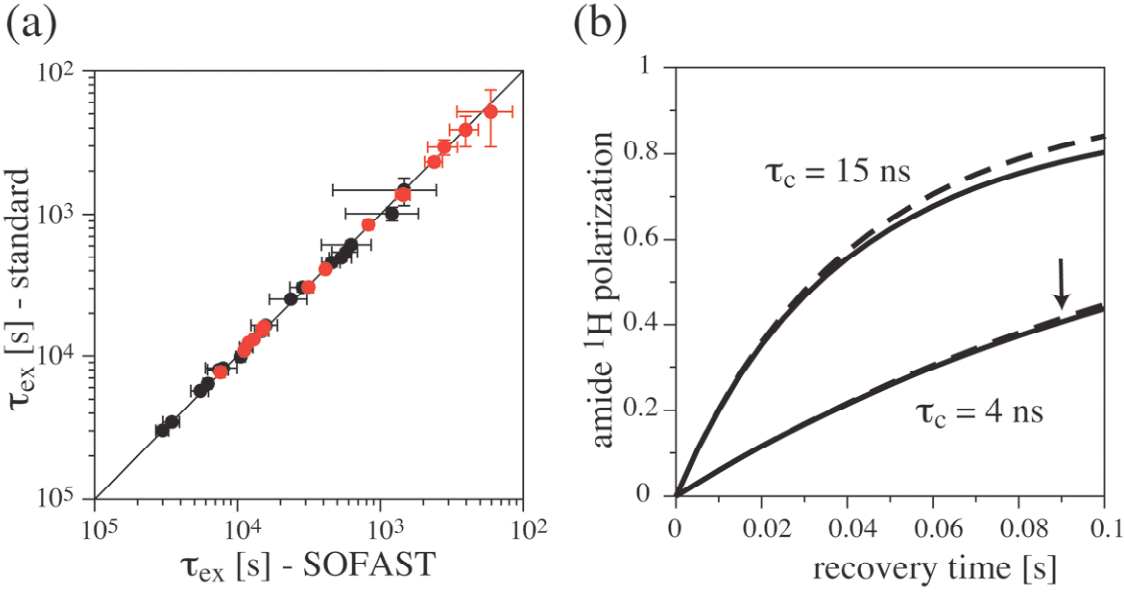
(a)
10^2
10^3
10^4
10^5
τ_{ex} [s] - standard
10^5
10^4
10^3
10^2
τ_{ex} [s] - SOFAST
(b)
1
0.8
0.6
0.4
0.2
0
amide ^{1}H polarization
τ_c = 15 ns
τ_c = 4 ns
0
0.02
0.04
0.06
0.08
0.1
recovery time [s]