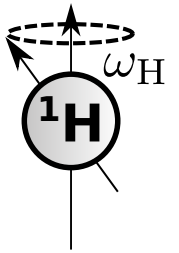
Redfield equations

Dipolar coupling constant



Larmor angular frequency

$$\frac{1}{T_1} = \frac{d_{NH}^2}{20}[J(\omega_H - \omega_N) + 3J(\omega_N) + 6J(\omega_H + \omega_N)]$$

$$\frac{1}{T_2} = \frac{1}{2}\frac{d_{NH}^2}{20}[4J(0) + J(\omega_H - \omega_N) + 3J(\omega_N) + 3J(\omega_H) + 6J(\omega_H + \omega_N)]$$

$$\mathrm{NOE} = 1 + \frac{d_{NH}^2}{20}[J(\omega_H + 6J(\omega_H + \omega_N)]\frac{\gamma_H T_1}{\gamma_N}$$