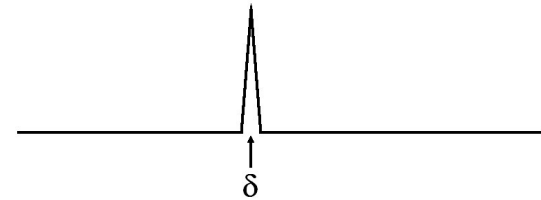


# Measurables of NMR in Solution

- Chemical Shifts

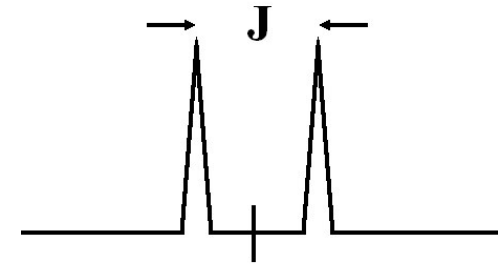
Exact Resonant Frequency of each Nucleus (H, C, N)

This gives an address to uniquely study each one



- J Couplings (Scalar Couplings)

For H-X-C-H This Gives the H to H Dihedral Angle



- NOE's (Nuclear Overhauser Effect)

Intensity of this interaction between H's gives distance measurement

