

NMR Periodic Table

Data from WebElements.com

1 H Hydrogen ¹ H 26752 ^{1/2} 99.9885% ² H 4107 1 0.0115% ³ H 28355 ^{1/2} 0%																	2 He Helium ³ He 20380 ^{1/2} 0.0001%
3 Li Lithium ⁶ Li 3937 1 7.59% ⁷ Li 10398 ^{3/3} 92.41%	4 Be Beryllium ⁹ Be —1520 ^{1/2} 100%																
11 Na Sodium ²³ Na 7081 ^{3/3} 100%	12 Mg Magnesium ²⁵ Mg —1639 ^{2/2} 10.0%																
19 K Potassium ³⁹ K 1250 ^{3/3} 93.26% ⁴¹ K 686 ^{3/3} 6.73%	20 Ca Calcium ⁴³ Ca —1803 ^{2/2} 0.135%	21 Sc Scandium ⁴⁵ Sc 6509 ^{7/2} 100%	22 Ti Titanium ⁴⁷ Ti —1510.5 ^{5/2} 7.44% ⁴⁹ Ti —1510.95 ^{7/2} 5.41%	23 V Vanadium ⁵⁰ V 2671 6 0.25% ⁵¹ V 7046 ^{7/2} 99.75%	24 Cr Chromium ⁵³ Cr —1515 ^{3/3} 9.501%	25 Mn Manganese ⁵⁵ Mn 6645 ^{5/5} 100%	26 Fe Iron ⁵⁷ Fe 868 ^{1/2} 2.2%	27 Co Cobalt ⁵⁹ Co 6332 ^{7/2} 100%	28 Ni Nickel ⁶¹ Ni —2395 ^{3/3} 1.14%	29 Cu Copper ⁶³ Cu 7112 ^{3/3} 69.17% ⁶⁵ Cu 7604 ^{3/3} 30.83%	30 Zn Zinc ⁶⁷ Zn 1677 ^{3/2} 4.1%	31 Ga Gallium ⁶⁹ Ga 6439 ^{3/3} 60.11% ⁷¹ Ga 8181 ^{3/3} 39.39%	32 Ge Germanium ⁷³ Ge —936 ^{9/2} 7.73%	33 As Arsenic ⁷⁵ As 4596 ^{3/2} 100%	34 Se Selenium ⁷⁷ Se 5125 ^{1/2} 7.63%	35 Br Bromine ⁷⁹ Br 6727 ^{3/3} 50.69% ⁸¹ Br 7250 ^{3/3} 49.31%	36 Kr Krypton ⁸³ Kr —1033 ^{9/2} 11.5%
37 Rb Rubidium ⁸⁵ Rb 2593 ^{5/3} 72.2% ⁸⁷ Rb 8786 ^{3/3} 27.8%	38 Sr Strontium ⁸⁷ Sr —1164 ^{2/2} 7.0%	39 Y Yttrium ⁸⁹ Y —1316 ^{1/2} 100%	40 Zr Zirconium ⁹¹ Zr —2497 ^{5/2} 11.22%	41 Nb Niobium ⁹³ Nb 6567 ^{9/2} 100%	42 Mo Molybdenum ⁹⁵ Mo 1751 ^{5/2} 15.92% ⁹⁷ Mo —1788 ^{5/2} 9.55%	43 Tc Technetium ⁹⁹ Tc 6046 ^{1/3} 0%	44 Ru Ruthenium ⁹⁹ Ru —1229 ^{5/2} 12.7% ¹⁰¹ Ru —1377 ^{5/2} 17.0%	45 Rh Rhodium ¹⁰³ Rh —847 ^{1/2} 100%	46 Pd Palladium ¹⁰⁵ Pd —1230 ^{5/2} 22.33%	47 Ag Silver ¹⁰⁷ Ag —1089 ^{1/2} 51.84% ¹⁰⁹ Ag —1252 ^{1/2} 48.16%	48 Cd Cadmium ¹¹¹ Cd —5698 ^{1/2} 12.80% ¹¹³ Cd —5961 ^{1/2} 12.22%	49 In Indium ¹¹³ In 5885 ^{9/2} 4.3% ¹¹⁵ In 5897 ^{9/2} 95.7%	50 Sn Tin ¹¹⁷ Sn —9589 ^{1/2} 7.68% ¹¹⁹ Sn —10032 ^{1/2} 8.59%	51 Sb Antimony ¹²¹ Sb 6444 ^{5/2} 57.4% ¹²³ Sb 3489 ^{7/2} 42.6%	52 Te Tellurium ¹²³ Te —7059 ^{1/2} 0.91% ¹²⁵ Te —8511 ^{1/2} 7.14%	53 I Iodine ¹²⁷ I 5390 ^{5/2} 100%	54 Xe Xenon ¹²⁹ Xe —7452 ^{1/2} 26.4% ¹³¹ Xe 2209 ^{3/2} 21.2%
55 Cs Cesium ¹³³ Cs 3533 ^{7/2} 100%	56 Ba Barium ¹³⁵ Ba 2658 ^{3/3} 6.6% ¹³⁷ Ba 2993 ^{3/3} 11.2%	71 Lu Lutetium ¹⁷⁵ Lu 3055 ^{7/2} 97.41% ¹⁷⁶ Lu 2168 7 2.6%	72 Hf Hafnium ¹⁷⁷ Hf 1086 ^{7/2} 18.6% ¹⁷⁹ Hf —682 ^{9/2} 13.6%	73 Ta Tantalum ¹⁸¹ Ta 3244 ^{7/2} 99.99%	74 W Tungsten ¹⁸³ W 1128 ^{1/2} 14.3%	75 Re Rhenium ¹⁸⁵ Re 6106 ^{5/2} 37.4% ¹⁸⁷ Re 6168 ^{5/2} 62.6%	76 Os Osmium ¹⁸⁷ Os 619 ^{1/2} 1.6% ¹⁸⁹ Os 2107 ^{3/3} 16.1%	77 Ir Iridium ¹⁹¹ Ir 481 ^{3/3} 37.3% ¹⁹³ Ir 523 ^{3/3} 62.7%	78 Pt Platinum ¹⁹⁵ Pt 5839 ^{1/2} 33.8%	79 Au Gold ¹⁹⁷ Au 473 ^{3/2} 100%	80 Hg Mercury ¹⁹⁹ Hg 4846 ^{1/2} 16.87% ²⁰¹ Hg —1789 ^{3/2} 13.18%	81 Tl Thallium ²⁰³ Tl 15539 ^{1/2} 29.5% ²⁰⁵ Tl 15692 ^{1/2} 70.5%	82 Pb Lead ²⁰⁷ Pb 5581 ^{1/2} 22.1%	83 Bi Bismuth ²⁰⁹ Bi 4375 ^{9/2} 100%	84 Po Polonium ²⁰⁹ Po 7400 ^{1/2} 0%	85 At Astatine	86 Rn Radon
87 Fr Francium	88 Ra Radium	103 Lr Lawrencium	104 Rf Rutherfordium	105 Db Dubnium	106 Sg Seaborgium	107 Bh Bohrium	108 Hs Hassium	109 Mt Meitnerium	110 Ds Darmstadtium	111 Rg Roentgenium	112 Cn Copernicium	113 Nh Nihonium	114 Fl Flerovium	115 Mc Moscovium	116 Lv Livermorium	117 Ts Tennessine	118 Og Oganesson

Atomic #	Symbol
	Element Name
Isotope	γ (rad G ⁻¹ s ⁻¹)
Spin	% Abundance

57 La Lanthanum ¹³⁸ La 3357 5 0.09% ¹³⁹ La 3808 ^{7/2} 99.91%	58 Ce Cerium ¹⁴¹ Pr 8191 ^{5/2} 100%	59 Pr Praseodymium ¹⁴³ Nd —1457 ^{7/2} 12.2% ¹⁴⁵ Nd —898 ^{7/2} 8.3%	60 Nd Neodymium ¹⁴⁷ Pm 3613 ^{7/2} 0%	61 Pm Promethium ¹⁴⁷ Sm —1115 ^{7/2} 15.0% ¹⁴⁹ Sm —919 ^{7/2} 13.8%	62 Sm Samarium ¹⁵¹ Eu 6651 ^{3/2} 47.8% ¹⁵³ Eu 2937 ^{5/2} 52.2%	63 Eu Europium ¹⁵⁵ Gd —821 ^{3/2} 14.8% ¹⁵⁷ Gd —1077 ^{3/2} 15.7%	64 Gd Gadolinium ¹⁵⁹ Tb 6431 ^{3/3} 100%	65 Tb Terbium ¹⁶¹ Dy —920 ^{5/2} 18.9% ¹⁶³ Dy 1289 ^{5/2} 24.9%	66 Dy Dysprosium ¹⁶⁵ Ho 5710 ^{7/2} 100%	67 Ho Holmium ¹⁶⁷ Er —772 ^{7/2} 22.95%	68 Er Erbium ¹⁶⁹ Tm —2218 ^{1/2} 100%	69 Tm Thulium ¹⁷¹ Yb 4729 ^{1/2} 14.3% ¹⁷³ Yb —1303 ^{5/2} 16.12%	70 Yb Ytterbium
89 Ac Actinium ²²⁷ Ac 3500 ^{3/2} 0%	90 Th Thorium ²²⁹ Th 400 ^{3/2} 0%	91 Pa Protactinium ²³¹ Pa 3210 ^{3/3} 100%	92 U Uranium ²³⁵ U —520 ^{7/2} 0.72%	93 Np Neptunium ²³⁷ Np 3100 ^{3/2} 0%	94 Pu Plutonium ²³⁹ Pu 972 ^{1/2} 0%	95 Am Americium ²⁴¹ Am 1540 ^{5/2} 0% ²⁴³ Am 1540 ^{5/2} 0%	96 Cm Curium ²⁴⁷ Cm 200 ^{9/2} 0%	97 Bk Berkelium	98 Cf Californium	99 Es Einsteinium	100 Fm Fermium	101 Md Mendelevium	102 No Nobelium