



*Adamantane packed in 4 mm MAS rotor*

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**Field strength:** 400 MHz

### Why is this your favorite spectrum?

Adamantane is a well-known standard sample among those dealing with homonuclear dipolar decoupling in solid-state NMR: one can see a nice J-split pattern in case everything is set up properly. That day decoupling worked surprisingly good.

Comments: Recorded with windowed version of supercycled-phase-modulated Lee-Goldburg homonuclear decoupling (wPMLG5-S2) applied on <sup>1</sup>H channel during carbon acquisition at 8 kHz MAS frequency.