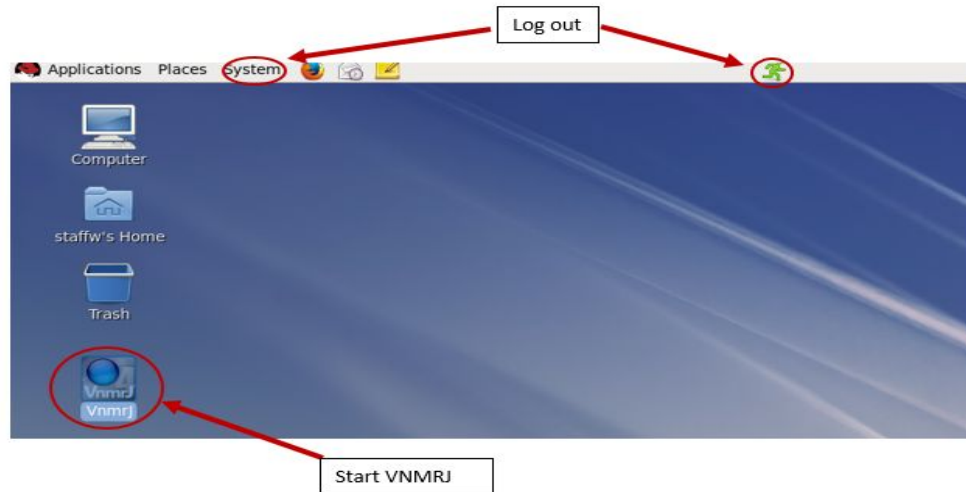


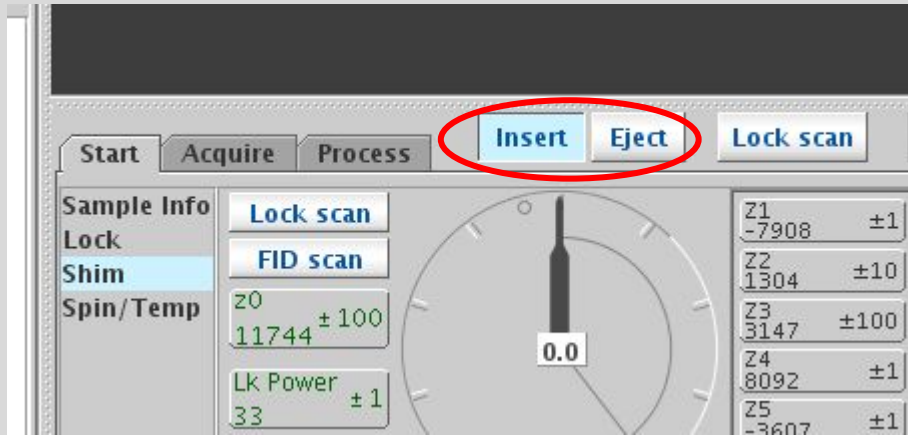
Log in with group name and password.



Double click on the VNMJR icon to start the program.



Carefully place the spinner on the NMR tube and position the spinner on the tube with the depth gauge.

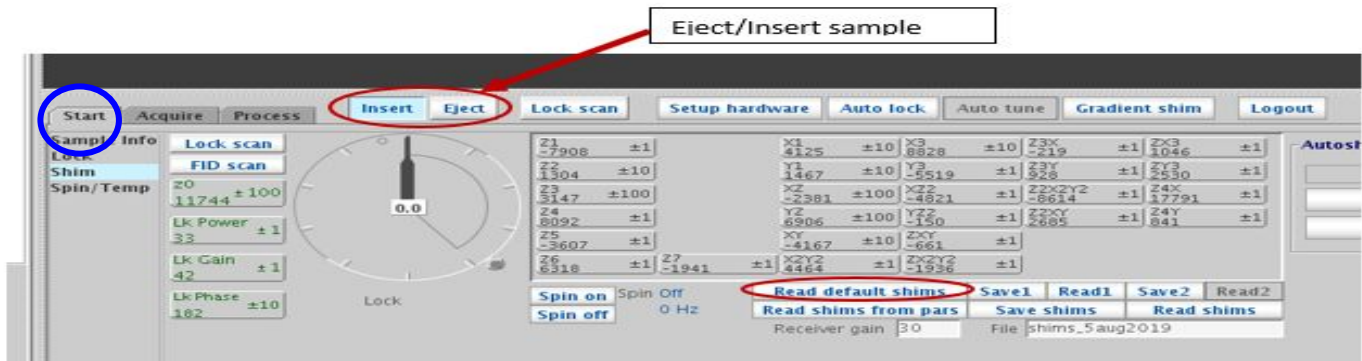


Click the Eject button .

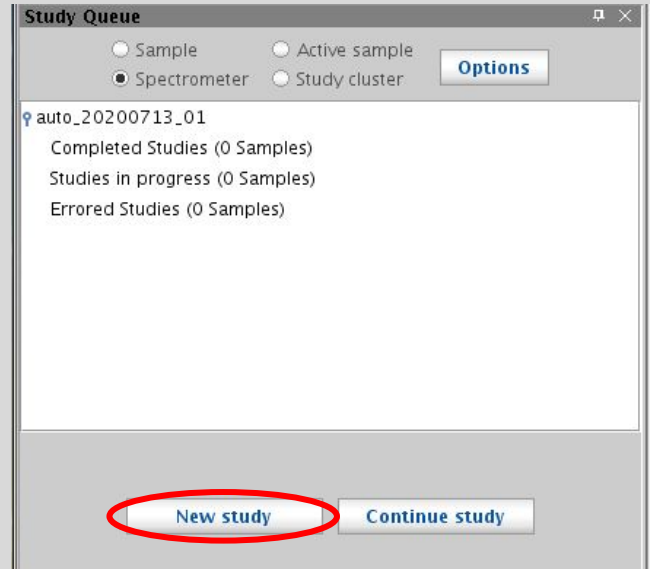
Wait until you hear the eject air blowing from the magnet stack.

Place the sample with spinner in the stack.

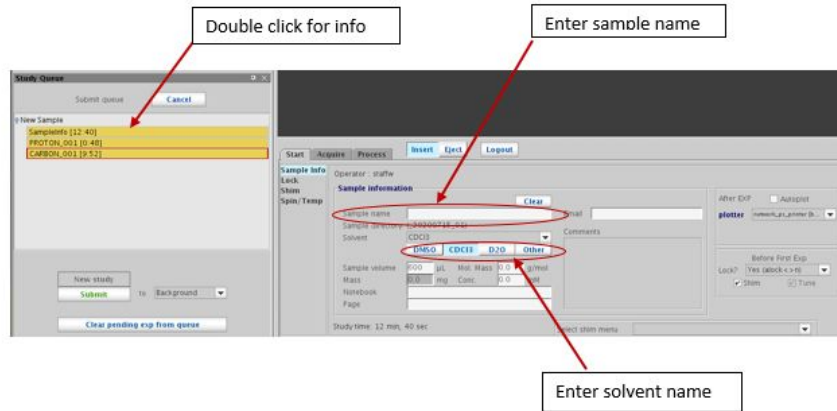
Click Insert and the sample should drop slowly to the probe.



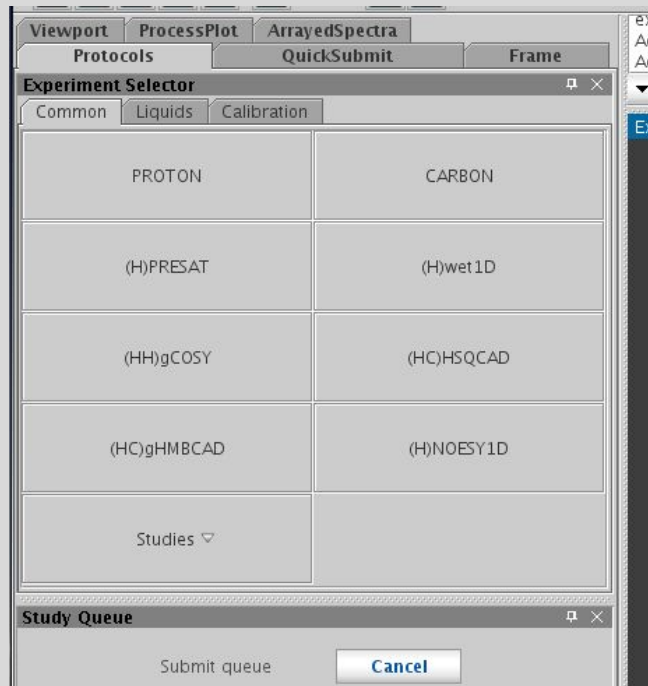
Under the **Start** tab click **Load Default Shims**.



Click New Study.



Enter Sample Name.  
Select Solvent.



Click on the name of each experiment you want to add to the queue.

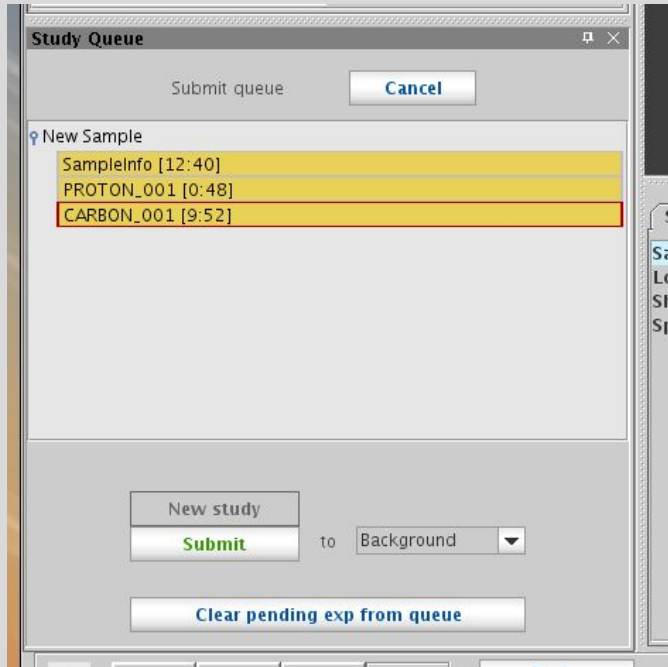


Experiment name.

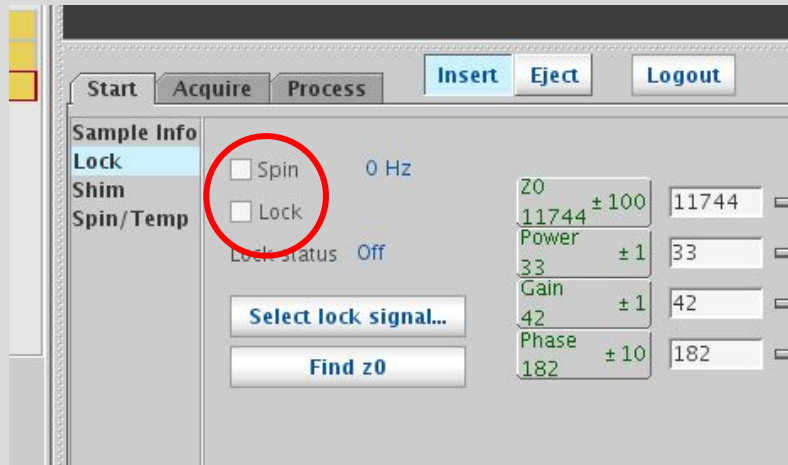
The screenshot shows a software interface for setting up an NMR experiment. On the left, a 'New Sample' panel lists three entries: 'SampleInfo [12:40]', 'PROTON\_001 [0:48]', and 'CARBON\_001 [9:52]'. A red arrow points to the 'PROTON\_001 [0:48]' entry. Below this list are buttons for 'New study', 'Submit', and 'Clear pending exp from queue'. The main panel on the right is titled 'Default H1' and contains various acquisition options. A red box highlights the 'Acquisition options' section, which includes: 'Spectral width (select)' with a dropdown menu showing '-2.0 to 14.0 ppm', 'Number of scans' set to 8, 'Relaxation delay' set to 2 s, and 'Pulse angle' set to 30 degrees. Other options include 'Minimize SW' (Off), 'Calibrate pw90' (checkbox), 'Receiver gain (dB)' (18), 'Autogain' (checked), 'Before PROTON acq' (Re-shim), 'After PROTON acq' (Autoplot), 'Starting with:', 'Sample name:', 'Start of Q lock/shim?' (yes / yes), and 'More options: PlotProcAdv page'.

Double click experiment name and enter:

- Number of scans.
- Relaxation delay.
- Pulse angle.



Click submit to start experiment.



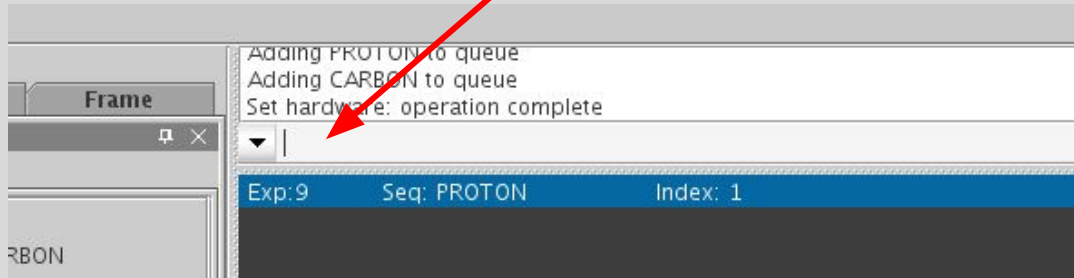
Turn off spinning and lock.

Click Eject.

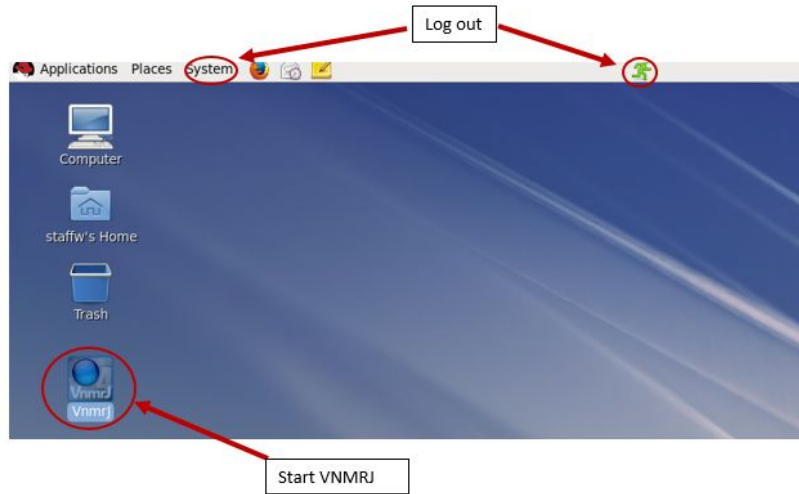
Remove sample from magnet stack.

Remove spinner.

Command line.



Type exit on the command line.



Log out by clicking the green icon at the top of the window or selecting **Log Out** from the **System** drop down menu. Once you select either choice, select **log out** from the popup window and not **switch user**.