

NMR-Active Nuclei

<u>Isotope</u>	<u>Abundance</u>	<u>Sensitivity</u>	<u>Frequency</u>
^1H	100%	1	400 MHz
^{13}C	1.1%	0.016	100 MHz
^{15}N	0.37%	0.001	40 MHz
^{19}F	100%	0.83	376 MHz
^{31}P	100%	0.066	162 MHz