## Supplementary Material

## Hydride Transfer Reactivity of Tetrakis(trimethylphosphine) (hydrido) (nitrosyl) molybdenum(0)

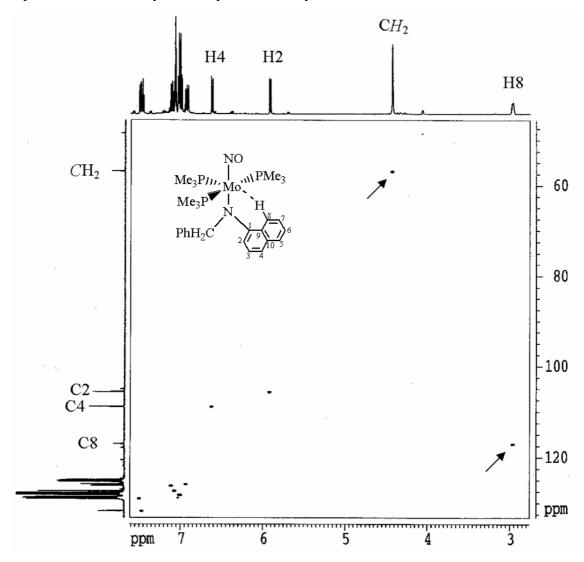
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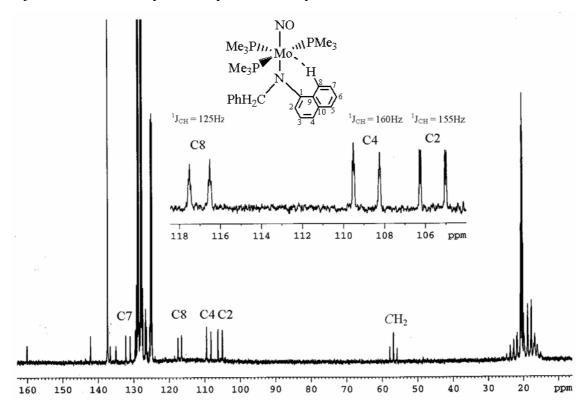
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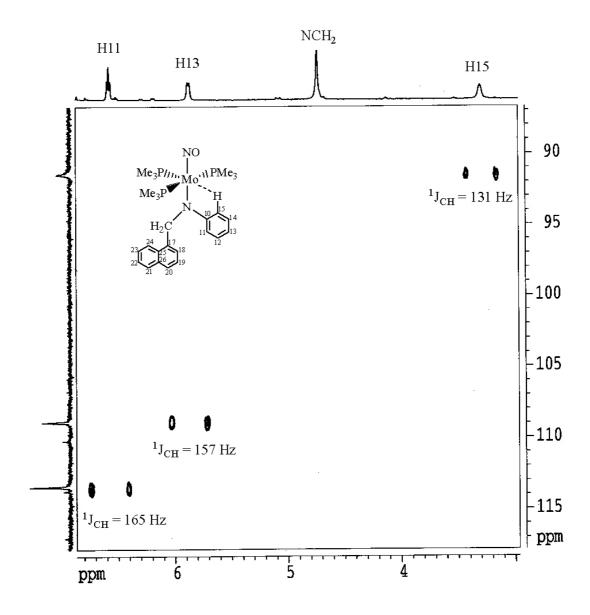
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**Figure S1.** <sup>13</sup>C-<sup>1</sup>H correlation NMR spectrum of **10** at room temperature in toluene-d<sub>8</sub>. Discussion of the signals indicated by arrows see text.



**Figure S2.** Gated <sup>13</sup>C NMR spectrum of **10** at room temperature in C<sub>6</sub>D<sub>6</sub>, no proton decoupling during acquisition time.



**Figure S3.** <sup>13</sup>C-<sup>1</sup>H correlation NMR of **12** at -60 °C in toluene-d<sub>8</sub>. No <sup>13</sup>C decoupling during the acquisition time.