# A convenient method for the measurements of accurate transverse relaxation rates in homonuclear scalar coupled spin systems

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#### **Electronic Supplementary Information**

#### **1** Experimental parameters

Experiments were performed on a 9.4 T Bruker Avance II NMR spectrometer using a 5 mm  ${}^{13}\text{C}/{}^{1}\text{H}$  probe. The sample was prepared dissolving 5 mg of uracil into 500  $\mu$ L of DMSO-d<sub>6</sub> and 100  $\mu$ L of D<sub>2</sub>O. The dissolved oxygen was not removed. For the results shown in Fig. 2 and 3, the recycle delay was adjusted to ensure full recovery of the magnetization and was set to 18 s. The  ${}^{1}\text{H}$  90° pulse length was 9  $\mu$ s.

In all cases, the experimental <sup>1</sup>H signal amplitudes were estimated by integrating the spectral peaks. These amplitudes were normalized against the peak integral for  $\tau = 4 \ \mu$ s. The confidence limits on the determined relaxation rates  $R_2$  were determined by non-linear fitting to the mono-exponential decay formula.

### 2 Phase Cycling

The ZQ- and DQ-filtered signals are obtained from separate experiments. The same result can be obtained with a unique experiment multiplied by appropriate weights. The pulse phases are given in the following table:

$\phi_1$	90°
$\phi_2$	$0^{\circ}$
$\phi_3$	$90^{\circ}$
$\phi_4$	$0^\circ~90^\circ~180^\circ~270^\circ$
$\phi_5$	$0^{\circ}$
$\phi_{R_{ZQF}}$	$0^\circ~270^\circ~180^\circ~90^\circ$
$\phi_{R_{DQF}}$	$0^\circ~90^\circ~180^\circ~270^\circ$

**Table 1:** Phase cycling for ZQ- or DQ-filtered pulse sequence shown in Fig. 1. Phases are given for the 5 radiofrequency pulses, in order from left to right, and for the receiver phase. A four-step phase cycle can be added to  $\phi_3$  and  $\phi_5$  to ensure the sign change of the coherences order, giving rise to a 64-step phase cycle. Data shown in Fig. 2 and 3 were obtained using the 4-step and 64-step phase cycles, respectively.

#### **3** Impact of diffusion on $R_2$ measurements

In the presence of background gradient  $g_b$ , due to magnetic field inhomogeneity  $\Delta B_0$ , the signal intensity does not only depend on the relaxation rate but also on the molecular self-diffusion coefficient.

The signal loss induced by molecular diffusion can be estimated by measuring the NMR signal line width at half height  $\Delta \nu_{1/2}$ . Considering the worst case scenario, where the signal line width is only due to the magnetic field inhomogeneity, we can write:

$$\Delta \nu_{1/2} = \frac{\gamma \Delta B_0}{2\pi} \tag{1}$$

In addition, the background gradient is given by:

$$g_b = \frac{\Delta B_0}{L} \tag{2}$$

with L being the length of the coil active region. Thus, the background gradient can be rewritten according to:

$$g_b = \frac{1}{L} \frac{2\pi}{\gamma} \Delta \nu_{1/2} \tag{3}$$

Typically, for standard solution-state NMR probes we have L = 1 cm and

 $\Delta \nu_{1/2} = 0.5$  Hz.

In a spin-echo experiment, the amplitude of the signal at the echo is given by:

$$\exp\left(-\tau R_2\right)\exp\left(-\frac{1}{12}\gamma^2 g_b^2 D\tau^3\right) \tag{4}$$

With  $D_{uracil} = 3.10^{-10} \text{ m}^2 \text{.s}^{-1}$ , the term related to diffusion is equal to 0.997 at the largest  $\tau$  value (10 s) which basically means that the influence of diffusion can be neglected.

## 4 Strongly coupled spin system

A citric acid sample was used to illustrate the case of a strongly coupled spin system. 10 mg of citric acid were dissolved in  $D_2O$ . Each of the two  $CH_2$  groups forms a diastereotopic proton pair. If the labile-OH protons are ignored, the spin system classification is AA'BB'.



**Figure 1:** a) Citric acid molecular structure b) Experimental <sup>1</sup>H NMR spectra of citric acid c) Experimental <sup>1</sup>H ZQF+DQF signal amplitudes obtained as a function of  $\tau$  for a citric acid sample dissolved in D<sub>2</sub>O mixture; The solid curve represents the best fit to the mono-exponential decay.

## 5 Uracil CPMG and Hahn-Echo curves



Figure 2: Experimental evolution as a function of  $\tau$  of the <sup>1</sup>H signal amplitude of a uracil sample (proton H<sub>1</sub>) dissolved in a DMSO-d<sub>6</sub>/D<sub>2</sub>O mixture obtained with: a) The CPMG pulse sequence. The solid curve represents the best fit to the mono-exponential decay. b) The Hahn-Echo pulse sequence. The solid curve represents the best fit to the analytical function:  $\cos(\pi J \tau) \exp(-\tau R_2)$ .