Name	Moieties	Group	Chemical	Multiplicity	Interaction Scalar coupling (Hz)	Scalar coupling					T2 [ms] +- STD						
Name	Moleties		Shift (ppm)	Multiplicity		(Hz)	Slope [e ⁻⁴ ppm/C]	STD	b [ppm]	PV	WM	OC	CC	pA	CC		
Ace	_	² CH ₃	1.904	S	_	_	_	_	_	_	_	_	_	_			
Ala	_	² CH	3.775	q	2-3	7.23	1.5402	0.2368	-0.0057	_	_	_	_	_	_		
Ala	_	$^{3}\mathrm{CH}_{^{3}}$	1.467	d	_	_	_	-	_	_	_	_	_	_			
	_	4CH	4.492	d	4-5	2.07	_	_	_	172	25	105	16	125	19		
Asc	_	⁵CH	4.002	m	5-6'	6.00	_	-	_	172	25	105	16	125	19		
Asc	_	$^6\mathrm{CH}_2$	3.743	dd	6-6'	7.60	_	-	_	172	25	105	16	125	19		
	_	_	3.716	dd	5-6'	-11.50	_	_	_	172	25	105	16	125	19		
	_	² CH	3.891	dd	2-3	3.65	-0.0691	0.1863	0.0003	148	21	90	27	111	20		
Asp	_	$^{3}\mathrm{CH}_{2}$	2.801	dd	2-3'	9.11	4.1970	0.1913	-0.0155	148	21	90	27	111	20		
	_	_	2.653	dd	3-3'	-17.43	4.1970	0.1913	-0.0155	148	21	90	27	111	20		
	_	(CH ₃) ₃	3.185	S	_	_	_	_	_	213	25	221	51	274	60		
Ch	_	$^{1}\mathrm{CH}_{2}$	4.054	m	1-2/1'-2'	3.15	_	_	_	1778	20	191	49	243	51		
	_	$^{2}\mathrm{CH}_{2}$	3.501	m	1'-2/1-2'	6.99	_	_	_	1778	20	191	49	243	51		
Cr	_	CH ₃	3.027	S	_	_	_	_	_	166	11	144	17	148	22		
	_	CH_2	3.913	S	_	_	-6.2166	0.1158	0.0230	129	13	112	18	134	15		
	_	NH	6.650	S	_	_	_	_	_	_	_	_	_	_	_		
Edl	_	¹ CH ₂	3.818	m	1-2/1'-2'	3.85	_	_	_	_	_	_	_	_			
Eth	_	$^{2}\mathrm{CH}_{2}$	3.147	m	1'-2/1'-2'	6.75	_	_	_	_	_	_	_	_	_		
	_	² CH ₂	2.283	t	2-3	7.30	-0.0211	0.0346	0.0001	n.a.	n.a.	75	25	102	19		
CADA	_	_	_	_	3-4	7.30	7.2800	0.1022	-0.0269	n.a.	n.a.	75	25	102	19		
GABA	_	$^{3}\mathrm{CH}_{2}$	1.889	m	_	_	_	_	_	n.a.	n.a.	75	25	102	19		
	_	$^4\mathrm{CH}_2$	3.012	t	_	_	_	_	_	n.a.	n.a.	75	25	102	19		
	_	¹CH	5.216	d	1-2	3.80	_	_	_	155	23	88	25	117	22		
	_	² CH	3.519	dd	2-3	9.60	_	_	_	155	23	88	25	117	22		
G1	_	³CH	3.698	dd	3-4	9.40	_	_	_	155	23	88	25	117	22		
Glc-α 36%	_	⁴ CH	3.395	dd	4-5	9.90	_	_	_	155	23	88	25	117	22		
30%	_	5CH	3.822	m	5-6	1.50	_	_	_	155	23	88	25	117	22		
	_	6CH	3.826	dd	5-6'	6.00	_	_	_	155	23	88	25	117	22		
	_	6'CH	3.749	dd	6-6'	-12.10	_	_	_	155	23	88	25	117	22		
	_	¹CH	4.630	d	1-2	8.00	_	_	_	156	28	90	25	128	20		
	_	² CH	3.230	dd	2-3	9.10	_	_	_	156	28	90	25	128	20		
CI. O	_	³CH	3.473	dd	3-4	9.40	_	_	_	156	28	90	25	128	20		
Glc-β 64%	_	⁴ CH	3.387	dd	4-5	8.90	_	_	_	156	28	90	25	128	20		
04%	_	5CH	3.450	m	5-6	1.60	_	_	_	156	28	90	25	128	20		
	_	6CH	3.882	dd	5-6'	5.40	_	_	_	156	28	90	25	128	20		
	_	6'CH	3.707	dd	6-6'	-12.30	_	_	_	156	28	90	25	128	20		
-	_	² CH	3.746	dd	2-3/2-3'	7.33/4.65	-3.4740	0.2701	0.0129	124	37	122	32	135	28		
	_	$^{3}\mathrm{CH}_{2}$	2.042	m	3-3'	-14.85	_	_	_	124	37	122	32	135	28		

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Name	Moieties	Group	Chemical	Multiplicity	Interaction	Scalar coupling	Temperatue-indu		ncy shift	T2 [ms] +- STD					
	Moleties	Group	Shift (ppm)	Withitiplicity		(Hz)	Slope [e ⁻⁴ ppm/C]	STD	b [ppm]	PV		OC		pA	
Glu	_	_	2.120	_	3-4/3-4'	6.41/8.41	4.8710	0.1684	-0.0180	124	37	122	32	135	28
	_	$^4\mathrm{CH}_2$	2.336	m	3'-4/3'-4'	8.48/6.88	-0.3854	0.1853	0.0014	124	37	122	32	135	28
	_	_	2.456	_	4-4'	-15.92	-3.4450	0.2829	0.0127	124	37	122	32	135	28
Gln	_	² CH	3.757	dd	2-3/2-3'	5.84/6.53	-0.5810	0.3044	0.0021	168	33	99	21	122	19
GIII	_	$^{3}\mathrm{CH}_{2}$	2.135	m	3-3'	-14.45	3.4090	0.2326	-0.0126	168	33	99	21	122	19
	_	_	2.115	_	3'-4/3-4	9.16/6.35	7.6150	0.2199	-0.0282	168	33	99	21	122	19
Gln	_	4CH_2	2.434	m	3'-4/3'-4'	8.48/6.88	2.9690	0.1650	-0.0110	168	33	99	21	122	19
	_	_	2.456	_	4-4'	-15.92	_	_	_	168	33	99	21	122	19
	C1 : : : .	10CH2	3.769	S	_	_	_	_	_	145	21	72	17	99	16
	Glycine moiety	9NH	7.154	S	_	_	_	_	_	145	21	72	17	99	16
		⁷ CH	4.561	dd	7-7'	7.09	_	_	_	145	21	77	22	1 122 19 7 99 16 7 99 16 2 100 17 2 100 17 2 100 17 2 100 17 1 102 20 1 102 20 1 102 20 1 102 20 1 102 20 1 102 20 1 102 20 1 102	
	Cysteine	7 ' CH ₂	2.926	dd	7-7"	4.71	_	_	_	145	21	77	22		
	•	_	2.975	dd	7'-7"	-14.06	_	_	_	145	21	77	22	100	
GSH	moiety	$^6\mathrm{NH}$	8.177	S	_	_	_	_	_	145					
		² CH	3.769	dd	2-3/2-3'	6.34/6.36	_	_	_	165					
	Glutamata 3CH2	2.159	m	3-3'	-15.48	_	_	_	165						
	Glutamate	_	2.146	_	3-4/3-4'	6.7/7.6	_	_	_	165					
	moiety	$^4\mathrm{CH}_2$	2.510	m	3'-4/3'-4'	7.6/6.7	_	_	_	165	21 77 22 100 30 76 21 102 30 76 21 102 30 76 21 102 30 76 21 102 30 76 21 102				
		_	2.560	_	4-4'	-15.92	_	_	_	165					
	_	¹ CH ₂	3.552	dd	1-2/2-3	4.43	_		_	_					
	_	_	3.640	dd	1'-2/2-3'	6.49	_	_	_	_	_	_	_	_	_
Glycerol	_	² CH	3.770	m	1-1'/3-3'	-11.72	_	_	_	_	_	_	_	_	_
diyector	_	³CH ₂	3.640	dd	1-1 <i>/3-3</i>	-11.72	_	_	_	_	_	_	_	_	_
	_	—	3.552	dd	_	_	_	_	_	_	_	_	_	_	
		¹ CH ₂	3.605	dd	1-2/2-3	5.77				182	22	213	56		
		— —	3.672	dd	1'-2/2-3'	4.53			_	182	22	213	56		
	Glycerol	² CH	3.903		1 - 2/2 - 3	4.33			_	182	22	213	56		
	moiety	³CH ₂	3.903	m	_	_	_		_	182	22	213	56		
GPC		- CH ₂		m	_	_	_	_	_	182	22				
			3.946	m	_	_	_	_	_			213	56		
	CI II	(CH ₃) ₃	3.212	S			_			218	22	222	49		
	Choline moiety	$^{7}\mathrm{CH}_{2}$	4.312	m	7-8/7'-8'	3.10	_	_	_	178	20	222	49	257 57 257 57 257 57 257 57 257 57 257 57 274 61 274 61 274 61 100 17	
- CI		8CH ₂	3.659	m	7'-8/7-8'	5.90				178	20	222	49		
Gly	_	² CH ₂	3.547	S		5.90	_	_		152	27	72	22		
	_	αСН	4.467	dd	α-β	5.02	_	_	_	_	_	_	_	_	_
	_	βCH_2	3.191	dd	α-β	8.64	_	_	_	_	_	_	_	_	_
Hom	_	_	3.013	dd	β-β'	-15.30	_	_	_	_	_	_	_	_	_
	Imidazole	² CH	7.08d	_	_	_	_	_	_	_	_	_	_	_	_
	moiety	⁵CH	8.08d	_	_	_	_	_	_	_	_	_	_	_	_

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Name	Moieties	Crown	Chemical	Multiplicity	Interaction	Scalar coupling	Temperatue-indu	iced Freque	ncy shift				s] +- STD OCC		
Name	Moleties	Group	Shift (ppm)	withiplicity		(Hz)	Slope [e ⁻⁴ ppm/C]	STD	b [ppm]	PVV	WM	O	CC	pA	CC
		$^{2}\mathrm{CH}_{2}$	2.969	m	2-2'	-12.5	_	_	_	_	_	_	_	_	_
		_	2.944	m	2-3/2-3'	7.5	_	_	_	_	_	_	_	_	_
		$^{3}\mathrm{CH}_{2}$	1.896	m	2-3'/2'-3	8.0	_	_	_	_	_	_	_	_	_
Hom	GABA moiety	_	1.881	m	3-3'	-13.9	_	_	_	_	_	_	_	_	_
		$^4\mathrm{CH}_2$	2.378	m	3-4/3'-4'	7.5	_	_	_	_	_	_	_	_	_
		_	1.348	m	3-4'/3'-4	7.5	_	_	_	_	_	_	_	_	_
		_	_	_	4-4'	-15.2	_	_	_	_	_	_	_	_	_
T	_	² CH	4.097	q	2-3	6.93	-3.1866	0.1977	0.0118	159	26	99	19	110	24
Lac	_	$^{3}\mathrm{CH}_{^{3}}$	1.313	d	_	_	_	_	_	159	26	99	19	110	24
	_	¹CH	3.522	dd	1-2	2.89	_	_	_	161	37	229	105	244	61
	_	² CH	4.054	dd	2-3	3.01	3.5590	0.0483	-0.0132	161	37	229	105	244	61
•	_	³СН	3.522	dd	3-4	10.00	_	_	_	161	37	229	105	244	61
m-Ins	_	⁴ CH	3.614	dd	4-5	9.49	3.1430	0.1217	-0.0116	161	37	229	105	244	61
	_	5CH	3.269	dd	5-6	9.48	-3.1710	0.0725	0.0117	161	37	229	105	244	61
	_	6CH	3.614	dd	1-6	10.00	31.4300	0.1217	-0.1163	161	37	229	105	244	61
s-Ins	_	1-6CH	3.430	S	_	_	_		_	170	28	107	17	125	19
	Acetyl moiety	² CH ₃	2.008	S	_	_	_	_	_	343	34	263	43	253	64
		² CH	4.382	m	2-3	3.86	-0.0234	0.0450	0.0001	310	33	229	38	223	57
NAA	Aspartate	$^{3}\mathrm{CH}_{2}$	2.673	dd	2-3'	9.82	2.5070	0.3126	-0.0093	310	33	229	38	223	57
	moiety	_	2.486	dd	3-3'	-15.59	-5.9990	0.0505	0.0222	310	33	229	38	223	57
		NH	7.820	S	NH-2	7.90	_	_	_	_	_	_	_	_	_
	Acetyl moiety	² CH ₃	2.042	S			_		_	185	22	107	19	128	18
	11000,11110100,	² CH	4.607	dd	2-3/2-3'	4.41	_	_	_	180	27	87	30	108	25
	Aspartate	³ CH ₂	2.720	dd	2-3'	9.52	_	_	_	180	27	87	30	108	25
	moiety	_	2.519	dd	_	-15.91	_	_	_	100	2,	07	50	100	23
NAAG		² CH	4.129	dd	2-3/2-3'	n.m.	_	_	_	157	23	78	21	110	25
111110		$^{3}\mathrm{CH}_{2}$	1.881	m	3-3'	n.m.	_	_	_	157	23	78	21	110	25
	Glutamate	_	2.049	m	_	n.m.	_	_	_	107	23	, 0	21	110	23
	moiety	$^4\mathrm{CH}_2$	2.190	m	3'-4/3'-4'	n.m.	_	_	_	157	23	78	21	110	25
		_	2.180	m	<i>-</i>	n.m.	_	_	_	137	23	70	21	110	23
-		αСН	3.975	dd	α-β	5.21			_						
	_	βCH ₂	3.273	dd	α-β	8.01	_	_	_	_	_	_	_	_	_
	_	рс112 —	3.105	dd	α-ρ' β-β'	-14.57	_	_	_	_	_	_	_	_	_
	_	² CH	7.322	m	2-3/2-4	7.9/1.6	_		_	_	_	_	_	_	_
PA	_	-СП ³СН	7.322		2-5/2-4	0.5/1.4	_	_	_	_	_	_	_	_	_
	_	⁴CH	7.420	m m	3-4/3-5	7.2/1.0	_	_	_	_	_		_	_	_
	_	°CH	7.309	m	3-4/3-3 3-4/4-5	0.5/7.5	_	_	_	_	_	_	_	_	_
	_			m			_	_	_	_	_	_	_	_	_
		6CH	7.322	m	4-6/5-6	1.0/7.4						_	_	_	

Name	Moieties	eties Group Chemical N			Interaction	Scalar coupling				T2 [ms] +- STD					
	- Triorettes		Shift (ppm)	Multiplicity		(Hz)	Slope [e ⁻⁴ ppm/C]	STD	b [ppm]		WM	O		pA	
	_	$(CH_3)_3$	3.209	S	_	_	_	_	_	213	25	221	51	274	60
	_	$^{1}\mathrm{CH}_{2}$	4.282	m	1-2	2.28	_	_	_	1778	20	191	49	243	51
PCh	_	_	_	_	1-2'	7.23	_	_	_	1778	20	191	49	243	51
	_	$^{2}\mathrm{CH}_{2}$	3.643	m	1'-2	7.33	_	_	_	1778	20	191	49	243	51
		_			1'-2'	2.24			_	1778	20	191	49	243	51
	_	CH ₃	3.029	S	_	_	_	_	_	_	_	_	_	_	_
PCr	_	$^{2}\mathrm{CH}_{2}$	3.930	S	_	_	-6.6944	0.1891	0.0248	_	_	_	_	_	_
1 (1	_	NH	6.58^d	S	_	_	_	_	_	_	_	_	_	_	_
	_	NH	7.30^d	S	_	_	_	_	_	_	_	_	_	_	_
	_	$^{1}CH_{2}$	3.977	m	1-2	3.18	_	_	_	158	25	86	26	119	25
DE	_	_	_	_	1-2'	6.72	_	_	_	158	25	86	26	119	25
PE	_	$^{2}\mathrm{CH}_{2}$	3.216	m	1'-2	7.20	_	_	_	158	25	86	26	119	25
	_	_	_	_	1'-2'	2.98	_	_	_	158	25	86	26	119	25
Pyr	_	3CH ₃	2.358	S	_	_	_	_	_	_	_	_	_	_	_
	_	СН	3.835	dd	2-3	5.98	_	_	_	_	_	_	_	_	_
Ser	_	$^{3}\mathrm{CH}_{2}$	3.937	dd	2-3'	3.56	_	_	_	_	_	_	_	_	_
	_	_	3.976	dd	3-3'	-12.25	_	_	_	_	_	_	_	_	_
Suc	_	CH ₂	2.394	S	_	_	_	_	_	_	_	_	_	_	_
	_	¹ CH ₂	3.420	dd	1-2	6.74	3.2098	0.0612	-0.0119	n.a.	n.a.	102	18	123	23
an.	_	_	_	_	1-2'	6.46	_	_	_	n.a.	n.a.	102	18	123	23
Tau	_	$^{2}\mathrm{CH}_{2}$	3.246	dd	1'-2	6.40	_	_	_	n.a.	n.a.	102	18	123	23
	_	_	_	_	1'-2'	6.79	_	_	_	n.a.	n.a.	102	18	123	23
	_	² CH	3.578	dd	2-3	4.92	_	_	_	_	_	_	_	_	_
Thr	_	³CH	4.246	m	3-4	6.35	_	_	_	_	_	_	_	_	_
	_	⁴ CH ₃	1.316	dd	_	_	_	_	_	_	_	_	_	_	_
1	_	αСН	4.047	dd	α-β	4.85	_	_	_	_	_	_	_	_	_
	_	βCH_2	3.475	dd	α-β	8.15	_	_	_	_	_	_	_	_	_
	_	· —	3.290	dd	β-β'	-15.37	_	_	_	_	_	_	_	_	_
	_	² CH	7.312	S	<u>'</u>	_	_	_	_	_	_	_	_	_	_
	_	⁴ CH	7.726	m	4-5	7.60	_	_	_	_	_	_	_	_	_
Try	_	⁵CH	7.278	m	4-6	1.00	_	_	_	_	_	_	_	_	_
	_	⁶ CH	7.197	m	4-7	0.95	_	_	_	_	_	_	_	_	_
	_	⁷ СН	7.536	m	5-6	7.51	_	_	_	_	_	_	_	_	_
	_	_	_	_	5-7	1.20	_	_	_	_	_	_	_	_	_
	_	_	_	_	6-7	7.68	_	_	_	_	_	_	_	_	_
-	_	αСН	3.928	dd	α-β	5.15	_		_						
Tyr	_	βCH ₂	3.192	dd	α-β	7.88	_	_	_	_	_	_	_	_	_
- y 1	_	pC112	3.037	dd	α-ρ' β-β'	-14.73	_	_	_	_	_	_	_	_	_
			5.051	uu	h - h	-17./3									

Nome	Moieties	C	Chemical Shift (ppm)	M. 1/1111	Interaction	Scalar coupling (Hz)	Temperatue-indu	ced Freque	ency shift			T2 [ms] +- STD			
Name	Moieties	Group		Multiplicity			Slope [e ⁻⁴ ppm/C]	STD	b [ppm]	PVV	WM	OC	CC	pA	CC
	_	² CH	7.312	m	2-3	7.98	_	_	_	_	_	_	_	_	_
	_	³CH	7.726	m	2-5	0.31	_	_	_	_	_	_	_	_	_
TD.	_	⁵CH	7.197	m	2-6	2.54	_	_	_	_	_	_	_	_	_
Tyr	_	6CH	7.536	m	3-5	2.45	_	_	_	_	_	_	_	_	_
	_	_	_	_	3-6	0.46	_	_	_	_	_	_	_	_	_
	_	_	_	_	5-6	8.65	_	_	_	_	_	_	_	_	_
	_	² CH	3.595	_	_	_	_	_	_	_	_	_	_	_	
¥71	_	³CH	2.259	_	_	_	_	_	_	_	_	_	_	_	_
Val	_	$^4\mathrm{CH}_3$	1.028	_	_	_	_	_	_	_	_	_	_	_	_
	_	4'CH3	0.977	_	_	_	_	_	_	_	_	_	_	_	_
Water	_	H ₂ 0	4.65	S	_	_	_	_	_	_	_	_	_	_	
	_	² CH	4.020	m or dd	2-3/2-3'	7.6*/4.1	_	_	_	_	_	_	_	_	
	_	$^{3}\mathrm{CH}_{2}$	1.830	m	3-3'	-14	_	_	_	_	_	_	_	_	_
AHC	_	_	_		3-4/3-4'	5.3/10.4	_	_	_	_	_	_	_	_	_
2HG	_	_	1.980		3'-4/3'-4'	10.6/6.0	_	_	_	_	_	_	_	_	_
	_	$^4\mathrm{CH}_2$	2.220	m	4-4'	-15	_	_	_	_	_	_	_	_	_
	_	_	2.270	_	_	_	_	_	_	_	_	_	_	_	

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Abbreviations

PVWM periventricular white matter

OCC occipital cortex

pACC pregenual anterior cingulate cortex

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