

(2) Methods: Some tendencies for the choice of experiment

$I = 1/2$	^{113}Cd	Normal pulse techniques
Large γ	^{195}Pt	
Short T_1	^{199}Hg	
$I = 1/2$	^{57}Fe	Normal pulse techniques at high B_0 fields, or polarisation transfer from ^1H or ^{31}P , <i>i.e.</i> INEPT (1D) or HMQC (2D INVERSE)
Small γ	^{103}Rh	
Long T_1	^{109}Ag	
	^{183}W ^{187}Os	
$I \geq 1$	^{51}V	Normal pulse techniques
Small Q	^{53}Cr	
Short T_2	^{91}Zr	
	^{95}Mo ^{99}Ru	
$I \geq 1$	^{55}Mn	Normal pulse techniques, preferably at high B_0 fields when receptivity is low
Large Q	^{59}Co	
Very short T_2	^{61}Ni	
	^{101}Ru	
	^{105}Pd	

von Philipsborn, *Chem.Soc.Rev.* **1999**, 28, 95.