

# Paramagnetic Ions

- Enormous magnetic moments ( $\approx 1000$  times proton)
- Much larger interaction energies  $\rightarrow$  smaller relaxation times
- Slow local field variations  $\rightarrow$  additional T2 mechanism

- $\frac{1}{T_1} \propto$  ion concentration
- $\frac{1}{T_2}$  more strongly affected

