

**Fig.3** L-glutamine. (a) Molecular structure with atom labelling matching IUPAC recommendations. <sup>21</sup> (b,c) CP-HETCOR spectra with : (b) all (S<sub>0</sub>) or (c) <sup>14</sup>N-edited (S<sub>0</sub>-S<sub>1</sub>) <sup>1</sup>H-<sup>13</sup>C cross-peaks.  $_{PMLOS}^{\pi}_{-\pi}$  decoupling scheme was applied during  $t_1$  with  $v_{1-1H}=99$  kHz and  $\tau_p=1.4$  μs. <sup>1</sup>H axis has been rescaled. Spectra are the result of averaging 320 transients for each of 70  $t_1$  increments with  $\Delta t_1=70$  μs, with a recycle time of 2s. The total experimental time for the two spectra has been of 25 hrs (320\*70\*2\*2 sec). The SFAM<sub>1</sub> scheme was used for <sup>13</sup>C-<sup>14</sup>N recoupling with  $\tau_{rec}=814$  μs,  $\tau_{rec}^{rec}=41$  kHz and  $\Delta v_{0-13C}=20$  kHz. <sup>1</sup>H-<sup>13</sup>C CP-MAS: contact time = 2.5 ms,  $v_{1-13C}=54$  kHz, the power of <sup>1</sup>H is optimized with tangent-ramped shape.  $B_0=9.4$  T,  $v_R=13.51$  kHz,  $v_{1-14N}=50$  kHz. <sup>1</sup>H decoupling:  $v_{1-1H}=86$  kHz. <sup>13</sup>C  $\pi$  and  $\pi/2$  pulses:  $v_{1-13C}=50$  kHz.