

**Table 1.**  $^{13}\text{C}$  Solution NMR isotropic shifts and assignments of host **H**

Shift	Assignment C atom	
<b>WEB24</b>		
151.3	1A	Q
144.2	9	Q
139.0	4A	Q
138.3	6	Q
128.6	1	CH
128.0	7	CH
126.2	3	CH
125.7	8	CH
124.7	2	CH
120.1	4	CH
82.4	5	Q

**Table 3.**  $^{13}\text{C}$  Solid State NMR isotropic shifts and assignments of host-guest compounds

Shift	Assignment C atom	
<b>H•3DIOX</b>		
<b>H</b>		
154.1, 152.4	1A, 8A	Q
144.3-138.1	4A, 5A, 10, 13	Q
129.5-120.1	1-8,11,12, 14,15	CH
83.6	9	Q
<b>1,4-DIOXANE</b>		
68.0	1	CH <sub>2</sub>

**Table 2.**  $^{13}\text{C}$  Solid State NMR isotropic shifts and assignments of host **WEB24**

Shift	Assignment C atom	
<b>WEB24</b>		
149.4	1A, 8A	Q
144.7, 142.4, 138.2, 136.4	4A, 5A, 10, 13	Q
130.6, 128.2, 126.4, 125.3, 123.8, 120.3, 118.8	1-8, 11, 12, 14, 15	CH
83.2	9	Q

**Notes for tables 1, 2 and 3**

- Q = quaternary carbon
- Partial assignments are given where the complete assignment is not known.

