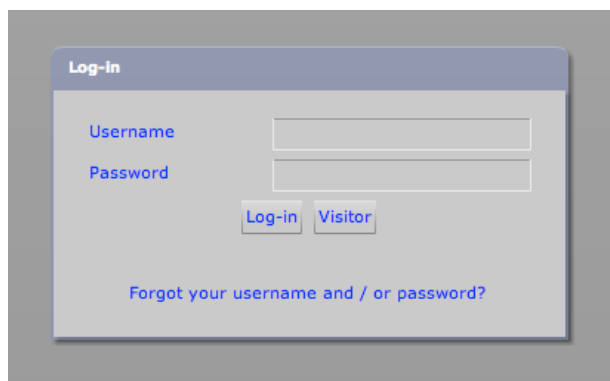


## Preliminary operations

### - Log in

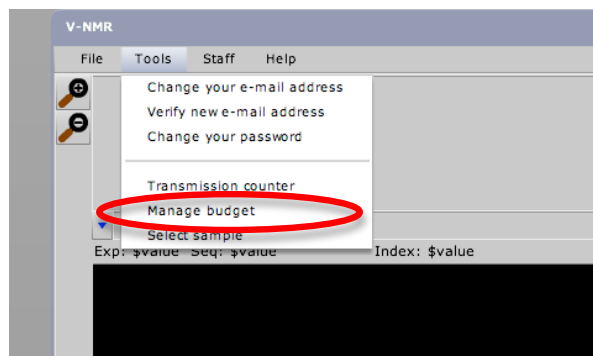
Connect to the website of V-NMR (<http://www.VirtualNMR.org/V-NMR/Demo>) and fill your username and password in the corresponding fields. Press the Log-in button.



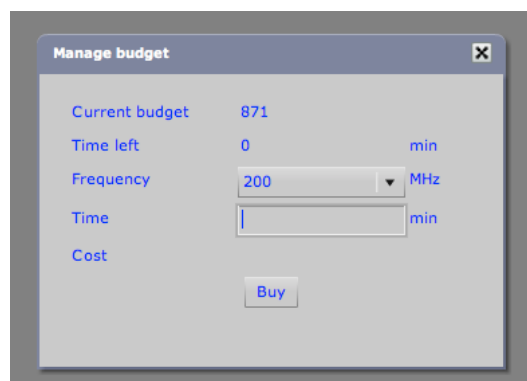
The screenshot shows a web browser window titled "Log-In". It contains two input fields: "Username" and "Password". Below these fields are two buttons: "Log-in" and "Visitor". At the bottom of the form, there is a link that says "Forgot your username and / or password?".

### - Define the spectrometer frequency

Open the *Manage Budget* window from the menu *Tools*



Select the spectrometer frequency and define the duration of your measuring session



The screenshot shows the "Manage budget" dialog box. It displays the following information:

Current budget	871
Time left	0 min
Frequency	200 MHz
Time	<input type="text"/> min
Cost	

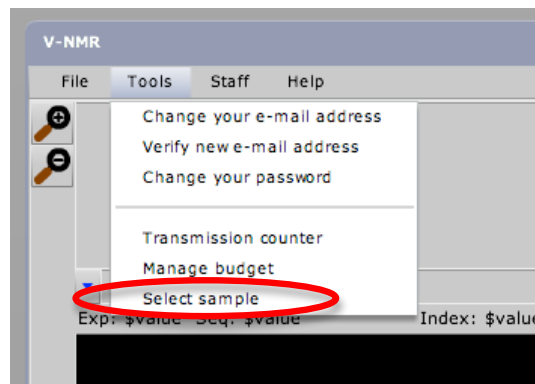
At the bottom of the dialog box, there is a "Buy" button.

The cost of 15 minutes measuring time as a function of spectrometer frequency in the range 200MHz – 900 MHz are given below:

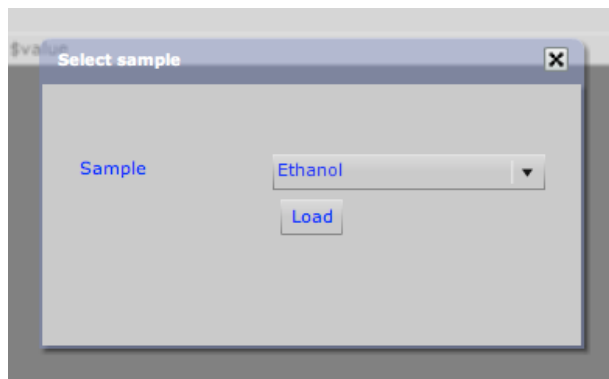
Proton absorption frequency (MHz)	Cost of 30 minutes measuring time (euro)
200	20
300	32
400	43
500	55
600	66
700	78
800	89
900	100

### ***-Select a NMR sample***

Open the *Select Sample* window from the menu *Tools*



Select a sample from the Sample menu



You are ready to measure.