

Group	Range (ppm)
CH ₃ -C	0.5 - 1.5
CH ₃ -N	2.0 - 4.0
CH ₃ -O	3.0 - 4.0
CH ₃ -C=C	1.0 - 2.5
CH ₃ C=O	1.5 - 3.0
CH ₃ -C ₆ H ₄ R	2.0 - 3.0
CH ₂ -C	1.0 - 2.0
Cyclopropyl protons	-0.5 - 0.5
CH ₂ -X, X = halogen	2.0 - 4.5
CH ₂ -O	3.0 - 4.0
CH ₂ -N	2.0 - 4.0
CH ₂ -C=C	1.5 - 2.5
CH ₂ -C=O	2.0 - 3.0
CH ₂ -C ₆ H ₄ R	2.0 - 3.5
CH-C	0.5 - 1.5
CH-X, X = halogen	4.0 - 6.0
CH-O	3.5 - 5.5
CH-N	2.5 - 4.5
CH-C=O	2.0 - 3.0
CH-C ₆ H ₄ R	2.5 - 3.5
H-C≡C	2.0 - 3.0
Alkenes, nonconjugated	4.5 - 6.5
Alkenes, conjugated	5.5 - 7.5
H-C ₆ H ₄ R, aromatics	6.5 - 8.5
H-C ₆ H ₄ R, heteroaromatics	6.0 - 9.0
R-OH, alcohols	0.5 - 6.0
RNH ₂	2.0 - 3.0
R ₂ NH	0.5 - 4.5
H-C=O, aldehydes	9.0 - 10.5
RC(O)OH, acids	10.0 - 13.0