

Supporting Information

Solution NMR of synthetic cavity containing supramolecular systems: What have we learned on and from?

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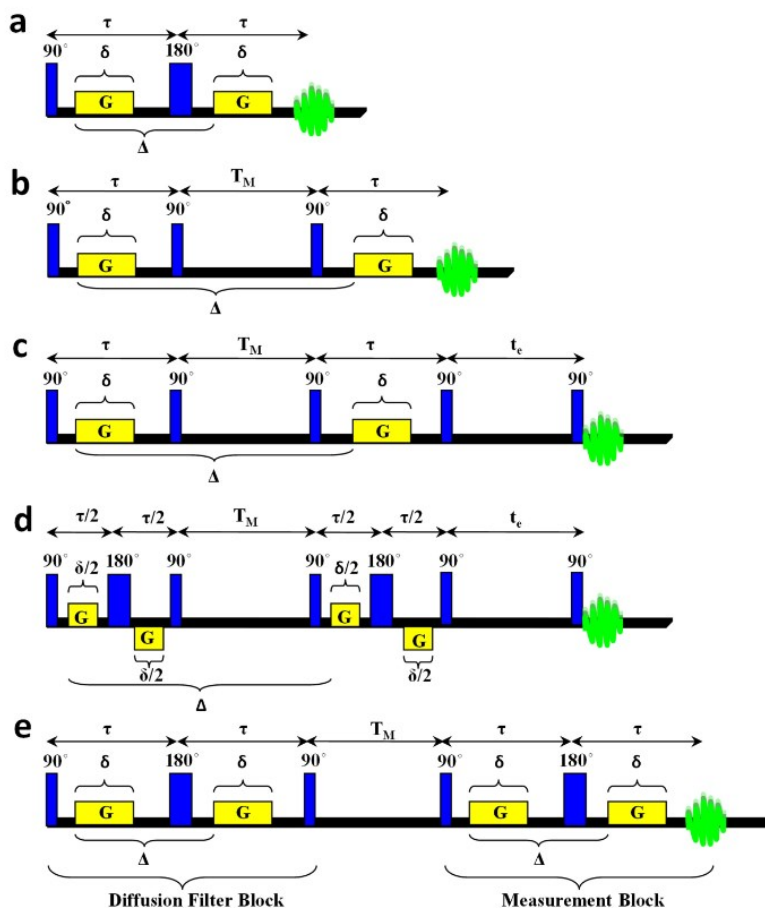


Figure S1: Diffusion NMR pulse sequences highlighting the different time delays: a) The pulsed gradient spin-echo (PGSE) sequence.¹ b) The pulsed-gradient stimulated echo (PGSTE) sequence.² c) The longitudinal eddy current delay (LED) sequence.³ d) The bi-polar longitudinal eddy current delay (BP-LED) sequence.⁴ e) The filter exchange NMR spectroscopy (FEXSY) sequence.⁵

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