## Hydrogen Helium Periodic Table For Magnetic Resonance 1/2 -32.4 **10** Neon Beryllium **9** Fluorine Magnetic resonance data primarily from EasySpin.org: https://easyspin.org/documentation/isotopetable.html —Chemical formula Sources: Table of Nuclear Magnetic Dipole and Electric Quadrupole Moments, N.Stone (2014) 1 6.3 -1 8 3/2 16.5 -40 92 3/2 -6.0 53 100 Table of Nuclear Quadrupole Moments, N.Stone, (2013) 21 3/2 -3.4 102 < Table of the Isotopes, N.E.Holden 11 Sodium 17 Chlorine **18** Argon **12** Magnesium 15 Phosphorus Nuclear Quadrupole Moments, P.Pyykkö, (2008) Uncertainties at high atomic numbers can exceed 10 percent. Send corrections to Michael W. Malone: mwmalone@gmail.com https://github.com/spyctra/Magnetic-Resonance-Periodic-Table 23 3/2 11.3 104 100 24 25 5/2 -2.6 199 1 27 5/2 11.1 147 100 20 Calcium **19** Potassium 21 Scandium **36** Krypton **33** Arsenic 79 3/2 10.7 313 51 81 3/2 11.5 262 49 43 7/2 -2.9 -41 53 3/2 -2.4 -150 10 57 1/2 1.4 77 1/2 8.2 83 9/2 -1.6 259 39 Yttrium **50** Tin **54** Xenon 85 5/2 4.1 276 72 <mark>84</mark> 87 3/2 14.0 134 28 <mark>86</mark> 1 107 1/2 -1.7 11 109 1/2 -2.0 «1 127 5/2 8.6 -696 100 **124** 123 7/2 5.6 -692 43 122 <1 115 9/2 9.4 770 96 114</p> 123 1/2 -11.2 87 9/2 -1.9 305 129 1/2 -11.9 111 1/2 -9.1 $117 \ 1/2 - 15.3$ 125 1/2 -13.5 113 1/2 -9.5 131 3/2 3.5 -114 **55** Caesium 83 Bismuth 133 7/2 5.6 -3 100 135 7/2 6.0 48 0 <1 203 1/2 24.7 10 205 1/2 25.0</pre> 1 209 9/2 7.0 -516 100 209 1/2 11.4 5 181 7/2 5.2 3170 100 182 26 187 5/2 9.8 2070 63 186 183 1/2 1.8 187 1/2 1.0 135 3/2 4.3 160 179 9/2 -1.1 3790 14 137 3/2 4.8 245 1 **87** Francium **113** Nihonium 112 Copernicium Bh Hs Mt Ds **59** Praseodymium **60** Neodymium Electron Ce Pr Nd Pm Sm Eu Gd 143 7/2 -2.3 -610 12 161 5/2 -1.5 2510 19 167 7/2 -1.2 3570 23 **91** Protactinium **92** Uranium **93** Neptunium **94** Plutonium **95** Americium **98** Californium **99** Einsteinium **97** Berkelium **101** Mendelevium **102** Nobelium **90** Thorium $\ll 1$ 237 5/2 9.6 3870 0 239 1/2 3.1 0 243 5/2 4.6 2860 0