





Approximate <sup>1</sup> H NMR chemical shift area for a simple saturated C–H: $R - CH_3 \xrightarrow{H_2}_R \xrightarrow{R}_R \xrightarrow{R}_R$ methyl methylene methine	The type of C–H that appears in the 0 – 1.5 PPM range in the <sup>1</sup> H NMR spectrum
Approximate ${}^{1}$ H NMR chemical shift area for: $H$ $H$ $R$ $H$ $R$	The types of C–H that appear in the 1.5 – 2.5 PPM range in the <sup>1</sup> H NMR spectrum
Approximate <sup>1</sup> H NMR chemical shift area for: H R R R R R R R R R R	The types of C–H that appear in the 2.5 – 4.5 PPM range in the <sup>1</sup> H NMR spectrum
Approximate <sup>1</sup> H NMR chemical shift area for: $R \rightarrow H$ $R \rightarrow R$ $R \rightarrow R$ vinyl H	The type of C–H that appears in the 4.5 – 6.5 PPM range in the <sup>1</sup> H NMR spectrum
Approximate <sup>1</sup> H NMR chemical shift area for: benzene CH (aromatic CH)	The type of C–H that appears in the 6.5 – 8.5 PPM range in the <sup>1</sup> H NMR spectrum

