SUPPLEMENTAY MATERIAL

Precise Measurement of RDCs in Water and DMSO based Gels Using a Silicone Rubber Tube for Variable Stretching

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Fig. (S1). Various gels used to extract RDCs with the stretching apparatus. From left to right: gelatin/D₂O, PAN/DMSO and PAA/D₂O.



Fig. (S2). Stretching apparatus with a PAN/DMSO gel at various extensions.

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Linear regressions of ${}^{1}T_{CH}$ couplings with respect to the quadrupolar splittings Δv_Q as shown in Fig. (3) were done with the Linear Fit option of OriginPro 7.5G. Fit parameters A and B of the regression equation Y = A + B*X, with Y being measured ${}^{1}T_{CH}$ couplings and X being the corresponding Δv_Q values, are given in Tables **S1-S3** for all CH-couplings of sucrose in the different alignment media used. Furthermore, maximum deviations of the measured ${}^{1}T_{CH}$ couplings from the linear fit (max. $\Delta^{1}T_{CH}$) and root mean square deviations (σ (${}^{1}T_{CH}$)) of all the measured couplings are given.

Table S1. Fit Parameters for ¹ T _{CH} Couplings of Sucrose Mea	sured in Gelatin/D ₂ O
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Signal	A [Hz]	В	max. $\Delta^{1}T_{CH}$ [Hz]	$\sigma (^{1}T_{CH}) [Hz]$
1'	169.17 ± 0.18	0.147 ± 0.001	1.6 /-1.0	0.53
2'	145.33 ± 0.19	0.042 ± 0.001	1.1 /-1.0	0.63
3'	145.03 ± 0.36	0.043 ± 0.002	1.7 /-2.6	1.13
4'	145.86 ± 0.49	0.022 ± 0.003	1.9 /-2.6	1.54
5'	145.60 ± 0.38	0.050 ± 0.002	2.1 /-1.9	1.16
3	144.92 ± 0.15	-0.059 ± 0.001	0.6 /-1.1	0.49
4	146.76 ± 0.31	-0.010 ± 0.002	2.3 /-1.9	1.14
5	148.87 ± 0.36	-0.189 ± 0.002	2.1 /-2.0	1.11

Table S2. Fit Parameters for ¹T_{CH} Couplings of Sucrose Measured in PAA/D₂O

Signal	A [Hz]	В	max. $\Delta^{1}T_{CH}$ [Hz]	$\sigma (^{1}T_{CH}) [Hz]$
1'	144.15 ± 0.02	0.115 ± 0.010	0.1 /-0.5	0.3
3'	145.42 ± 0.43	0.217 ± 0.014	0.6 /-0.6	0.4
4'	143.23 ± 0.79	0.180 ± 0.027	0.3 /-1.3	0.6
5'	147.53 ± 0.33	-0.318 ± 0.014	0.3 /-0.4	0.6
3	145.84 ± 0.25	-0.333 ± 0.010	0.6 /-0.4	0.4
4	149.81 ± 0.40	-0.443 ± 0.015	0.6 /-1.6	0.8
5	169.97 ± 0.13	0.220 ± 0.005	0.2 /-0.1	0.1

Table S3. Fit Parameters for ¹T_{CH} Couplings of Sucrose Measured in PAN/DMSO

Signal	A [Hz]	В	max. $\Delta^1 T_{CH}$ [Hz]	$\sigma (^{1}T_{CH}) [Hz]$
1'	167.42 ± 0.10	0.372 ± 0.006	0.4 /-0.5	0.26
2'	141.00 ± 0.10	0.182 ± 0.006	0.5 /-0.4	0.25
3'	143.12 ± 0.23	0.184 ± 0.014	0.9 /-0.8	0.59
4'	141.76 ± 0.18	0.089 ± 0.011	1.0 /-0.8	0.46
5'	143.22 ± 0.34	0.168 ± 0.022	2.4 /-2.0	0.89
3	141.47 ± 0.22	-0.392 ± 0.014	0.9 /-1.2	0.57
4	141.54 ± 0.27	-0.320 ± 0.018	1.3 /-1.1	0.72
5	145.99 ± 0.19	-0.426 ± 0.012	1.2 /-0.8	0.50



Fig. (S3). Structure (A) and CLIP-HSQC spectrum (B) of the cyclic hexapeptide cyclo(Arg-Nal-Ala-Gly-D-Tyr-Arg) in the unstretched PAN/DMSO gel.