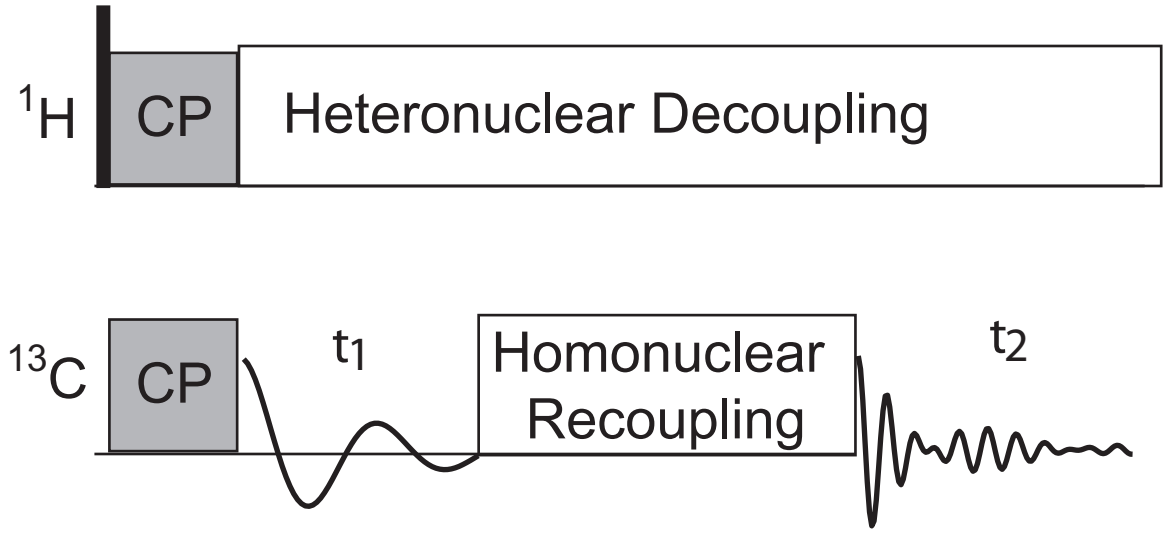
1H
CP
Heteronuclear Decoupling
13C
CP
t1
Homonuclear
Recoupling
t2

Figure 30