Structural Elucidation: NMR spectroscopy is widely used to determine the structures of organic and inorganic molecules. These are just a few examples of the broad range of applications of NMR spectroscopy. Imaging: NMR imaging, commonly known as MRI (Magnetic Resonance Imaging), is a non-invasive medical imaging technique that uses NMR principles to visualize internal structures of the body. NMR can be used to determine the structures of small organic compounds, complex natural products, proteins, nucleic acids, polymers, and more. NMR-based metabolomics can provide insights into metabolic pathways, biomarker discovery, and the understanding of disease mechanisms.