1H, 13C and 15N chemical shifts of 20 common amino acids (BMRB nomenclatures)

ALA	H	8.19	C	177.8
A	HA	4.24	CA	53.2
	MB	1.36	CB	19.0
			N	123.3
ARG	H	8.23	C	176.5
R	HA	4.29	CA	56.8
	HB2	1.80	CB	30.6
	HB3	1.77	CG	27.2
	HG2	1.57	CD	43.2
	HG3	1.55	CZ	159.9
	HD2	3.12	N	120.9
	HD3	3.10	NE	84.6
	HE	7.35	NH1	74.2
	HH11	6.90	NH2	72.7
	HH12	6.84		
	HH21	6.80		
	HH22	6.79		
ASN	H	8.32	C	175.3
N	HA	4.66	CA	53.5
	HB2	2.80	CB	38.7
	HB3	2.75	CG	176.7
	HD21	7.33	N	118.9
	HD22	7.15	ND2	112.8
ASP	H	8.30	C	176.4
D	HA	4.58	CA	54.7
	HB2	2.71	CB	40.9
	HB3	2.66	CG	178.9
	HD2	7.19	N	120.7
CYS	H	8.39	C	174.9
C	HA	4.66	CA	58.1
	HB2	2.96	CB	33.4
	HB3	2.89	N	120.1
	HG	2.00		
GLN	H	8.22	C	176.4
Q	HA	4.26	CA	56.6
	HB2	2.05	CB	29.2
	HB3	2.01	CG	33.8
	HG2	2.32	CD	179.7
	HG3	2.29	N	120.0
	HE21	7.23	NE2	111.9
	HE22	7.03		
GLU	H	8.33	C	176.9
E	HA	4.24	CA	57.3
	HB2	2.02	CB	30.0
	HB3	2.00	CG	36.1
	HG2	2.27	CD	182.3
	HG3	2.25	N	120.8
	HE2	3.93		
GLY	H	8.33	C	173.9
G	HA2	3.96	CA	45.4
	HA3	3.89	N	109.6

HIS	H	8.25	C	175.3
H	HA	4.60	CA	56.5
	HB2	3.10	CB	30.3
	HB3	3.05	CG	132.2
	HD1	9.19	CD2	120.3
	HD2	7.00	CE1	137.6
	HE1	7.95	N	119.7
	HE2	9.49	ND1	193.7
			NE2	184.0
ILE	H	8.26	C	176.0
I	HA	4.15	CA	61.7
	HB	1.79	CB	38.6
	HG12	1.28	CG1	27.7
	HG13	1.20	CG2	17.5
	MG	0.78	CD1	13.4
	MD	0.68	N	121.4
LEU	H	8.22	C	177.1
L	HA	4.30	CA	55.7
	HB2	1.61	CB	42.2
	HB3	1.53	CG	26.8
	HG	1.51	CD1	24.6
	MD1	0.76	CD2	24.1
	MD2	0.74	N	121.8
LYS	H	8.18	C	176.7
K	HA	4.26	CA	57.0
	HB2	1.78	CB	32.8
	HB3	1.75	CG	24.9
	HG2	1.37	CD	29.0
	HG3	1.35	CE	41.9
	HD2	1.61	N	121.1
	HD3	1.60	NZ	33.4
	HE2	2.91		
	HE3	2.91		
	QZ	7.4		
MET	H	8.25	C	176.3
M	HA	4.39	CA	56.2
	HB2	2.03	CB	32.9
	HB3	1.99	CG	32.0
	HG2	2.42	CE	17.1
	HG3	2.40	N	120.1
	ME	1.89		
PHE	H	8.34	C	175.5
F	HA	4.61	CA	58.1
	HB2	3.00	CB	39.9
	HB3	2.94	CG	138.3
	HD1	7.06	CD1	131.6
	HD2	7.06	CD2	131.6
	HE1	7.09	CE1	130.7
	HE2	7.08	CE2	130.7
	HZ	6.99	CZ	129.2
			N	120.4

PRO	HA	4.39	C	176.8
P	HB2	2.08	CA	63.3
	HB3	2.00	CB	31.8
	HG2	1.93	CG	27.2
	HG3	1.91	CD	50.3
	HD2	3.65	N	135.4
	HD3	3.62		
SER	H	8.28	C	174.6
S	HA	4.47	CA	58.7
	HB2	3.87	CB	63.8
	HB3	3.85	N	116.3
	HG	5.35		
THR	H	8.23	C	174.6
T	HA	4.45	CA	62.2
	HB	4.17	CB	69.7
	HG1	5.07	CG2	21.5
	MG	1.14	N	115.3
TRP	H	8.27	C	176.2
W	HA	4.66	CA	57.7
	HB2	3.19	CB	29.9
	HB3	3.12	CD1	126.6
	HD1	7.14	CD2	128.0
	HE1	10.09	CE2	138.0
	HE3	7.33	CE3	120.5
	HZ2	7.29	CG	111.0
	HZ3	6.88	CH2	123.8
	HH2	6.98	CZ2	114.3
			CZ3	121.4
			N	121.6
			NE1	129.3
TYR	H	8.29	C	175.5
Y	HA	4.60	CA	58.2
	HB2	2.91	CB	39.3
	HB3	2.85	CG	129.7
	HD1	6.94	CD1	132.7
	HD2	6.94	CD2	132.7
	HE1	6.70	CE1	117.9
	HE2	6.70	CE2	117.9
	HH	9.14	CZ	156.7
			N	120.5
VAL	H	8.27	C	175.7
V	HA	4.16	CA	62.5
	HB	1.99	CB	32.7
	MG1	0.83	CG1	21.5
	MG2	0.81	CG2	21.3
			N	121.1

Made by Feb. 16th, 2021, based on BMRB statistics, K-P Wu@IBC, Academia Sinica; kpwulab@gmail.com