

# NMR Solvent Data Chart

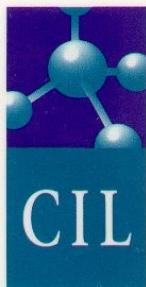
## Cambridge Isotope Labs

The <sup>1</sup>H spectra of the residual protons and <sup>13</sup>C spectra were obtained on a Varian Gemini 200 spectrometer at 295°K. The sample for the proton and <sup>13</sup>C spectra contain a maximum of 0.05% and 1.0% TMS (v/v) respectively. Since deuterium has a spin of 1, triplets arising from coupling to deuterium have the intensity ratio of 1:1:1. 'n' denotes a broad peak with some fine structures. It should be noted that the chemical shifts, in particular, can be dependent on solute, concentration and temperature.

□ Approximate values only, may vary with pH, concentration and temperature.

■ Melting and boiling points are those of the corresponding unlabeled compound (except for D<sub>2</sub>O). These temperature limits can be used as a guide to determine the useful liquid range of the solvents.

SOLVENT	<sup>1</sup> H Chemical Shift (ppm from TMS) (multiplicity)	JHD (Hz)	Carbon-13 Chemical Shift (ppm from TMS) (multiplicity)	JCD (Hz)	<sup>1</sup> H Chemical Shift of HOD (ppm from TMS)	Density at 20°C	Melting point °C	Boiling point °C	Dielectric Constant	Molecular Weight
Acetic Acid-d <sub>4</sub>	11.65 (1) 2.04 (5)	2.2	178.99 (1) 20.0 (7)	2.0	11.5	1.12	17	118	6.1	64.08
Acetone-d <sub>6</sub>	2.05 (5)	2.2	206.68 (13) 29.92 (7)	0.9 19.4	2.8	0.87	-94	57	20.7	64.12
Acetonitrile-d <sub>4</sub>	1.94 (5)	2.5	118.69 (1) 1.39 (7)	21	2.1	0.84	-45	82	37.5	44.07
Benzene-d <sub>6</sub>	7.16 (1)		128.39 (3)	24.3	0.4	0.95	5	80	2.3	84.15
Chloroform-d	7.27 (1)		77.23 (3)	32.0	1.5	1.50	-64	62	4.8	120.38
Cyclohexane-d <sub>12</sub>	1.38 (1)		26.43 (5)	19	0.8	0.89	6	81	2.0	96.24
Deuterium Oxide	4.80 (DSS) 4.81 (TSP)		NA	NA	4.8	1.11	3.8	101.4	78.5	20.03
N, N-Dimethyl-formamide-d <sub>5</sub>	8.03 (1) 2.92 (5) 2.75 (5)	1.9	163.15 (3) 34.89 (7) 29.76 (7)	29.4 21.0 21.1	3.5	1.04	-61	153	36.7	80.14
Dimethyl Sulfoxide-d <sub>6</sub>	2.50 (5)	1.9	39.51 (7)	21.0	3.3	1.18	18	189	46.7	84.17
1,4-Dioxane-d <sub>8</sub>	3.53 (m)		66.66 (5)	21.9	2.4	1.13	12	101	2.2	96.16
Ethanol-d <sub>6</sub>	5.29 (1) 3.56 (1) 1.11 (m)		56.96 (5) 17.31 (7)	22 19	5.3	0.89	<-130	79	24.5	52.11
Methanol-d <sub>4</sub>	4.87 (1) 3.31 (5)	1.7	49.15 (7)	21.4	4.9	0.89	-98	65	32.7	36.07
Methylene Chloride-d <sub>2</sub>	5.32 (3)	1.1	54.00 (5)	27.2	1.5	1.35	-95	40		86.95
Pyridine-d <sub>5</sub>	8.74 (1) 7.58 (1) 7.22 (1)		150.35 (3) 135.91 (3) 123.87 (5)	27.5 24.5 25	5	1.05	-42	116	12.4	84.13
Tetrahydrofuran-d <sub>8</sub>	3.58 (1) 1.73 (1)		67.57 (5) 25.37 (1)	22.2 20.2	2.4-2.5	0.99	-109	66	7.6	80.16
Toluene-d <sub>8</sub>			137.86 (1)		0.4	0.94	-95	111	2.4	100.19
Trifluoroacetic Acid-d	11.50 (1)		164.2 (4) 116.6 (4)		11.5	1.50	-15	72		115.03
Trifluoroethanol-d <sub>3</sub>	5.02 (1) 3.88 (4x3)	2(9)	126.3 (4) 61.5 (4X5)	22	5	1.45	-44	75		103.06



### Cambridge Isotope Laboratories, Inc.

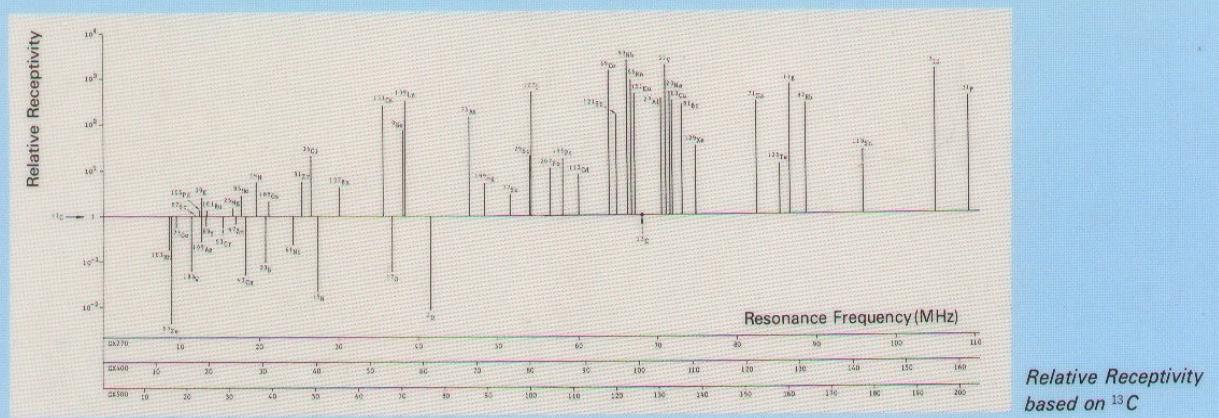
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# NMR Observation Frequencies for GX-series

Isotope	Observation Frequency			Natural Abundance	Spin( 1 )	Relative Sensitivity	Isotope	Observation Frequency			Natural Abundance	Spin( 1 )	Relative Sensitivity
	GX270	GX400	GX500					GX270	GX400	GX500			
* 1H	270.166	399.782	500.125	99.985	1/2	1.00	105Pd	12.371	18.306	22.901	22.23	-5/2	1.12×10 <sup>-3</sup>
2D	41.472	61.369	76.773	1.5×10 <sup>-2</sup>	1	9.65×10 <sup>-3</sup>	107Ag	10.934	16.179	20.240	51.82	-1/2	6.62×10 <sup>-5</sup>
3T	288.168	426.420	533*449		1/2	1.21	109Ag	12.568	18.598	23.266	48.18	-1/2	1.01×10 <sup>-4</sup>
6Li	39.758	58.832	73.598	7.42	1	8.50×10 <sup>-3</sup>	111Cd	57.286	84.770	106.047	12.75	-1/2	9.54×10 <sup>-3</sup>
* 7Li	105.014	155.396	194.400	92.58	3/2	0.293	* 113Cd	59.926	88.676	110.933	12.26	-1/2	1.09×10 <sup>-2</sup>
9Be	37.962	56.175	70.275	100	-3/2	1.39×10 <sup>-2</sup>	113In	59.069	87.408	109.347	4.28	9/2	0.345
10B	29.032	42.960	53.743	19.58	3	1.99×10 <sup>-2</sup>	115In	59.204	87.608	109.597	95.72	9/2	0.342
* 11B	86.677	128.262	160.455	80.42	3/2	0.165	115Sn	88.342	130.725	163.536	0.35	-1/2	3.50×10 <sup>-2</sup>
* 13C	67.938	100.533	125.766	1.108	1/2	1.59×10 <sup>-2</sup>	117Sn	96.249	142.426	178.175	7.61	-1/2	4.52×10 <sup>-2</sup>
* 14N	19.519	28.884	36.134	99.63	1	1.01×10 <sup>-3</sup>	* 119Sn	100.682	148.985	186.380	8.58	-1/2	5.18×10 <sup>-2</sup>
* 15N	27.379	40.514	50.683	0.37	-1/2	1.04×10 <sup>-3</sup>	121Sb	64.653	95.672	119.685	57.25	5/2	0.160
* 17O	36.634	54.210	67.817	3.7×10 <sup>-2</sup>	-5/2	2.91×10 <sup>-2</sup>	123Sb	98.467	145.708	182.281	42.75	7/2	4.57×10 <sup>-2</sup>
* 19F	254.191	376.142	470.552	100	1/2	0.833	123Te	70.812	104.785	131.086	0.87	-1/2	1.80×10 <sup>-2</sup>
* 23Na	71.458	105.742	132.282	100	3/2	9.25×10 <sup>-2</sup>	125Te	85.348	126.295	157.994	6.99	-1/2	3.15×10 <sup>-2</sup>
* 25Mg	16.538	24.472	30.615	-10.13	-5/2	2.67×10 <sup>-3</sup>	* 127I	54.062	79.999	100.078	100	5/2	9.34×10 <sup>-2</sup>
* 27Al	70.396	104.169	130.315	100	5/2	0.206	129Xe	74.731	110.584	138.340	26.44	1/2	2.12×10 <sup>-2</sup>
* 29Si	53.674	79.426	99.361	4.70	-1/2	7.84×10 <sup>-2</sup>	* 132Cs	35.443	52.448	65.612	100	7/2	4.74×10 <sup>-2</sup>
* 31P	109.381	161.858	202.483	100	1/2	6.63×10 <sup>-2</sup>	135Ba	26.838	39.714	49.682	6.59	3/2	4.90×10 <sup>-3</sup>
* 33S	21.039	31.133	38.948	0.76	3/2	2.26×10 <sup>-3</sup>	137Ba	30.024	44.428	55.579	11.32	3/2	6.86×10 <sup>-3</sup>
* 35Cl	26.471	39.170	49.002	75.53	3/2	4.70×10 <sup>-3</sup>	139La	38.164	56.473	70.648	99.911	7/2	5.92×10 <sup>-2</sup>
37Cl	22.032	32.602	40.785	24.47	3/2	2.71×10 <sup>-3</sup>	141Pr	79.459	117.581	147.094	100	5/2	0.293
39K	12.606	18.654	23.336	93.10	3/2	5.08×10 <sup>-3</sup>	143Nd	14.689	21.736	27.192	12.17	-7/2	3.38×10 <sup>-3</sup>
41K	6.919	10.238	12.808	6.88	3/2	8.40×10 <sup>-5</sup>	145Nd	9.024	13.353	16.704	8.3	-7/2	7.86×10 <sup>-4</sup>
* 43Ca	17.911	26.504	33.156	0.145	-7/2	6.40×10 <sup>-3</sup>	147Sm	11.158	16.511	20.655	14.97	-7/2	1.48×10 <sup>-3</sup>
45Sc	65.631	97.119	121.495	100	7/2	0.301	149Sm	8.890	13.156	16.457	13.83	-7/2	7.47×10 <sup>-4</sup>
47Ti	15.229	22.536	28.192	7.28	-5/2	2.09×10 <sup>-3</sup>	151Eu	66.990	99.130	124.011	47.82	5/2	0.178
49Ti	15.232	22.540	28.197	5.51	-7/2	3.76×10 <sup>-3</sup>	153Eu	29.589	43.784	54.774	52.18	5/2	1.53×10 <sup>-2</sup>
50V	26.936	39.858	49.862	0.24	6	5.55×10 <sup>-2</sup>	155Gd	10.253	15.172	18.980	14.73	-3/2	2.79×10 <sup>-4</sup>
51V	71.008	105.075	131.448	99.76	7/2	0.383	159Tb	61.315	90.731	113.504	100	3/2	5.83×10 <sup>-2</sup>
53Cr	15.270	22.596	28.267	9.55	-3/2	9.03×10 <sup>-4</sup>	161Dy	8.904	13.175	16.482	18.88	-5/2	4.17×10 <sup>-4</sup>
55Mn	66.634	98.602	123.351	100	5/2	0.175	163Dy	12.681	18.765	23.475	24.97	5/2	1.12×10 <sup>-3</sup>
57Fe	8.729	12.917	16.159	2.19	1/2	3.37×10 <sup>-5</sup>	165Ho	55.379	81.948	102.516	100	7/2	0.181
* 59Co	64.106	94.862	118.672	100	7/2	0.277	167Er	7.825	11.578	14.485	22.94	-7/2	5.07×10 <sup>-4</sup>
61Ni	24.142	35.724	44.691	1.19	-3/2	3.57×10 <sup>-3</sup>	169Tm	22.327	33.039	41.331	100	-1/2	5.66×10 <sup>-4</sup>
* 63Cu	71.607	105.961	132.557	69.09	3/2	9.31×10 <sup>-2</sup>	171Yb	47.584	70.414	88.087	14.31	1/2	5.46×10 <sup>-3</sup>
65Cu	76.711	113.514	142.005	30.91	3/2	0.114	173Yb	13.108	19.397	24.266	16.13	-5/2	1.33×10 <sup>-3</sup>
67Zn	16.899	25.006	31.283	4.11	5/2	2.85×10 <sup>-3</sup>	175Lu	30.826	45.615	57.064	97.41	7/2	3.12×10 <sup>-2</sup>
69Ga	64.840	95.948	120.030	60.4	3/2	6.91×10 <sup>-2</sup>	177Hf	8.375	12.393	15.504	18.5	7/2	6.38×10 <sup>-4</sup>
* 71Ga	82.387	121.914	152.514	39.6	3/2	0.142	179Hf	5.126	7.586	9.490	13.75	-9/2	2.16×10 <sup>-4</sup>
73Ge	9.423	13.944	17.444	7.76	-9/2	1.40×10 <sup>-3</sup>	181Ta	32.337	47.851	59.861	99.988	7/2	3.60×10 <sup>-2</sup>
* 75As	46.281	68.484	85.673	100	3/2	2.51×10 <sup>-2</sup>	183W	11.242	16.635	20.810	14.40	1/2	7.20×10 <sup>-5</sup>
* 77Se	51.525	76.245	95.382	7.58	1/2	6.93×10 <sup>-3</sup>	185Re	60.825	90.007	112.598	37.07	5/2	0.133
79Br	67.687	100.161	125.301	50.54	3/2	7.86×10 <sup>-2</sup>	187Re	61.449	90.930	113.753	62.93	5/2	0.137
* 81Br	72.980	107.993	135.099	49.46	3/2	9.85×10 <sup>-2</sup>	187Os	6.222	9.207	11.518	1.64	1/2	1.22×10 <sup>-5</sup>
83Kr	10.393	15.380	19.240	11.55	-9/2	1.88×10 <sup>-3</sup>	189Os	21.051	31.151	38.970	16.1	3/2	2.34×10 <sup>-3</sup>
85Rb	26.085	38.599	48.287	72.15	5/2	1.05×10 <sup>-2</sup>	191Ir	4.644	6.872	8.597	37.3	3/2	2.53×10 <sup>-5</sup>
* 87Rb	88.403	130.815	163.649	27.85	3/2	0.175	193Ir	5.055	7.480	9.357	62.7	3/2	3.27×10 <sup>-5</sup>
87Sr	11.706	17.323	21.670	7.02	-9/2	2.69×10 <sup>-3</sup>	* 195Pt	58.077	85.941	107.511	33.8	1/2	9.94×10 <sup>-3</sup>
89Y	13.235	19.585	24.501	100	-1/2	1.18×10 <sup>-1</sup>	197Au	4.625	6.844	8.562	100	3/2	2.51×10 <sup>-5</sup>
91Zr	25.206	37.300	46.662	11.23	-5/2	9.48×10 <sup>-3</sup>	* 199Hg	48.308	71.484	89.426	16.84	1/2	5.67×10 <sup>-3</sup>
* 93Nb	66.036	97.717	122.244	100	9/2	0.482	201Hg	17.831	26.386	33.008	13.22	-3/2	1.44×10 <sup>-3</sup>
95Mo	17.061	26.046	32.583	15.72	5/2	3.23×10 <sup>-3</sup>	203Tl	154.400	228.475	285.821	29.50	1/2	0.187
97Mo	17.971	26.593	33.268	9.46	-5/2	3.43×10 <sup>-3</sup>	205Tl	155.910	230.710	288.617	70.50	1/2	0.192
99Ru	9.133	13.515	16.907	12.72	-3/2	1.95×10 <sup>-4</sup>	* 207Pb	56.534	83.657	104.655	22.6	1/2	9.16×10 <sup>-3</sup>
101Ru	13.241	19.594	24.511	17.07	-5/2	1.41×10 <sup>-3</sup>	209Bi	43.416	64.245	80.370	100	9/2	0.137
103Rh	8.505	12.585	15.744	100	-1/2	3.11×10 <sup>-5</sup>	235U	4.863	7.196	9.002	0.7205	7/2	1.21×10 <sup>-4</sup>

\* Isotopes whose observation frequencies are stored on GX standard software.



Relative Receptivity  
based on <sup>13</sup>C

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- Japan/ JEOL LTD. 1418 Nakagami Akishima Tokyo 196

## Table of Isotopes and NMR Parameters

<b>Li</b>	<b>Be</b>	<b>H</b>	<b>H</b>
6 7 $3.58 \times 10^1$	8 7 $1.5 \times 10^0$	1 2 $5.7 \times 10^{-2}$	3 $8.2 \times 10^{-3}$
<u>10</u>	<u>40</u>	<u>10</u>	<u>10</u>
<b>Na</b>	<b>Mg</b>		
<u>23</u>	<u>25</u>	<u>1.5</u>	
<u>30</u>	<u>40</u>		
<b>K</b>	<b>Ca</b>	<b>Sc</b>	<b>Ti</b>
<u>39</u>	<u>41</u>	<u>43</u>	<u>47</u>
<u>85</u>	<u>87</u>	<u>89</u>	<u>49</u>
<u>43</u>	<u>45</u>	<u>45</u>	<u>50</u>
<u>27</u>	<u>33</u>	<u><math>5.27 \times 10^{-2}</math></u>	<u><math>51 \times 10^{-1}</math></u>
<u>200</u>	<u>30</u>	<u>350</u>	<u>1700</u>
<b>Rb</b>	<b>Sr</b>	<b>Y</b>	<b>Zr</b>
<u>85</u>	<u>87</u>	<u>89</u>	<u>91</u>
<u>43</u>	<u>27</u>	<u>1.1</u>	<u>0.088</u>
<u>200</u>	<u>60</u>	<u>600</u>	<u>2200</u>
<b>Cs</b>	<b>Ba</b>	<b>La</b>	<b>Hf</b>
<u>133</u>	<u>135</u>	<u>137</u>	<u>177</u>
<u>289</u>	<u>1.8</u>	<u>4.4</u>	<u>178</u>
<u>300</u>	<u>10</u>	<u>300</u>	<u><math>1.3 \times 10^2 \times 10^{-1}</math></u>
<b>Ce</b>	<b>Pr</b>	<b>Nd</b>	<b>Pm</b>
<u>141</u>	<u>143</u>	<u>145</u>	<u>147</u>
<u><math>1.7 \times 10^5</math></u>	<u>33</u>	<u>37</u>	<u><math>8.8 \times 10^0</math></u>
<b>Sm</b>	<b>Eu</b>	<b>Gd</b>	<b>Tb</b>
<u>147</u>	<u>148</u>	<u>151</u>	<u>155</u>
<u>85</u>	<u>88</u>	<u>153</u>	<u>157</u>
<u>4.8</u>	<u>4.5</u>	<u>23</u>	<u>32</u>
<u><math>\times 10^0</math></u>	<u><math>\times 10^0</math></u>	<u><math>3.3 \times 10^0</math></u>	<u><math>1.0 \times 10^0</math></u>
<b>Dy</b>	<b>Ho</b>	<b>Er</b>	<b>Tm</b>
<u>161</u>	<u>163</u>	<u>161</u>	<u>165</u>
<u>45</u>	<u>16</u>	<u><math>1.0 \times 10^0</math></u>	<u><math>8.8 \times 10^0</math></u>
<b>Lu</b>	<b>Yb</b>	<b>Tm</b>	<b>Yb</b>
<u>175</u>	<u>171</u>	<u>173</u>	<u>171</u>
<u><math>1.7 \times 10^5</math></u>	<u>4.1</u>	<u>1.14</u>	<u>1.14</u>
<b>Isotope</b>			
(The shaded ones are of spin 1=1/2)			
● Mass number —			
● Relative receptivity*			
● Chemical shift range (in ppm)			
<b>C</b>	<b>Si</b>	<b>P</b>	<b>S</b>
<u>13</u>	<u>29</u>	<u>31</u>	<u>33</u>
<u><math>\overline{11}</math></u>	<u>2.1</u>	<u>37</u>	<u><math>9.7 \times 10^{-2}</math></u>
<b>Al</b>	<b>Ge</b>	<b>As</b>	<b>Se</b>
<u>27</u>	<u>75</u>	<u>77</u>	<u>77</u>
<u>117</u>	<u>117</u>	<u>143</u>	<u>143</u>
<b>B</b>	<b>C</b>	<b>N</b>	<b>O</b>
<u>10</u>	<u>13</u>	<u>14</u>	<u>15</u>
<u>22</u>	<u><math>\overline{11}</math></u>	<u><math>5.7 \times 10^{-2}</math></u>	<u><math>6.1 \times 10^{-2}</math></u>
<u>150</u>	<u>200</u>	<u>900</u>	<u>1600</u>
<b>AI</b>	<b>Si</b>	<b>P</b>	<b>S</b>
<u>27</u>	<u>29</u>	<u>31</u>	<u>33</u>
<u>117</u>	<u>2.1</u>	<u>37</u>	<u><math>9.7 \times 10^{-2}</math></u>
<b>C</b>	<b>Ge</b>	<b>As</b>	<b>Se</b>
<u>13</u>	<u>75</u>	<u>77</u>	<u>77</u>
<u><math>\overline{11}</math></u>	<u>73</u>	<u>81</u>	<u>81</u>
<b>Br</b>	<b>Sn</b>	<b>Sb</b>	<b>Te</b>
<u>83</u>	<u>113</u>	<u>123</u>	<u>125</u>
<u>200</u>	<u>113</u>	<u>111</u>	<u>127</u>
<b>Kr</b>	<b>In</b>	<b>Tl</b>	<b>I</b>
<u>83</u>	<u>115</u>	<u>110</u>	<u>129</u>
<u>127</u>	<u>117</u>	<u>119</u>	<u>119</u>
<b>Ne</b>	<b>Sn</b>	<b>Pb</b>	<b>Xe</b>
<u>21</u>	<u>121</u>	<u>207</u>	<u>129</u>
<u>127</u>	<u>123</u>	<u>209</u>	<u>22</u>
<b>F</b>	<b>Sb</b>	<b>Bi</b>	<b>At</b>
<u>19</u>	<u>123</u>	<u>209</u>	<u>200</u>
<u>228</u>	<u>111</u>	<u>111</u>	<u>111</u>
<b>Ar</b>	<b>Te</b>	<b>Po</b>	<b>Rn</b>
<u>200</u>	<u>125</u>	<u>4000</u>	<u>7000</u>
<u>200</u>	<u>13</u>	<u>4000</u>	<u>7000</u>
<u>22</u>	<u><math>10^{-1}</math></u>	<u>3500</u>	<u>3500</u>
<u>22</u>	<u>20</u>	<u>2700</u>	<u>2700</u>
<u>22</u>	<u>25</u>	<u>3500</u>	<u>3500</u>
<u>22</u>	<u>28</u>	<u>4000</u>	<u>4000</u>
<u>22</u>	<u>35</u>	<u>4000</u>	<u>4000</u>
<u>22</u>	<u>37</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>50</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>53</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>55</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>57</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>61</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>65</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>67</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>71</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>73</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>75</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>77</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>81</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>83</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>85</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>87</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>89</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>91</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>93</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>95</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>97</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>99</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>101</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>103</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>105</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>107</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>109</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>111</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>113</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>115</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>117</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>119</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>121</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>123</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>125</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>127</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>129</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>131</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>133</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>135</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>137</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>139</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>141</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>143</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>145</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>147</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>149</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>151</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>153</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>155</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>157</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>159</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>161</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>163</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>165</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>167</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>169</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>171</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>173</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>175</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>177</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>179</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>181</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>183</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>185</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>187</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>189</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>191</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>193</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>195</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>197</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>199</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>201</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>203</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>205</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>207</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>209</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>211</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>213</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>215</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>217</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>219</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>221</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>223</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>225</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>227</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>229</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>231</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>233</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>235</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>237</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>239</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>241</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>243</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>245</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>247</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>249</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>251</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>253</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>255</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>257</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>259</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>261</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>263</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>265</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>267</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>269</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>271</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>273</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>275</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>277</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>279</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>281</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>283</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>285</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>287</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>289</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>291</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>293</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>295</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>297</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>299</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>301</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>303</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>305</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>307</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>309</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>311</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>313</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>315</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>317</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>319</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>321</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>323</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>325</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>327</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>329</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>331</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>333</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>335</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>337</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>339</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>341</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>343</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>345</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>347</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>349</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>351</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>353</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>355</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>357</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>359</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>361</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>363</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>365</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>367</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>369</u>	<u>5000</u>	<u>5000</u>
<u>22</u>	<u>371</u>	<u>5000</u>	<u>5000</u>

\* Relative Receptivity = Natural abundance

The elements in orange areas play an important role in the living system

