

new reaction; and (iii) the difference in the thermal and photochemical reaction pathways is both remarkable and curious and contrasts our previous report⁴ on the formation of a stable methylidene under photochemical conditions only. Mechanistic studies¹² are in progress.

Acknowledgment. Financial support was provided by NSERC in the form of an operating grant to M.D.F. We also thank Johnson Matthey for the generous loan of IrCl₃.

Supplementary Material Available: NMR and analytical data for Ir(η^2 -CH₂PR₂)H[N(SiMe₂CH₂PPh₂)₂] (R = Ph, **2a**; R = Me, **2b**) (1 page). Ordering information is given on any current masthead page.

(12) Preliminary kinetic investigations have established that both **1a** and **1b** rearrange via a first-order process; monitoring the disappearance of **1a-d₃**, Ir(CD₃)PPh₂[N(SiMe₂CH₂PPh₂)₂], established that k_H/k_D is 1.42 (2). The thermolysis of the monodeuterated derivative Ir(CDH₂)PPh₂[N(SiMe₂CH₂PPh₂)₂], **1a-d₁**, gives the corresponding hydride *fac*-Ir(η^2 -CHDPPh₂)H[N(SiMe₂CH₂PPh₂)₂] and the deuteride *fac*-Ir(η^2 -CH₂PPh₂)D[N(SiMe₂CH₂PPh₂)₂] in a ratio of 84 ± 2:16 ± 2, which corresponds to k_H/k_D = 2.7 (4) for the C-H cleavage step after correction for statistical effects and isotopic purity.

Stereomemory within a Formally Unsaturated Chiral Tungstenocene Methyl Complex

John P. McNally¹ and N. John Cooper^{*,2}

Department of Chemistry, Harvard University
Cambridge, Massachusetts 02138
Department of Chemistry, University of Pittsburgh
Pittsburgh, Pennsylvania 15260

Received April 28, 1988

Chiral metal centers are important as stereochemical probes in mechanistic organometallic chemistry³ and are of particular current interest because of the dramatic advances in chiral induction with organometallic reagents and catalysts.⁴ When chiral centers are tetrahedrally coordinated they are usually stereochemically stable, and, when racemization occurs, it is dissociative and involves unsaturated intermediates.³ Racemization does not, however, necessarily follow dissociation, and our understanding of chiral tetrahedral complexes would be advanced by elucidation of the factors controlling the stereochemistry of their unsaturated derivatives.⁵ Alkyl complexes are particularly intriguing since they can achieve effective saturation via agostic interactions⁶ or via α - or β -hydride elimination.⁷ We recently developed a route to tungstenocene complexes with chiral metal centers,⁸ and we now report how these may be used to determine the stereochemical stability of a formally unsaturated tungstenocene methyl complex.

(1) Harvard University.

(2) Address correspondence to this author at the University of Pittsburgh.

(3) (a) Brunner, H. *Adv. Organomet. Chem.* **1980**, *18*, 151-206. (b) Brunner, H. *Top. Curr. Chem.* **1975**, *56*, 67-90.

(4) (a) *Asymmetric Catalysis*; Bosnich, B., Ed.; NATO ASI Series E 103; Martinus Nijhoff: Dordrecht, 1986. (b) Valentine, D.; Scott, J. W. *Synthesis* **1978**, 329-356. (c) Kagan, H. B.; Fiaud, J. C. *Top. Stereochem.* **1978**, *10*, 175-285. (d) Bosnich, B.; Fryzuk, M. D. *Top. Stereochem.* **1981**, *12*, 119-154. (e) Kagan, H. B. *Comprehensive Organometallic Chemistry*; Wilkinson, G. W., Stone, F. G. A., Abel, E. W., Eds.; Pergamon Press: Oxford, 1982; Vol. 8, pp 463-498.

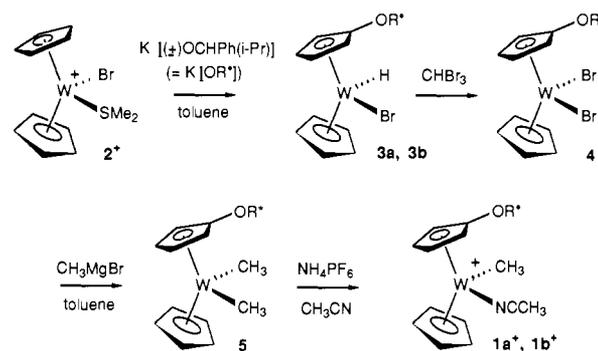
(5) Including solvent coordination: Winter, C. H.; Arif, A. M.; Gladysz, J. A. *J. Am. Chem. Soc.* **1987**, *109*, 7560-7561, and references therein.

(6) Brookhart, M.; Green, M. L. H. *J. Organomet. Chem.* **1983**, *250*, 395-408.

(7) See leading references in the following: McNally, J. P.; Cooper, N. J. *Organometallics* **1988**, *7*, 1704-1715.

(8) McNally, J. P.; Glueck, D.; Cooper, N. J. *J. Am. Chem. Soc.* **1988**, *110*, 4838-4840.

Scheme I



The chiral tungstenocene methyl complex [W(η -C₅H₅){ η -C₅H₄OCHPh(*i*-Pr)}(CH₃)(NCCH₃)]PF₆ was prepared as an enantiomeric mixture of diastereomers (**1a**PF₆, **1b**PF₆)^{9,10} from [W(η -C₅H₅)₂(SMe₂)Br]PF₆ (**2PF₆**) in four steps as shown in Scheme I. Crude [W(η -C₅H₅){ η -C₅H₄OCHPh(*i*-Pr)}]HBr (**3a**, **3b**)^{8,9} (prepared from 3.0 g, 5.0 mmol of **2PF₆**) was treated with bromoform (5 mL, 57 mmol) to precipitate analytically pure grey green crystals of [W(η -C₅H₅){ η -C₅H₄OCHPh(*i*-Pr)}Br₂] (**4**,¹¹ 1.90 g, 3.05 mmol = 61% from **2PF₆**) over 8 h. Methylation of **4** (0.225 g, 0.36 mmol) in toluene (45 mL) with 3.1 M MeMgBr in Et₂O (1.2 mL, 3.7 mmol) gave [W(η -C₅H₅){ η -C₅H₄OCHPh(*i*-Pr)}Me₂] (**5**) after 12 h. Pure **5**¹² (0.125 g, 0.25 mmol = 71%) was isolated as orange needles by crystallization from pentane after ethanolysis. Protonolysis of **5** (0.085 g, 0.17 mmol) with NH₄PF₆ (0.080 g, 0.49 mmol) in CH₃CN (25 mL) for 5 h gave a 3:2 mixture (¹H NMR) of **1a**PF₆ and **1b**PF₆ (0.087 g, 0.13 mmol) in 77% yield after recrystallization (acetone/H₂O).

The less soluble diastereomer was separated from the mixture (1.5:1, 0.050 g, 0.075 mmol) by vigorously stirring (8 h) the oily orange brown solid in benzene (12 mL) to give a fine amber powder (>98% **1a**PF₆, 0.016 g, 0.024 mmol = 53% of starting **1a**PF₆) under a red brown solution (0.72:1 **1a**⁺ to **1b**⁺).¹³ Pure **1b**PF₆ could not be isolated by chromatography, fractional crystallization, or preferential extraction.

(9) In the case of complexes prepared as diastereomeric mixtures the "a" diastereomer is that with the downfield resonance for the C₅H₅ ligand in acetone-*d*₆. The absolute stereochemistries of the "a" and "b" diastereomers reported in this paper have not been determined and are not required for the present work.

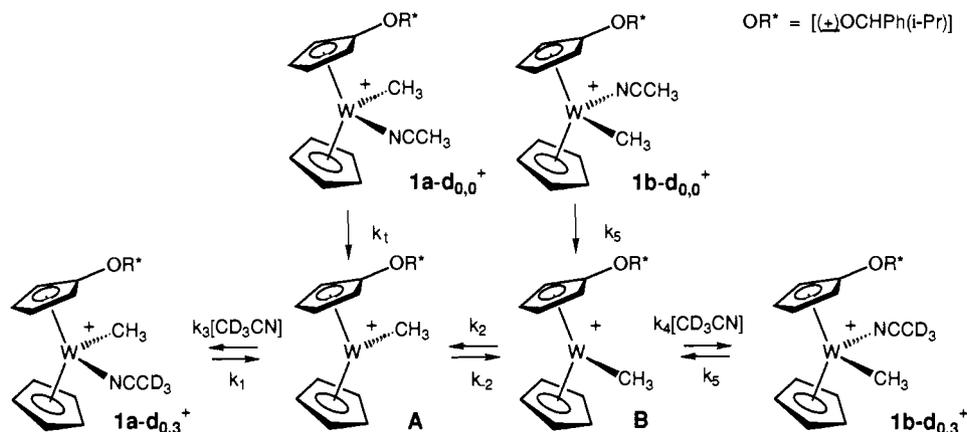
(10) ¹H NMR [(CD₃)₂CO, 500 MHz]: **1a**PF₆ δ 7.3-7.5 (c, 5 H, C₆H₅), 5.32 (s, 5 H, C₅H₅), 5.29, 4.63, 4.51, 4.41 (m, 1 H each, C₅H₄), 4.92 (d, J = 5.9 Hz, 1 H, OCH), 2.68 (s, 3 H, NCCH₃), 2.25 (octet, J = 6.3 Hz, 1 H, CH(CH₃)₂), 1.00 (d, J = 6.9 Hz, 3 H, CHCH₃), 0.83 (d, J = 6.8 Hz, 3 H, CHCH₃'), 0.23 (s, satellites J_{W-H} = 5.5 Hz, 3 H, W-CH₃); **1b**PF₆ δ 7.3-7.5 (c, 5 H, C₆H₅), 5.29 (s, 5 H, C₅H₅), 5.02 (d, J = 6.0 Hz, 1 H, OCH), 4.95, 4.87, 4.79, 4.61 (m, 1 H each, C₅H₄), 2.62 (s, 3 H, NCCH₃), 2.25 (m, 1 H, CH(CH₃)₂), 1.02 (d, J = 6.9 Hz, 3 H, CHCH₃), 0.80 (d, J = 7.0 Hz, 3 H, CHCH₃'), 0.19 (s, satellites J_{W-H} = 5.5 Hz, 3 H, WCH₃). Anal. Calcd for C₂₃H₂₈ONWPF₆: C, 41.65; H, 4.26; N, 2.11. Found (MultiChem, Lowell MA): C, 41.68; H, 4.22; N, 2.00.

(11) ¹H NMR [(CD₃)₂SO, 250 MHz] δ 7.2-7.5 (c, 5 H, C₆H₅), 5.51 (s, 5 H, C₅H₅), 5.32, 5.08, 4.80, 4.40 (m, 1 H each, C₅H₄), 4.92 (d, J = 6.0 Hz, 1 H, OCH), 2.22 (m, 1 H, CHCH₃), 0.85 (d, J = 7.2 Hz, 3 H, CHCH₃'), 0.72 (d, J = 7.2 Hz, 3 H, CHCH₃); mass spectrum, parent ion: WBr₂ isotope envelope at m/e = 624 (¹⁸⁷W⁸¹Br₂). Anal. Calcd for C₂₀H₂₂OBr₂W: C, 38.61; H, 3.57. Found (MultiChem, Lowell MA): C, 38.56; H, 3.62.

(12) ¹H NMR [(CD₃)₂CO, 250 MHz] δ 7.25-7.45 (c, 5 H, C₆H₅), 4.65 (d, J = 6.8 Hz, 1 H, OCH), 4.44 (s, 5 H, C₅H₅), 4.17, 3.87, 3.73, 3.64 (m, 1 H each, C₅H₄), 2.11 (octet, J = 7.0 Hz, 1 H, CH(CH₃)₂), 0.95 (d, J = 7.2 Hz, 3 H, CHCH₃'), 0.79 (d, J = 7.2 Hz, 3 H, CHCH₃'), -0.15 (s, satellites J_{W-H} = 6.0 Hz, 3 H, W-CH₃), -0.16 (s, satellites J_{W-H} = 6.0 Hz, 3 H, W-CH₃'), ¹³C{¹H} NMR [(CD₃)₂CO, 75.5 MHz, DEFT sequence] δ 128.98, 128.53, 128.30 C₆H₅, non-ipso carbons, 87.83 (OCH), 87.02 (C₅H₅), 83.35 (C₅H₄, substituted carbon), 76.77, 71.30, 70.88, 69.36 (C₅H₄, nonsubstituted carbons), 35.49 (CHCH₃'), 19.32 (CHCH₃), 18.48 (CHCH₃'), -17.20 (W-CH₃ satellites J_{W-C} = 68 Hz), -19.14 (W-CH₃ satellites J_{W-C} = 74 Hz), mass spectrum, parent ion: W isotope envelope at m/e = 492 (¹⁸⁴W). Anal. Calcd for C₂₂H₂₈OW: C, 53.67; H, 5.74. Found (MultiChem, Lowell MA): C, 53.42; H, 5.82.

(13) Further crops of **1a** could be obtained from the benzene extract by epimerization in CH₃CN at 60 °C for several hours followed by a further benzene extraction.

Scheme II



The stereochemical stability of the formally unsaturated tungstenocene methyl complex $[W(\eta\text{-C}_5\text{H}_5)\{\eta\text{-C}_5\text{H}_4\text{OCHPh}(i\text{-Pr})\}\text{Me}]^+$ was determined by ^1H NMR observation of thermal (42 °C) substitution of 1^+ in CD_3CN . This leads cleanly to $1\text{-d}_{0,3}^+$,¹⁴ and it was immediately apparent, despite some epimerization, that substitution of pure $1\text{a-d}_{0,0}^+$ primarily gave $1\text{a-d}_{0,3}^+$, i.e., there was predominant retention of configuration.

Stereochemistry in the substitution was quantified by a kinetic study interpreted in terms of Scheme II. Two assumptions incorporated here were derived from experimental observations as follows:¹⁵ (1) consumption of $1\text{a-d}_{0,0}^+$ and $1\text{b-d}_{0,0}^+$ in CD_3CN is first order for 4 half-lives with rate constants $k_1 = 9.20$ (6) $\times 10^{-5} \text{ s}^{-1}$ and $k_5 = 1.17$ (2) $\times 10^{-4} \text{ s}^{-1}$, and consumption is also first order with essentially the same rate constants ($k_1 = 9.74$ (15) $\times 10^{-5} \text{ s}^{-1}$ and $k_5 = 1.24$ (4) $\times 10^{-4} \text{ s}^{-1}$) in 1:16 $\text{CD}_3\text{CN}:(\text{CD}_3)_2\text{CO}$, establishing unimolecular kinetics;¹⁶ (2) no $1\text{b-d}_{0,0}^+$ is formed from $1\text{a-d}_{0,0}^+$ in acetonitrile- d_3 , eliminating any possibility of nondissociative epimerization of 1^+ .

The stereochemical stability of A and B is most directly described by k_2 and k_{-2} , but these cannot be evaluated. An alternative description of the stereomemory of A and B involves the ratios of the rates of formation of $1\text{a-d}_{0,3}^+$ and $1\text{b-d}_{0,3}^+$ from pure $1\text{a-d}_{0,0}^+$ and from pure $1\text{b-d}_{0,0}^+$, but direct measurement of these rates is complicated since they must be evaluated at zero conversion to eliminate epimerization between $1\text{a-d}_{0,3}^+$ and $1\text{b-d}_{0,3}^+$. This problem can, however, be circumvented by a detailed analysis (based on application of the steady-state approximation to [A] and [B]—Supplementary Material) which establishes that these time dependent ratios are given at $t = 0$ by:

$$R_a = \frac{d[1\text{a-d}_{0,3}^+]}{d[1\text{b-d}_{0,3}^+]} = \frac{k_1(K_{\text{eq}} + 1) - A_0}{A_0} \quad (1)$$

and

$$R_b = \frac{d[1\text{b-d}_{0,3}^+]}{d[1\text{a-d}_{0,3}^+]} = \frac{k_5(1/K_{\text{eq}} + 1) - A_0}{A_0} \quad (2)$$

where K_{eq} is the equilibrium constant for the conversion of 1b^+ to 1a^+ , and A_0 is the first-order rate constant for this conversion.¹⁷ These were conveniently determined to be 1.46 (7) and 6.0 (2) $\times 10^{-5} \text{ s}^{-1}$ at 42 °C from the intensities of the WCH_3 resonances in a solution prepared from pure $1\text{a-d}_{0,0}^+$, leading to $R_a = 2.7$ (± 0.2) and $R_b = 2.3$ (± 0.3).

The magnitudes of R_a and R_b establish that the formally unsaturated cations produced by acetonitrile loss from 1a^+ and 1b^+

possess significant stereomemory. The most obvious interpretations are that $[W(\eta\text{-C}_5\text{H}_5)\{\eta\text{-C}_5\text{H}_4\text{OCHPh}(i\text{-Pr})\}(\text{CH}_3)]^+$ has a pyramidal ground state,¹⁸ with an inversion rate slower than the trapping reaction, or that the pseudotetrahedral environment is preserved by interaction of a methyl C–H bond with the metal. The latter seems the more likely explanation for two reasons: (1) experiments exploring dissociative CD_3CN substitution for Br^- in 3a and 3b (under conditions under which CD_3CN substitution of $[W(\eta\text{-C}_5\text{H}_5)\{\eta\text{-C}_5\text{H}_4\text{OCHPh}(i\text{-Pr})\}(\text{NCCH}_3)\text{H}]^+$ is slow, and at temperatures from 25 to 75 °C) failed to provide evidence for stereomemory, suggesting that the hydride intermediate $[W(\eta\text{-C}_5\text{H}_5)\{\eta\text{-C}_5\text{H}_4\text{OCHPh}(i\text{-Pr})\}\text{H}]^+$ (lacking an $\alpha\text{-C-H}$ bond) epimerizes rapidly; (2) comparison of the rate of the first order loss of CH_3CN from $1\text{a-d}_{3,0}^+$ ²¹ and $1\text{b-d}_{3,0}^+$ ²¹ at 42 °C with that from the undeuterated species establishes kinetic isotope effects ($k_{\text{H}}/k_{\text{D}}$) of 1.26 (3) and 1.22 (2), respectively, for dissociation from 1a^+ and 1b^+ , and implies weakening of a $\text{WCH}_2\text{-H}$ bond in the transition state for dissociation, consistent with a significant α -interaction in the subsequent intermediate.²² This could involve either an agostic interaction⁶ or α -elimination to an intermediate alkydene hydride, as suggested previously by Green in the case of related tungstenocene alkyls²⁵ and as established by Bercaw in the case of isoelectronic peralkyltantallocene alkyls.²⁶ α -elimination is, however, essentially one extreme of agostic interaction,

(18) d^2 bent metallocenes should be either pyramidal with a singlet ground state or pseudoplanar (achiral) with a triplet ground state,¹⁹ and calculations have indicated that $[W(\eta\text{-C}_5\text{H}_5)_2\text{CH}_3]^+$ "might have a high-spin ground state".²⁰

(19) Lauher, J. W.; Hoffmann, R. *J. Am. Chem. Soc.* **1976**, *98*, 1729–1742.

(20) Goddard, R. J.; Hofmann, R.; Jemmis, E. D. *J. Am. Chem. Soc.* **1980**, *102*, 7667–7676.

(21) This nomenclature indicates that the W-methyl is deuterated, while the acetonitrile methyl is not.

(22) Similar kinetic isotope effects in solvolyses of β -deuterated organic reactants are interpreted as consequences of hyperconjugation in intermediate carbocations.²³ There is clearly an interesting analogy between inorganic agostic interactions and organic hyperconjugative interactions, but there are also many distinctions between them. Agostic interactions are, for example, well established as strong ground-state effects,⁶ while hyperconjugation is a transition-state phenomenon which does not result in stereoretention during solvolyses.²⁴

(23) Shiner, V. J., Jr. In *Isotope Effects in Chemical Reactions*; Collins, C. J., Bowman, N. S., Eds.; Van Nostrand Reinhold: New York, 1970; Chapter 2.

(24) Streitwieser, A. *Solvolytic Displacement Reactions*; McGraw-Hill: New York, 1962; p 59.

(25) (a) Cooper, N. J.; Green, M. L. H. *J. Chem. Soc., Chem. Commun.* **1974**, 761–762. (b) Cooper, N. J.; Green, M. L. H. *J. Chem. Soc., Dalton Trans.* **1979**, 1121–1127. (c) Canestrari, M.; Green, M. L. H. *J. Chem. Soc., Dalton Trans.* **1982**, 1789–1793. (d) Costa, S. M. B.; Dias, A. R.; Pina, F. *J. Chem. Soc., Dalton Trans.* **1981**, 314–316. (e) Chong, K. S.; Green, M. L. H. *J. Chem. Soc. Chem. Commun.* **1982**, 991–993. (f) Chong, K. S.; Green, M. L. H. *Organometallics*, **1982**, *1*, 1586–1590. (g) Green, J. C.; Green, M. L. H.; Morley, C. P. *Organometallics* **1985**, *4*, 1302–1305.

(26) (a) van Asselt, A.; Burger, B. J.; Gibson, V. C.; Bercaw, J. E. *J. Am. Chem. Soc.* **1986**, *108*, 5347–5349. (b) Parkin, G.; Bunel, E.; Burger, B. J.; Trimmer, M. S.; van Asselt, A.; Bercaw, J. E. *J. Mol. Catal.* **1987**, *41*, 21–39.

(14) This nomenclature indicates that the acetonitrile methyl is deuterated while the W-methyl is not.

(15) We also assume that secondary kinetic isotope effects for acetonitrile dissociation from $1\text{-d}_{0,0}^+$ and $1\text{-d}_{0,3}^+$ are negligible.

(16) The high concentration of CD_3CN ensures that back reaction with the released CH_3CN is negligible.

(17) Equilibration of any mixture of 1a^+ ($= 1\text{a-d}_{0,3}^+ + 1\text{a-d}_{0,0}^+$) and 1b^+ ($= 1\text{b-d}_{0,3}^+ + 1\text{b-d}_{0,0}^+$) should obey first-order kinetics, and this has been confirmed experimentally over 4 half-lives.

and the distinction cannot be addressed experimentally with the available data.²⁷ Since in its earliest recorded use *αγροστος* means "the flat of the hand", it would be particularly apposite if agostic interactions stabilize the chirality (handedness) of this and other formally unsaturated transition-metal centers.²⁸

Acknowledgment. We thank the National Science Foundation for financial support and Karen Bowden for translations from the Greek. The Bruker AM-500 used for these experiments was purchased with the assistance of NSF Grant no. CHE-84-10774 to Harvard University.

Registry No. **1aPF₆, 1bPF₆** (isomer I), 119638-12-9; **1aPF₆, 1bPF₆** (isomer II), 119717-50-9; **3a, 3b** (isomer I), 114860-17-2; **3a, 3b** (isomer II), 114925-24-5; **4**, 119638-10-7; **5**, 119638-13-0; CHBr₃, 75-25-2.

Supplementary Material Available: Derivation of eq 1 and 2 (4 pages). Ordering information is given on any current masthead page.

(27) Interpretation of the first-order kinetics of the thermal conversion of $[W(\eta-C_5H_5)_2(CH_2PMe_2Ph)H]^+$ to $[W(\eta-C_5H_5)_2(CH_3)(PMe_2Ph)]^+$ is subject to similar ambiguities.^{25a}

(28) ο δ'εν κοιτησι πεσων ελε γαιαν αγροστω. (*Iliad* 11.425) "And falling in the dust he grasped the earth with his hand".

Measurement of Internuclear Distances in Polycrystalline Solids: Rotationally Enhanced Transfer of Nuclear Spin Magnetization

D. P. Raleigh,^{†,‡,§} F. Creuzet,^{†,‡} S. K. Das Gupta,[†]
M. H. Levitt,[†] and R. G. Griffin^{*,†}

Francis Bitter National Magnet Laboratory and
Department of Chemistry
Massachusetts Institute of Technology
Cambridge, Massachusetts 02139

Received December 5, 1988

In this communication we demonstrate a magic angle spinning (MAS) NMR technique for measurement of the distance between two homonuclear sites separated by as much as 0.5 nm. In solution NMR distance determinations via the nuclear Overhauser effect are widely employed to determine molecular structure.¹⁻³ However, analogous experiments in solids, based on spin diffusion, have been only partially successful because of the complexity of the abundant spin dipolar coupling networks.⁴⁻¹⁰ The approach described here is based on the simplification which results when this multispin problem is reduced to one of two spins, coupled weakly to the environment. Experimentally, this is achieved by (i) proton decoupling during the magnetization exchange process, greatly attenuating the influence of abundant nuclear spins; (ii)

[†] Francis Bitter National Magnet Laboratory.

[‡] Department of Chemistry.

[§] Present address: Inorganic Chemistry Laboratory, Oxford University, South Parks Road, Oxford OX1 3QR, United Kingdom.

[‡] On leave from: Laboratoire de Physique des Solides, CNRS, Bat 510, U.P.S., 91405 Orsay Cedex, France.

(1) Ernst, R. R.; Bodenhausen, G.; Wokaun, A. *Principles of Nuclear Magnetic Resonance in One and Two Dimensions*; Oxford University Press: Oxford, UK, 1986.

(2) Wüthrich, K. *NMR of Proteins and Nucleic Acids*; Wiley Press: New York, 1986.

(3) Noggle, J. H.; Schirmer, R. E. *The Nuclear Overhauser Effect*; Academic Press: New York, 1971.

(4) VanderHart, D. I.; Garrowsay, A. N. *J. Chem. Phys.* **1979**, *71*, 2773.

(5) Caravatti, P.; Deli, J. A.; Bodenhausen, G.; Ernst, R. R. *J. Am. Chem. Soc.* **1982**, *104*, 5506.

(6) Douglass, D. C.; McBrierty, V. J. *Macromolecules* **1978**, *11*, 776.

(7) Bronniman, C. E.; Szeveranyi, N. M.; Maciel, G. E. *J. Chem. Phys.* **1983**, *79*, 3694.

(8) Linder, M.; Henrichs, P. M.; Hewitt, J. M.; Massa, D. J. *J. Chem. Phys.* **1985**, *82*, 1585.

(9) Suter, D.; Ernst, R. R. *Phys. Rev. B* **1985**, *32*, 5605.

(10) Kubo, A.; McDowell, C. A. *J. Chem. Soc., Faraday Trans. 1* **1988**, *84*, 3713.

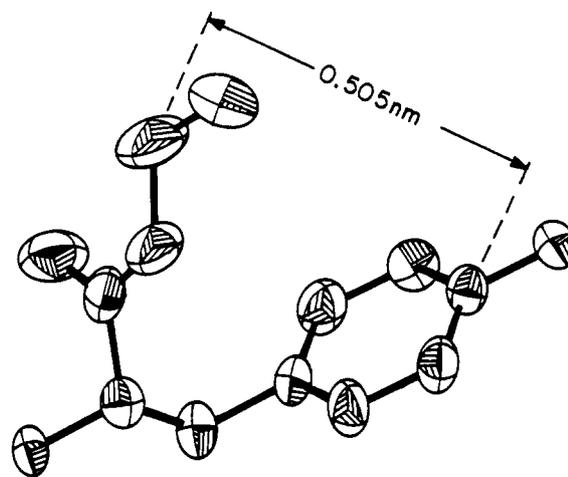


Figure 1. The structure of tyrosine ethyl ester,¹⁴ showing the 0.505-nm separation between the labeled carbons.

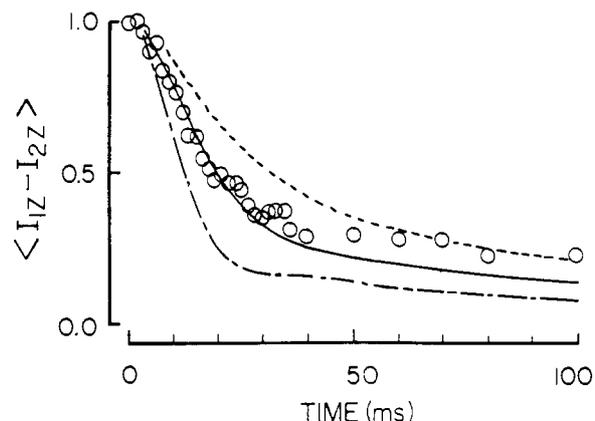


Figure 2. Calculated and experimental evolution of the difference polarization for the $n = 1$ rotational resonance in tyrosine ethyl ester at $\omega_r/2\pi = 9.400$ kHz and a field of 9.4 T. Experimental points, (O); curve calculated for 0.555 nm, (---); curve calculated for 0.505 nm, (—); curve calculated for 0.455 nm, (-·-·). Aromatic shielding tensors $\sigma_{11} = -92$ ppm, $\sigma_{22} = -4$ ppm, $\sigma_{33} = 96$ ppm, with the most shielded axis (σ_{11}) perpendicular to the ring, least shielded axis (σ_{33}) along the C-O bond; methylene shielding tensor $\sigma_{11} = -46$ ppm, $\sigma_{22} = \sigma_{33} = 23$ ppm, with the most shielded axis (σ_{11}) along the C-O bond. The results from 5000 randomly oriented crystallites were averaged. $T_2^Q = 6.3$ ms.

selective isotopic labeling of both sites of interest, so that the system may be approximated as a set of magnetically dilute coupled spin pairs; (iii) MAS with matching of the rotational resonance condition, $\omega_{\Delta}^{\text{iso}} = n\omega_r$, for the spin pairs of interest, ensuring that the magnetization transfer is driven in an efficient and predictable fashion by the sample rotation.¹¹⁻¹⁴ Here $\omega_{\Delta}^{\text{iso}}$ is the difference between the isotropic shift frequencies of the two sites, ω_r is the spinning frequency, and n is a small integer. Under these conditions the dynamics of magnetization exchange are predictable by numerical simulation, if the parameters characterizing the spin pair system are known. The dipolar coupling and therefore the internuclear separation may be measured by matching experimental results with numerical simulations. We demonstrate the measurement of an internuclear distance of 0.50 ± 0.05 nm (corresponding to a coupling of ~ 50 Hz) on a sample of tyrosine ethyl ester (TEE), ¹³C-labeled at both the -CH₂- of the ester moiety and at the 4'-OH aromatic carbon.

(11) Andrew, E. R.; Bradbury, A.; Eades, R. G. Wynn, T. *Phys. Lett.* **1963**, *4*, 99-100.

(12) Andrew, E. R.; Farnell, L.; Gledhill, L. F.; Roberts, T. D. *Phys. Lett.* **1966**, *21*, 505-506.

(13) Raleigh, D. P.; Levitt, M. H.; Griffin, R. G. *Chem. Phys. Lett.* **1988**, *146*, 71-76.

(14) Colombo, M. G.; Meier, B. H.; Ernst, R. R. *Chem. Phys. Lett.* **1988**, *146*, 189.