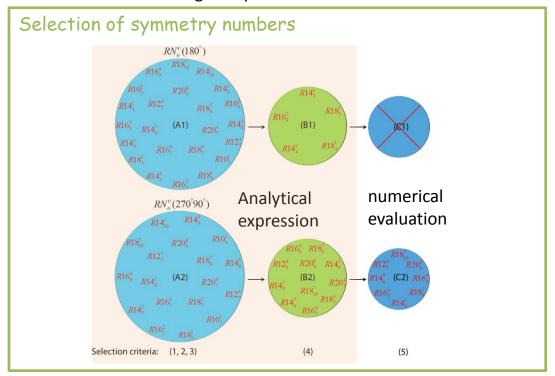
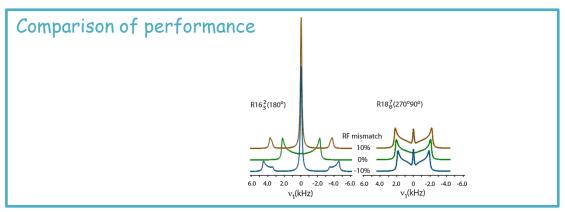
How to select appropriate symmetry numbers?

Here is an example how to choose appropriate symmetry numbers. We focus on ¹H chemical shift anisotropy (CSA) recoupling at ultrafast MAS. The sequence should be satisfy the following conditions:

- (1) ¹H CSA is recoupled at 1st order.
- (2) ¹H-¹H dipolar and ¹H isotropic chemical shift are decoupled.
- (3) RF field amplitude is kept below 200 kHz at a MAS rate of 70 kHz.
- (4) a large scaling factor is desired.
- (5) the effect of RF field inhomogeneity is minimized.





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