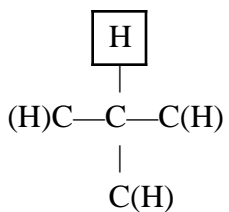
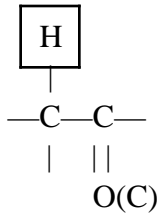
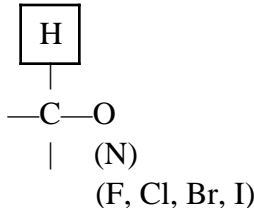
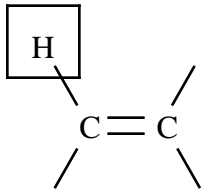
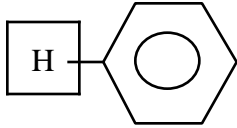
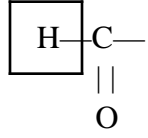
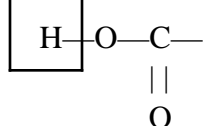


Simplified Table of Proton NMR Chemical Shifts

Chemical Shift, δ	Proton(s) of interest:	If the proton(s) of interest are attached to a carbon atom that:
< 2		is attached to alkyl groups only
$2 - 3$		is attached to a carbonyl group, or is allylic or benzylic
$3 - 5$		is attached to oxygen, nitrogen, or halogen

Some classes of compounds have unique chemical shifts:

$4.5 - 6.5$		alkene proton(s)
$6.5 - 8$		aromatic ring proton(s)
$9 - 10$		aldehyde proton(s)
> 10		carboxylic acid proton(s)

OH protons of alcohols and NH protons of amines can be from δ 1 - 5.