

[Instructions on how to complete the form]

1. Use an abbreviation for the year, such as D3, M2 or B4.
2. Enter the signature or name and seal of the supervisor in the Supervisor field.
3. Provide the phone number of the laboratory (the on-campus extension number).
4. Write the sample number and your name on the measurement tube.
5. Use a deuterated solvent. The standard concentration of the sample should be 7mg/0.6 mL for ^1H alone and 30mg/0.6 mL for ^1H and ^{13}C . (Standard amount: 5 mm, 4 to 5 cm deep in the tube)
6. For other nuclides (^{15}N to ^{31}P), make sure to bring in a reference sample with the sample to be measured.
7. If the concentration of the sample is low, signals may not be detected because measurements are taken automatically.
8. The request may not be accepted if the information provided is incomplete.