

Quick Guide for Locking and Shimming B7 500 MHz NMR

1. Login as usual
2. Open Vnmrj
3. Eject spinner and remove plug.
 - a. Insert sample, gauge, and insert in magnet.
4. Select experiment from Experiment Selector.
5. Choose solvent.
6. Click **Find z0** in Parameter Panel.
 - a. If lock is not established, click on the Lock tab, Lock Scan, and adjust Lock Phase and, if necessary, z0, gain, and power to establish lock.
7. Click **Gradient Autoshim**.
8. Once Gradient shimming completes, setup experiment parameters as usual.
9. Run experiment as usual (i.e. ga).
10. Be sure to save data using svf command.

