



*100 mM methionine (methyl-<sup>13</sup>C) and 1 mM U-<sup>13</sup>C-ubiquitin*

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**Field strength:** 9.4 T

**Why is this your favorite spectrum?**

This nicely illustrates the difference between your dream and reality. Or in other words, the transition from a small model molecule to a large real protein system (still a small model protein).

