^{19}F NMR Reference Standards:

Compound:	δ(ppm) vs. $CFCl_3$
$CFCl_3$ (trichloro-fluoro-methane)	0.00
CF_3COOH (trifluoro acetic acid)	-76.55
C_6F_6 (hexafluorobenzene)	-164.9
C_6H_5F (monofluorobenzene)	-113.15
CF_3Cl (trifluoro-chloro-methane)	-28.6
F_2 (elemental fluorine)	+422.92
CH_2FCN (monofluoro acetonitrile)	-251
$CFCl_2CFCl_2$ (difluoro, tetrachloroethane)	-67.80
$C_6H_5CF_3$ (trifluoro-toluene)	-63.72
SiF_4 (tetrafluorosilane)	-163.3
SF_6 (sulfur hexafluoride)	+57.42
$S_2O_5F_2$	+47.2
$(CF_3)_2CO$ (hexafluoro acetone)	-84.6
p-FC_6H_4F (para-difluorobenzene)	-106.0
BF_3	-131-3
HF (aq)	-204.0
CF_4	-62.5
Aqueous F^- (KF)	-125.3

Positive (+) values indicate *downfield* shifts, lower-shielding, or higher frequency

Negative (-) values correspond to *upfield* shifts, higher-shielding, or lower frequency.

Note: Most literature references historically reverse the sign convention (i.e. negative shifts are reported as positive).