

(2) Methods: Direct vs. indirect detection

- Depending on gyromagnetic ratio and relaxation properties, inverse experiments are often favoured
- Maximum experimental gain of intensity comparing H,X NOE vs. polarization transfer experiments

X =	¹³ C	¹⁵ N	⁵⁷ Fe	¹⁰³ Rh	¹⁸³ W	¹⁸⁷ Os
NOE	2.99	-3.93	16.4	-16.8	12.9	22.6
INEPT	3.98	9.86	30.8	31.6	23.7	43.2
Inverse INEPT	7.93	31.0	171	178	115	284
INVERSE (2D)	31.5	305	5263	5610	2737	12 264

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