

## (1) General overview: Receptivity of NMR-active isotopes

Receptivity is defined relative to H-1 or (rarely) to C-13:

$$D_X^{1H} = \left| \frac{\gamma_X^3}{\gamma_{1H}^3} \right| \frac{N_X I_X (I_X + 1)}{N_{1H} I_{1H} (I_{1H} + 1)}$$

with D = receptivity of X with respect to H-1 (in %), N = natural abundance of X isotope under consideration (I = spin quantum).

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