



Vertical axis: observed NMR signal (NOE + 1) of H (P, C or N) with (selective) proton saturation.

Horizontal axis: the product of proton resonance frequency ω (in radians), the reduced Planck's constant (\hbar) and correlation time (τ_c). $\omega \hbar \tau_c$ is small (less than 1) for small molecules and large ($\gg 1$) for macromolecules.