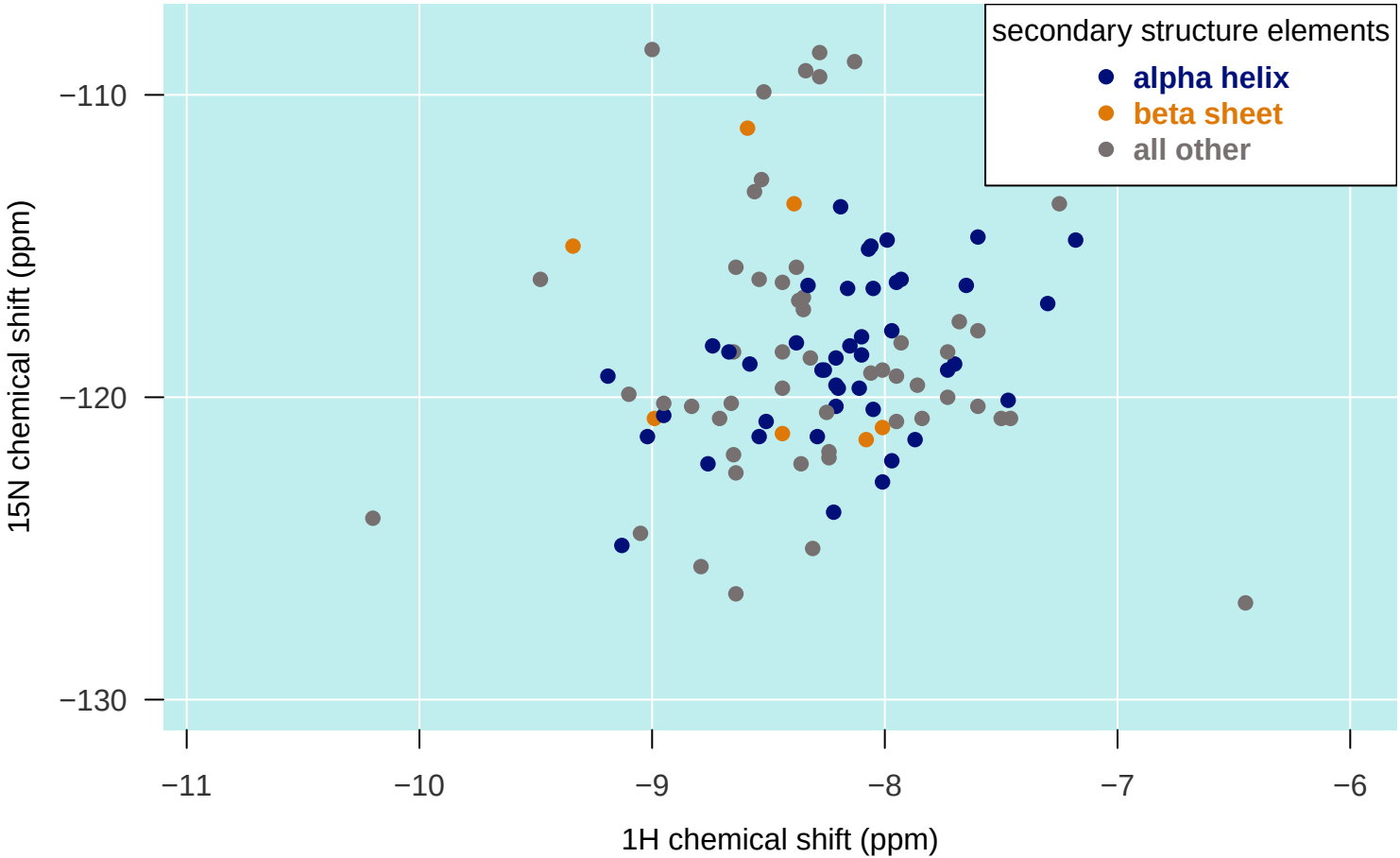
secondary structure elements
alpha helix
beta sheet
all other
15N chemical shift (ppm)
−110
−120
−130
1H chemical shift (ppm)
−11
−10
−9
−8
−7
−6