	
¹¹⁵Sn	1/2	0.35	81.749	98.0999		163.498	
¹¹⁷Sn	1/2	7.61	89.063	106.875		178.126	

¹¹⁹Sn	1/2	8.58	93.181	111.817		186.362	
¹²¹Sb	5/2	57.25	59.826	71.791		119.652	
¹²³Sb	7/2	42.75	32.398	38.878		64.796	
¹²³Te	1/2	0.87	65.519	78.623		131.039	
¹²⁵Te	1/2	6.99	78.992	94.790		157.984	
¹²⁷I	5/2	100	50.018	60.021		100.036	
¹²⁹Xe	1/2	26.44	69.151	82.981		138.302	
¹³¹Xe	3/2	21.18	20.499	24.598		40.998	
¹³³Cs	7/2	100	32.792	39.351		65.585	
¹³⁵Ba	3/2	6.59	24.835	29.802		49.670	
¹³⁷Ba	3/2	11.32	27.783	33.339		55.566	
¹³⁸La	5	0.089	32.982	39.579		65.965	
¹³⁹La	7/2	99.91	35.315	42.378		70.631	
¹⁴¹Pr	5/2	100	73.227	87.872		146.454	
¹⁴³Nd	7/2	12.17	13.594	16.313		27.188	
¹⁴⁵Nd	7/2	8.3	8.364	10.036		16.727	
¹⁴⁷Sm	7/2	14.97	10.320	12.384		20.640	
¹⁴⁹Sm	7/2	13.83	8.224	9.868		16.446	
¹⁵¹Eu	5/2	47.82	62.001	74.401		124.002	
¹⁵³Eu	5/2	52.18	27.378	32.854		54.757	
¹⁵⁵Gd	3/2	14.74	9.549	11.458		19.097	
¹⁵⁷Gd	3/2	15.68	11.935	14.323		23.871	
¹⁵⁹Tb	3/2	100	56.695	68.035		113.391	
¹⁶¹Dy	5/2	18.88	8.236	9.883		16.471	
¹⁶³Dy	5/2	24.97	11.458	13.750		22.917	
¹⁶⁵Ho	7/2	100	51.282	61.538		102.564	
¹⁶⁷Er	7/2	22.94	7.266	8.671		14.451	
¹⁶⁹Tm	1/2	100	20.679	24.814		41.358	
¹⁷¹Yb	1/2	14.31	44.032	52.839		88.069	
¹⁷³Yb	5/2	16.13	12.130	14.556		24.261	
¹⁷⁵Lu	7/2	97.41	28.518	34.222		57.036	
¹⁷⁶Lu	7	2.59	19.822	23.786		39.644	
¹⁷⁷Hf	7/2	18.5	7.801	9.361		15.602	
¹⁷⁹Hf	9/2	13.75	4.674	5.609		9.349	
¹⁸¹Ta	7/2	99.98	29.925	35.910		59.850	
¹⁸³W	1/2	14.4	10.402	12.483		20.805	
¹⁸⁵Re	5/2	37.07	56.284	67.541		112.569	
	5/2	62.93	56.861	68.233		113.722	

¹⁸⁷Re							
¹⁸⁷Os	1/2	1.64	5.758	6.909		11.515	
¹⁸⁹Os	3/2	16.1	19.397	23.276		38.794	
¹⁹¹Ir	3/2	37.3	4.296	5.156		8.593	
¹⁹³Ir	3/2	62.7	4.678	5.614		9.357	
¹⁹⁵Pt	1/2	33.8	53.747	64.497		107.495	
¹⁹⁷Au	3/2	100	4.281	5.138		8.563	
¹⁹⁹Hg	1/2	16.84	44.568	53.481		89.136	
²⁰¹Hg	3/2	13.22	16.499	19.799		32.998	
²⁰³Tl	1/2	29.5	142.873	171.448		285.747	
²⁰⁵Tl	1/2	70.5	144.270	173.124		288.540	
²⁰⁷Pb	1/2	22.6	52.304	62.765		104.609	
²⁰⁹Bi	9/2	100	40.174	48.208		80.348	
²³⁵U	7/2	0.72	4.475	5.371		8.951	
