Condition: 100 mM  $Na_3PO_4$  in  $D_2O$  adjusted to pH = 7.4 with DCI.

 $K_{rel}$  measured by competition of guest **1** (p-xylenediammonium) and a second guest **XX** for a limiting quantity of CB[7]. Monitored by <sup>1</sup>H NMR spectroscopy.

$$CB[7] \cdot 1 + XX \qquad \begin{array}{c} K_{rel} \\ \hline \\ K_{rel} = [CB[7] \cdot XX] [1] \\ \hline [CB[7] \cdot 1] [XX] \\ \hline \\ K_{rel} = K_{a2} / K_{a1} \\ \hline \end{array}$$