

Изотоп	Спин	Природное содержание %	Частота ЯМР (МГц) при напряженности поля (Т)			
			2.3488	5.8719	11.7440	
1	H	1/2	99.98	100.000	250.00	500.000
2	H	1	1.5x10 ⁻²	15.351	38.376	76.753
3	H	1/2	0	106.663	266.65	533.317
3	He	1/2	1.3x10 ⁻⁴	76.178	190.44	380.888
6	Li	1	7.42	14.716	36.789	73.578
7	Li	3/2	92.58	38.863	97.158	194.317
9	Be	3/2	100	14.053	35.133	70.267
10	B	3	19.58	10.746	26.866	53.732
11	B	3/2	80.42	32.084	80.209	160.419
13	C	1/2	1.108	25.144	62.860	125.721
14	N	1	99.63	7.224	18.059	36.118
15	N	1/2	0.37	10.133	25.332	50.664
17	O	5/2	3.7x10 ⁻²	13.557	33.892	67.784
19	F	1/2	100	94.077	235.19	470.385
21	Ne	3/2	0.257	7.894	19.736	39.472
23	Na	3/2	100	26.451	66.128	132.256
25	Mg	5/2	10.13	6.1195	15.298	30.597
27	Al	5/2	100	26.057	66.143	130.287
29	Si	1/2	4.7	19.865	49.662	99.325
31	P	1/2	100	40.481	101.20	202.404
33	S	3/2	0.76	7.670	19.174	38.348
35	Cl	3/2	75.53	9.798	24.495	48.991
37	Cl	3/2	24.47	8.156	20.389	40.779
39	K	3/2	93.1	4.667	11.666	23.333
41	K	3/2	6.88	2.561	6.403	12.806
43	Ca	7/2	0.145	6.728	16.820	33.641
45	Sc	7/2	100	24.290	60.735	121.470
47	Ti	5/2	7.28	5.637	14.092	28.184
49	Ti	7/2	5.51	5.638	14.095	28.191
50	V	6	0.24	9.970	24.926	49.852
51	V	7/2	99.76	26.289	65.720	131.440
53	Cr	3/2	9.55	5.652	14.130	28.260
55	Mn	5/2	100	24.664	61.661	123.322
57	Fe	1/2	2.19	3.231	8.078	16.156
59	Co	7/2	100	23.614	59.035	118.071
61	Ni	3/2	1.19	8.936	22.340	44.681
63	Cu	3/2	69.09	26.505	66.262	132.525
65	Cu	3/2	30.91	28.394	70.986	141.972
67	Zn	5/2	4.11	6.254	15.635	31.271
69	Ga	3/2	60.4	24.003	60.008	120.016
71	Ge	3/2	39.6	30.495	76.238	152.476
73	Ge	9/2	7.76	3.488	8.721	17.442
75	As	3/2	100	17.126	42.817	85.634
77	Se	1/2	7.58	19.067	47.669	95.338
79	Br	3/2	50.54	25.053	62.633	125.267
81	Br	3/2	49.46	27.006	67.515	135.031
83	Kr	9/2	11.55	3.847	9.619	19.238
85	Rb	5/2	72.15	9.655	24.138	48.276
87	Rb	3/2	27.85	32.721	81.803	163.606
87	Sr	9/2	7.02	4.333	10.834	21.669
89	Y	1/2	100	4.899	12.248	24.496
91	Zr	5/2	11.23	9.330	23.325	46.651
93	Nb	9/2	100	24.442	61.107	122.214
95	Mo	5/2	15.72	6.514	16.287	32.574
97	Mo	5/2	9.46	6.652	16.630	33.261
99	Ru	3/2	12.72	3.389	8.474	16.949
101	Ru	5/2	17.07	4.941	12.353	24.707
103	Rh	1/2	100	3.147	7.868	15.737
105	Pd	5/2	22.23	4.576	11.440	22.881
107	Ag	1/2	51.82	4.046	10.116	20.233
109	Ag	1/2	48.18	4.652	11.630	23.260
111	Cd	1/2	12.75	21.205	53.013	106.027
113	Cd	1/2	12.26	22.182	55.457	110.914
113	In	9/2	4.28	21.866	54.666	109.333
115	In	9/2	95.72	21.914	54.785	109.570
115	Sn	1/2	0.35	32.699	81.749	163.498
117	Sn	1/2	7.61	35.625	89.063	178.126
119	Sn	1/2	8.58	37.272	93.181	186.362
121	Sb	5/2	57.25	23.930	59.826	119.652
123	Sb	7/2	42.75	12.959	32.398	64.796
123	Te	1/2	0.87	26.207	65.519	131.039
125	Te	1/2	6.99	31.596	78.992	157.984
127	I	5/2	100	20.007	50.018	100.036
129	Xe	1/2	26.44	27.660	69.151	138.302
131	Xe	3/2	21.18	8.199	20.499	40.998
133	Cs	7/2	100	13.117	32.792	65.585
135	Ba	3/2	6.59	9.934	24.835	49.670
137	Ba	3/2	11.32	11.113	27.783	55.566

138	La	5	0.089	13.193	32.982	65.965
139	La	7/2	99.91	14.126	35.315	70.631
141	Pr	5/2	100	29.291	73.227	146.454
143	Nd	7/2	12.17	5.437	13.594	27.188
145	Nd	7/2	8.3	3.345	8.364	16.727
147	Sm	7/2	14.97	4.128	10.320	20.640
149	Sm	7/2	13.83	3.289	8.224	16.446
151	Eu	5/2	47.82	24.801	62.001	124.002
153	Eu	5/2	52.18	10.951	27.378	54.757
155	Gd	3/2	14.73	3.819	9.549	19.097
157	Gd	3/2	15.68	4.774	11.935	23.871
159	Tb	3/2	100	22.678	56.695	113.391
161	Dy	5/2	18.88	3.294	8.236	16.471
163	Dy	5/2	24.97	4.583	11.458	22.917
165	Ho	7/2	100	20.513	51.282	102.564
167	Er	7/2	22.94	2.890	7.226	14.451
169	Tm	1/2	100	8.271	20.679	41.358
171	Yd	1/2	14.31	17.613	44.032	88.065
173	Yb	5/2	16.13	4.852	12.130	24.261
175	Lu	7/2	97.41	11.407	28.518	57.036
176	Lu	7	2.59	7.928	19.822	39.644
177	Hf	7/2	18.5	3.120	7.801	15.602
179	Hf	9/2	13.75	1.869	4.674	9.349
181	Ta	7/2	99.98	11.970	29.925	59.850
183	W	1/2	14.4	4.161	10.402	20.805
185	Re	5/2	37.07	22.513	56.284	112.569
187	Re	5/2	62.93	22.744	56.861	113.722
187	Os	1/2	1.64	2.303	5.758	11.515
189	Os	3/2	16.1	7.758	19.397	38.794
191	Ir	3/2	37.3	1.718	4.296	8.593
193	Ir	3/2	62.7	1.871	4.678	9.357
195	Pt	1/2	33.8	21.499	53.747	107.495
197	All	3/2	100	1.712	4.281	8.563
199	Hg	1/2	16.84	17.827	44.568	89.136
201	Hg	3/2	13.22	6.599	16.499	32.998
203	Tl	1/2	29.5	57.149	142.87	285.747
205	Tl	1/2	70.5	57.708	144.27	288.540
207	Pb	1/2	22.6	20.921	52.304	104.609
209	Bi	9/2	100	16.069	40.174	80.348
235	U	7/2	0.72	1.790	4.475	8.951