

**magnetic field  $\sim 3\text{T}$**

$E / \text{J}$

thermally  
polarized

Zeeman energy splitting

$$\Delta E \approx 10^{-26} \text{ J}$$

$$\cdot 2 \cdot 10^6$$

perfect  
hyperpolarization

completely  
hyperpolarized

$$\cdot 4 \cdot 10^6$$

$$E \approx 10^{-21} \text{ J}$$

