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## Supporting information

for

## Easily reduced bis-pincer (NS<sub>2</sub>)<sub>2</sub>Molybdenum(IV) to (NHS<sub>2</sub>)<sub>2</sub>Mo(II) by alcohols vs redox-inert (NS<sub>2</sub>)(NHS<sub>2</sub>)Iron(III) complexes

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Figure S1. FAB<sup>+</sup> MS spectrum of complex 1.



Figure S2. FAB<sup>+</sup> MS spectrum of complex 2.



**Figure S3.** <sup>1</sup>H NMR spectrum of complex **2** in benzene- $d_6$  at 295 K.



**Figure S4.** <sup>1</sup>H NMR spectrum of complex **3** in benzene- $d_6$  at 295 K.

CHROMOTROPIC ACID TEST FOR FORMALDEHYDE:



Figure S5. A-C: Chromotropic acid test for the detection of formaldehyde in the reaction mixture of 2 with MeOH.

A solution of 1,8-dihydroxynaphthalene-3,6-disulphonic acid (green solid, 3 mg) in 3 mL of concentrated sulfuric acid, from which 0.5 mL were taken and then mixed with 0.5 mL of the reaction mixture to be analysed. A colour change was not observed immediately upon mixing the two solutions (Fig. S3A), whereby the mixture was heated to 75°C for a period of 20 minutes, with a change in colour from dark yellow to light violet (Fig. S3B). The solution was subsequently heated further for 25 minutes to afford a dark violet solution (Fig. S3C), confirming the presence of formaldehyde.



Figure S6. Monitoring of the formation of propan-2-one from propan-2-ol catalysed by 2 by <sup>1</sup>H NMR spectroscopy after one (black trace), and 30 days (red trace).



**Figure S7**. Conversion of **2** (bottom, black trace) to **3** with concomitant formation of propan-2-one (middle, red race) by <sup>1</sup>H NMR spectroscopy; addition of authentic sample of anhydrous propan-2-one (1 μL, top, magenta trace) observed at 1.55 ppm.



Figure S8. Comparison of chromatograms of 2 in propan-2-ol (red) and authentic acetone sample (black) in dichloromethane as carrier solvent.



Figure S9. a) UV-vis spectra of 2 in 1 mM THF solution, and b) 3 in 5 mM THF solution.



Figure S10. Cathodic (red trace) and anodic (blue trace) cyclic voltammograms of 1 at 1 mM concentration in 0.1 M  $NBu_4PF_6$ -THF at 100 mV s<sup>-1</sup> scan rate, glassy carbon electrode.



**Figure S11**. a) Anodic cyclic voltammogram a 1 mM solution of **2** in 0.1 M NBu<sub>4</sub>PF<sub>6</sub>–THF, scan rate 100 mV s<sup>-1</sup>; b) reversible process of complex **2** at -0.80 V.

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Mulliken charge	2	3	4
Мо	0.36	-0.10	0.11
S1	-0.22	-0.34	-0.29
S2	-0.24	-0.34	-0.28
\$3	-0.24	-0.34	-0.28
S4	-0.22	-0.34	-0.32
$N_1$	-0.34	-0.16	-0.40
N <sub>2</sub>	-0.34	-0.16	-0.16
H <sub>N1</sub>		0.23	
H <sub>N2</sub>		0.23	0.20
Ar	0.16 <i>,</i> 0.23	0.13	0.08, 0.21 0.21, 0.25
<sup>/</sup> PrCH <sub>2</sub>	0.28	0.54	0.43, 0.48

Table S1. Mulliken charges of 2 - 4.



Figure S12. Calculated UV-vis spectra for 2 (blue trace), and 3 (red trace) in THF, and their orbital assignments.