Electronic Supplementary Material (ESI) for Chemical Communications

Efficient determination of diffusion coefficients by monitoring transport during recovery delays in NMR

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Electronic Supplementary Information

Molecule name	Molecular mass [kDa]	$R_1(^1H)$ [Hz]	$R_1(^{15}N)$ [Hz]	$\kappa = R_1(^1H)/ R_1(^{15}N)$
ubiquitin	8.6	4.63 ± 0.16	1.66 ± 0.05	2.79
RNA kissing complex	9.5	17.5 ± 1.1	0.67 ± 0.02	26.1
RKIP	20	10.4 ± 1.4	0.98 ± 0.02	10.6
BS2	25	16.0 ± 1.7	0.85 ± 0.08	18.8
BC3	30	14.1 ± 1.6	0.74 ± 0.03	19.1

Tab. S1. Average experimental longitudinal relaxation rates of amide and imino protons and nitrogen-15 nuclei in human ubiquitin, RKIP, BC2 and BS3 and the RNA kissing complex. The experimental conditions were identical to those employed for measurements of diffusion constants. Experiments on proteins were all carried out at 293 K, those on RNA at 278 K.