Samples for Benchtop NMR Spectroscopy

Guidelines for ^{1}H Spectroscopy

Molecular Mass	– small molecules, typically up to 200 – 300 Daltons. Over 500 Daltons the structure should be simple and repetitive.
Concentration	– 10 mM upwards, preferably 100 mM or above.
Quantity	– 500 µL required
Viscosity	– Samples should be free-flowing liquids
Solvent	– Aqueous or Organic; does not need to be deuterated (protonated solvents will exhibit solvent peaks in ^{1}H spectra)
Presentation	– Standard 5 mm NMR tubes, no spinner turbine required, 7” or 8” length