




# Periodic table for NMR/NQR


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<table border="1"> <tr><td>Cs</td></tr> <tr><td>133 <math>\frac{7}{2}</math> 5.5843 100 -0.00343</td></tr> <tr><td>135 <math>\frac{7}{2}</math> 5.909 R.I. +0.048</td></tr> </table>	Cs	133 $\frac{7}{2}$ 5.5843 100 -0.00343	135 $\frac{7}{2}$ 5.909 R.I. +0.048	<table border="1"> <tr><td>Ba</td></tr> <tr><td>135 <math>\frac{3}{2}</math> 4.2297 6.5 +0.160</td></tr> <tr><td>137 <math>\frac{3}{2}</math> 4.7315 11.2 +0.245</td></tr> </table>	Ba	135 $\frac{3}{2}$ 4.2297 6.5 +0.160	137 $\frac{3}{2}$ 4.7315 11.2 +0.245	<table border="1"> <tr><td>La</td></tr> <tr><td>138 <math>\frac{5}{2}</math> 5.618 0.09 +0.39</td></tr> <tr><td>139 <math>\frac{7}{2}</math> 6.0142 99.91 +0.200</td></tr> </table>	La	138 $\frac{5}{2}$ 5.618 0.09 +0.39	139 $\frac{7}{2}$ 6.0142 99.91 +0.200	<table border="1"> <tr><td>Hf</td></tr> <tr><td>177 <math>\frac{7}{2}</math> 1.728 18.5 +3.37</td></tr> <tr><td>179 <math>\frac{9}{2}</math> 1.09 13.8 +3.79</td></tr> </table>	Hf	177 $\frac{7}{2}$ 1.728 18.5 +3.37	179 $\frac{9}{2}$ 1.09 13.8 +3.79	<table border="1"> <tr><td>Ta</td></tr> <tr><td>181 <math>\frac{7}{2}</math> 5.105</td></tr> <tr><td>98.988 +3.17</td></tr> </table>	Ta	181 $\frac{7}{2}$ 5.105	98.988 +3.17	<table border="1"> <tr><td>W</td></tr> <tr><td>183 <math>\frac{1}{2}</math> 1.7739</td></tr> <tr><td>14.3 -</td></tr> </table>	W	183 $\frac{1}{2}$ 1.7739	14.3 -	<table border="1"> <tr><td>Re</td></tr> <tr><td>185 <math>\frac{5}{2}</math> 9.5901 37.5 +2.18</td></tr> <tr><td>187 <math>\frac{5}{2}</math> 9.6868 62.5 +2.07</td></tr> </table>	Re	185 $\frac{5}{2}$ 9.5901 37.5 +2.18	187 $\frac{5}{2}$ 9.6868 62.5 +2.07	<table border="1"> <tr><td>Os</td></tr> <tr><td>187 <math>\frac{1}{2}</math> 0.9717 1.6 -</td></tr> <tr><td>189 <math>\frac{3}{2}</math> 3.306 16.1 +0.86</td></tr> </table>	Os	187 $\frac{1}{2}$ 0.9717 1.6 -	189 $\frac{3}{2}$ 3.306 16.1 +0.86	<table border="1"> <tr><td>Ir</td></tr> <tr><td>191 <math>\frac{3}{2}</math> 0.7658 37.4 +0.816</td></tr> <tr><td>193 <math>\frac{3}{2}</math> 0.8318 62.6 +0.751</td></tr> </table>	Ir	191 $\frac{3}{2}$ 0.7658 37.4 +0.816	193 $\frac{3}{2}$ 0.8318 62.6 +0.751	<table border="1"> <tr><td>Pt</td></tr> <tr><td>195 <math>\frac{1}{2}</math> 9.153</td></tr> <tr><td>33.8 -</td></tr> </table>	Pt	195 $\frac{1}{2}$ 9.153	33.8 -	<table border="1"> <tr><td>Au</td></tr> <tr><td>197 <math>\frac{3}{2}</math> 0.7531</td></tr> <tr><td>100 +0.547</td></tr> </table>	Au	197 $\frac{3}{2}$ 0.7531	100 +0.547	<table border="1"> <tr><td>Hg</td></tr> <tr><td>199 <math>\frac{1}{2}</math> 7.6258 16.9 -</td></tr> <tr><td>201 <math>\frac{3}{2}</math> 2.815 13.2 +0.387</td></tr> </table>	Hg	199 $\frac{1}{2}$ 7.6258 16.9 -	201 $\frac{3}{2}$ 2.815 13.2 +0.387	<table border="1"> <tr><td>Tl</td></tr> <tr><td>203 <math>\frac{1}{2}</math> 24.321 29.5 -</td></tr> <tr><td>204 <math>\frac{2}{2}</math> 0.346 R.I. -</td></tr> <tr><td>205 <math>\frac{1}{2}</math> 24.560 70.5 -</td></tr> </table>	Tl	203 $\frac{1}{2}$ 24.321 29.5 -	204 $\frac{2}{2}$ 0.346 R.I. -	205 $\frac{1}{2}$ 24.560 70.5 -	<table border="1"> <tr><td>Pb</td></tr> <tr><td>207 <math>\frac{1}{2}</math> 8.907</td></tr> <tr><td>22.1 -</td></tr> </table>	Pb	207 $\frac{1}{2}$ 8.907	22.1 -	<table border="1"> <tr><td>Bi</td></tr> <tr><td>209 <math>\frac{9}{2}</math> 6.842</td></tr> <tr><td>100 -0.516</td></tr> </table>	Bi	209 $\frac{9}{2}$ 6.842	100 -0.516	<table border="1"> <tr><td>Po</td></tr> <tr><td>209 <math>\frac{1}{2}</math> 12</td></tr> <tr><td>R.I. -</td></tr> </table>	Po	209 $\frac{1}{2}$ 12	R.I. -	<table border="1"> <tr><td>At</td></tr> <tr><td></td></tr> <tr><td></td></tr> </table>	At			<table border="1"> <tr><td>Rn</td></tr> <tr><td></td></tr> <tr><td></td></tr> </table>	Rn			
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N.A.

X >90% 

>60% 

<10% 

<1% 



$\frac{1}{2}$  or RI

$\frac{I}{\gamma}$  (MHz/T)

$\frac{Q}{\%}$  ( $10^{-24}\text{cm}^2$ )