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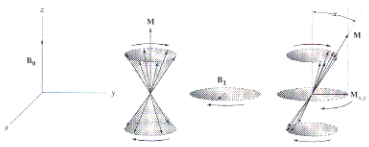

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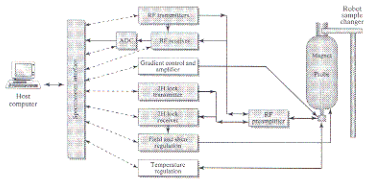

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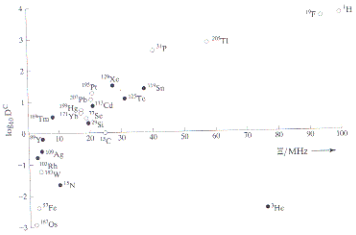

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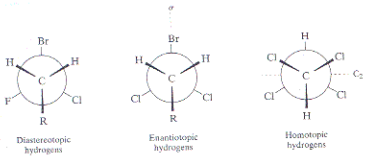

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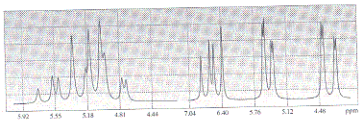

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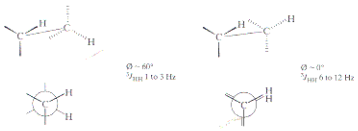

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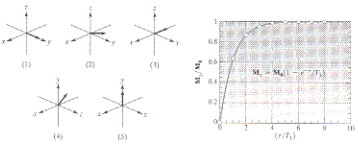

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$$\frac{M_C(^1H_{irrad})}{M_C^0} = 1 + \left[\frac{6J_2(\omega_H + \omega_C) - J_0(\omega_H - \omega_C)}{J_0(\omega_H - \omega_C) + 3J_1\omega_C + 6J_2(\omega_C + \omega_H)}\right] \cdot \frac{\gamma_H}{\gamma_C} = 1 + \eta_{CH}$$

$$\frac{M_C(^1H_{irrad})}{M_C^0} = 1 + 0.5\frac{\gamma_H}{\gamma_C} = 2.988 \quad \text{or} \quad \eta_{CH} = 1.988$$

$$\frac{1}{T_1(\text{other})} = \frac{1}{T_1(\text{obs})}\left[1 - \frac{\eta_{obs}}{\eta_0}\right]$$

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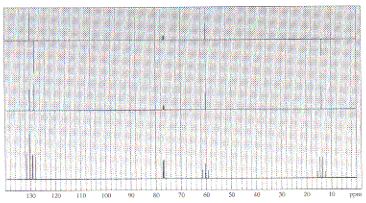

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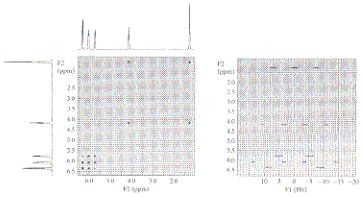

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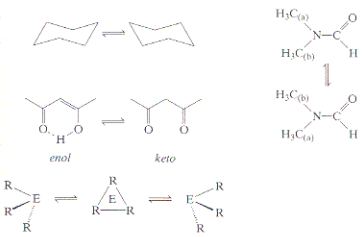

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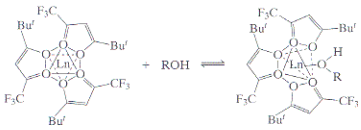

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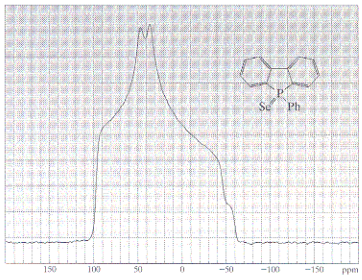

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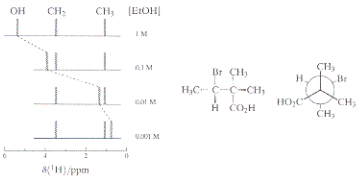

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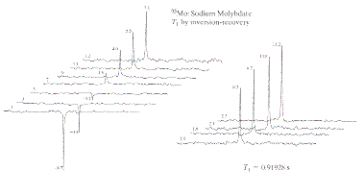

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