## Supplemental Information

## A Strong Organic Electron Donor Incorporating Highly $\pi$-Donating <br> Triphenylphosphonium Ylidyl Substituents <br> Morgan M. Burgoyne, Thomas M. MacDougall, Zachary N. Haines, Jordan W. <br> Conrad, Larry A. Calhoun, Andreas Decken and C. Adam Dyker* <br> Department of Chemistry, University of New Brunswick, Fredericton, New <br> Brunswick, E3B 5A3 (Canada); E-mail: cadyker@unb.ca

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## NMR Spectra



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Figure $\mathbf{S} 12{ }^{13} \mathrm{C}$ NMR of 5 in $\mathrm{CD}_{3} \mathrm{CN}$.


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Figure $\mathbf{S 1 4}$ COSY NMR of 5 in $\mathrm{CD}_{3} \mathrm{CN}$


Figure S15 ${ }^{31} \mathrm{P}$ NMR of $E$ and $Z$ isomers of $B d$ in $\mathrm{C}_{6} \mathrm{D}_{6}$.


Figure S16 ${ }^{1} \mathrm{H}$ NMR of $E$ and $Z$ isomers of $\mathbf{B d}$ in $\mathrm{C}_{6} \mathrm{D}_{6}$.


between the $\mathrm{CH}^{-1}$ yrify and the $\mathrm{CH}_{3}$, which defines the Efisomer, are circled. $\sqrt{ }$

Figure S18 ${ }^{31} \mathrm{P}-{ }^{1} \mathrm{H}$ HMBC of $E$ and $Z$ isomers of Bd in $\mathrm{C}_{6} \mathrm{D}_{6}$, showing correlations between the $\mathrm{C}-{ }^{1} \mathrm{H}_{\text {ylidy }}$ ( x axis) and the ${ }^{31} \mathrm{P}$ ( y -axis).

Table 1. Selected 2D NMR correlations for isomers of Bd

| Atom | $\mathrm{Ph}_{3} \mathrm{P}_{\mathrm{P}}^{2}$ |  |  |
| :---: | :---: | :---: | :---: |
|  | $\delta$ (ppm) | NOESY | ${ }^{1} \mathrm{H}-{ }^{31} \mathrm{P}$ HMBC |
| $1{ }^{1} \mathrm{H}$ | 5.81 | 7 | --- |
| $2{ }^{1} \mathrm{H}$ | 5.19 | 8 | --- |
| $4{ }^{1} \mathrm{H}$ | 5.60 | 8 | --- |
| $7{ }^{1} \mathrm{H}$ | 2.51 | 1 | --- |
| $8 \quad{ }^{1} \mathrm{H}$ | 2.22 | 2, 4 | 9 |
| $9 \quad{ }^{31} \mathrm{P}$ | 5.80 | --- | 8 |
|  | $\mathrm{Ph}_{3} \stackrel{9}{\mathrm{P}}$ |  |  |
| Atom | $\delta$ (ppm) | NOESY | ${ }^{1} \mathrm{H}-{ }^{31} \mathrm{P}$ HMBC |
| $1{ }^{1} \mathrm{H}$ | 5.81 | 7 | --- |
| $2{ }^{1} \mathrm{H}$ | 5.40 | 8 | --- |
| $4 \quad{ }^{1} \mathrm{H}$ | 5.34 | 7 | --- |
| $7{ }^{1} \mathrm{H}$ | 2.27 | 1,4 | --- |
| $8{ }^{1} \mathrm{H}$ | 2.17 | 2 | 8 |
| $9 \quad{ }^{31} \mathrm{P}$ | 6.20 | --- | 9 |







Figure $\mathbf{S 2 0}{ }^{31} \mathrm{P}$ NMR of mixture of $\mathbf{B d}^{\mathbf{2 +}}-\mathbf{2} \mathrm{PF}_{6}{ }^{-}$in $\mathrm{CD}_{3} \mathrm{CN}$ (blow up of 8-19 ppm region).


Figure $\mathbf{S} 21{ }^{1} \mathrm{H}$ NMR of mixture of $\mathbf{B d}^{\mathbf{2 +}} \mathbf{- 2} \mathrm{PF}_{6}{ }^{-}$in $\mathrm{CD}_{3} \mathrm{CN}$.

$\begin{array}{lllllllllllllllllllllllllllllllll}70 & 165 & 160 & 155 & 150 & 145 & 140 & 135 & 130 & 125 & 120 & 115 & 110 & 105 & 100 & 95 & 90 & 85 & 80 & 75 & 70 & 65 & 60 & 55 & 50 & 45 & 40 & 35\end{array}$
Figure $\mathbf{S 2 2}{ }^{13} \mathrm{C}$ NMR of mixture of $\mathbf{B d}^{\mathbf{2 +}}-\mathbf{2 P F}_{6}{ }^{-}$in $\mathrm{CD}_{3} \mathrm{CN}$.


Figure S23 ${ }^{31} \mathrm{P}-{ }^{1} \mathrm{H}$ HMBC of mixture of $\mathrm{Bd}^{2+}-2 \mathrm{PF}_{6}{ }^{-}$in $\mathrm{CD}_{3} \mathrm{CN}$, showing correlations between the $\mathrm{C}-{ }^{-1} \mathrm{H}_{\text {ylidyl }}$ ( $x$ axis) and the ${ }^{31} \mathrm{P}$ (y-axis).

(mdd) if


|  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Atom | $\delta$ (ppm) | NOESY | COSY | ${ }^{1} \mathrm{H}-{ }^{31} \mathrm{P}$ HMBC |
| $1{ }^{1} \mathrm{H}$ | 7.01 | 2, 7 | $2\left({ }^{3} \mathrm{~J}_{\mathrm{HH}}=7.5 \mathrm{~Hz}\right)$ | --- |
| $2{ }^{1} \mathrm{H}$ | 5.86 | 1 | $1\left({ }^{3} \mathrm{~J}_{\mathrm{HH}}=7.5 \mathrm{~Hz}\right), 4\left({ }^{4} \mathrm{~J}_{\mathrm{HH}}=2.7 \mathrm{~Hz}\right)$ | --- |
| $4{ }^{1} \mathrm{H}$ | 6.75 | 8 | $2\left({ }^{3} \mathrm{~J}_{\mathrm{HH}}=2.7 \mathrm{~Hz}\right)$ | --- |
| $7{ }^{1} \mathrm{H}$ | 3.33 | 1 | --- | --- |
| $8 \quad{ }^{1} \mathrm{H}$ | 4.44 | 4 | --- | 9 |
| $9 \quad{ }^{31} \mathrm{P}$ | 13.43 | --- | --- | 8 |
|  |  |  |  <br> omer mixture |  |
| Atom | $\delta$ (ppm) | NOESY | COSY | ${ }^{1} \mathrm{H}-{ }^{31} \mathrm{P}$ HMBC |
| $1{ }^{1} \mathrm{H}$ | 7.06 |  | $2\left({ }^{3} \mathrm{JHH}=7.5 \mathrm{~Hz}\right)$ | --- |
| $2{ }^{1} \mathrm{H}$ | 6.64 | No NOESY | $1\left({ }^{3} \mathrm{~J}_{\mathrm{HH}}=7.5 \mathrm{~Hz}\right), 4\left({ }^{4} \mathrm{~J}_{\mathrm{HH}}=2.7 \mathrm{~Hz}\right)$ | --- |
| $4{ }^{1} \mathrm{H}$ | 5.46 | correlations | $2\left({ }^{4} \mathrm{JHH}=2.7 \mathrm{~Hz}\right)$ | --- |
| $7{ }^{1} \mathrm{H}$ | 2.92 | observed for this | --- | --- |
| $8{ }^{1} \mathrm{H}$ | 4.37 | isomer | --- | 9 |
| $9{ }^{31} \mathrm{P}$ | 13.16 |  | --- | 8 |


|  <br> $E / Z$ isomer $58 \%$ of mixture |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Atom | $\delta$ (ppm) | NOESY | cosy | ${ }^{14}-{ }^{31} \mathrm{P}$ HMBC |
| $1{ }^{1} \mathrm{H}$ | 6.82 | 2, 7 | $\left.2{ }^{(3}{ }^{\text {HHH}}=7.5 \mathrm{~Hz}\right)$ | --- |
| $2{ }^{1} \mathrm{H}$ | 5.71 | 1 | $\left.\left.1{ }^{(3} \mathrm{J}_{\mathrm{HH}}=7.5 \mathrm{~Hz}\right), 4{ }^{4} \mathrm{~J}_{\mathrm{HH}}=2.7 \mathrm{~Hz}\right)$ | --- |
| $4{ }^{1} \mathrm{H}$ | 6.20 | 8 | $2\left({ }^{4} \mathrm{JHH}=2.7 \mathrm{~Hz}\right), 4^{\prime}$ | --- |
| $7{ }^{1} \mathrm{H}$ | 3.05 | 1 | --- | --- |
| $8 \quad{ }^{1} \mathrm{H}$ | 4.22 | 4 | --- | 9 |
| $9{ }^{31} \mathrm{P}$ | 13.37 | --- | --- | 8 |
| 1' ${ }^{1} \mathrm{H}$ | 7.25 | $2^{\prime}, 7$ | $2^{\prime}\left({ }^{3} \mathrm{JHH}=7.5 \mathrm{~Hz}\right)$ | --- |
| 2' ${ }^{1} \mathrm{H}$ | 6.76 | ${ }^{1}, 8$ ' | $1^{\prime}\left({ }^{( }{ }^{\text {JHH }}=7.5 \mathrm{~Hz}\right), 4^{\prime}\left({ }^{4} \mathrm{JHH}=2.7 \mathrm{~Hz}\right)$ | --- |
| 4' ${ }^{1} \mathrm{H}$ | 5.69 | --- | 4, 2' ( ${ }^{4} \mathrm{JHH}=2.7 \mathrm{~Hz}$ ) | --- |
| 7' ${ }^{1} \mathrm{H}$ | 3.33 | ${ }^{\prime}$ | --- | --- |
| 8' ${ }^{1 / \mathrm{H}}$ | 4.48 | ${ }^{\prime}$ | -- | 9 ' |
| $9^{\prime}{ }^{31} \mathrm{P}$ | 13.86 | --- | --- | 8 |

## Cyclic Voltammagram of Bd



Figure S27 Cyclic voltammogram of $\mathrm{Bd}^{\mathbf{2 +}} \mathbf{- 2 P F}_{6}{ }^{-}$in $0.1 \mathrm{M} \mathrm{TBAPF}{ }_{6}$ in DMF, with ferrocene as internal standard (scan rate of $50 \mathrm{mV} / \mathrm{s}$ ). At top is a blow-up of the signal for the $\mathbf{B d} / \mathrm{Bd}^{2+}-2 \mathrm{PF}_{6}{ }^{-}$couple.

## Reductions Using Bd

Reduction of Chlorodiphenylphosphine 9 to Diphosphine 10

$$
\mathrm{Ph}_{2} \mathrm{PCl} \xrightarrow[\text { toluene, }-36^{\circ} \mathrm{C}]{\text { 0.5 eq } \mathrm{Bd}} 0.5 \mathrm{Ph}_{2} \mathrm{P}-\mathrm{PPh}_{2}
$$

$9 \quad-\mathrm{Bd}^{2+}-2 \mathrm{PF}_{6}{ }^{-} \quad 10$


Figure S28 ${ }^{31} \mathrm{P}$ NMR spectrum of the reaction mixture of in situ generated Bd with $\mathrm{Ph}_{2} \mathrm{PCl}$ in toluene.

Reduction of Dichlorotriphenylphosphorane 7 to Phosphine 8


Figure S29 ${ }^{31} \mathrm{P}$ NMR spectrum of the reaction mixture of in situ generated Bd with $\mathrm{Cy}_{3} \mathrm{PCl}_{2}$ in benzene.

## Variable Temperature ${ }^{1} \mathrm{H}$ NMR Inversion Transfer Experiments on 5

NMR spectra were recorded using either a Varian Inova 300 or Agilent 400 MR
NMR spectrometer. Inversion transfer experiments were carried out on the 400 MR spectrometer operating under VnmrJ 3.2A using the PRESAT pulse sequence. Spectra were recorded by application of a selective $180^{\circ}$ degree inversion pulse of 11.5 ms applied to the ${ }^{1} \mathrm{H}$ signal at 6.81 ppm , followed, after a variable delay time, by a non-selective $90^{\circ}$ pulse. The intensities of the inverted signal at 6.81 ppm , and the exchange coupled signal at 5.70 ppm were measured using VnmrJ 4.2 software by applying a baseline correction to the spectra followed by manual selection of the integral reset points. The exchange rates at each temperature were determined by fitting the integrations of the inverted and exchange-coupled signal as a function of the variable delay time to a two-site exchange model using either Bain's CIFIT program, ${ }^{1}$ or a spreadsheet programmed with the McConnell equations for two-site exchange as described by Led and Gesmar. ${ }^{2}$


Figure S30. Expansion of the ${ }^{1} \mathrm{H}$ NMR spectrum of 5 recorded in dmso-d6 at 25 ${ }^{\circ} \mathrm{C}$.


Figure S31. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $20^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1, yielding a rate constant of $0.09 \pm 0.02 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 ppm signal to +1 at a delay time of 0 seconds.


Figure S32. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $30^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1 , yielding a rate constant of $0.14 \pm 0.02 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 ppm signal to +1 at a delay time of 0 seconds.


Figure S33. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $40^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1, yielding a rate constant of $0.23 \pm 0.02 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 $p p m$ signal to +1 at a delay time of 0 seconds.


Figure S34. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $51^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1 , yielding a rate constant of $0.40 \pm 0.01 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 ppm signal to +1 at a delay time of 0 seconds.


Figure S35. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $60^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1 , yielding a rate constant of $0.74 \pm 0.02 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 ppm signal to +1 at a delay time of 0 seconds.


Figure S36. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $69{ }^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1, yielding a rate constant of $1.26 \pm 0.02 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 ppm signal to +1 at a delay time of 0 seconds.


Figure S37. Results of an inversion-transfer experiment performed on 5 in dmso-d6 at $79{ }^{\circ} \mathrm{C}$.

The relative intensities of the ${ }^{1} \mathrm{H}$ NMR resonances of the partially inverted signal at 6.81 ppm (squares) and the exchange coupled signal at 5.70 ppm (circles) were plotted as a function of inversion transfer delay time. Solid lines were calculated by least-squares fitting of the experimental data to the McConnell equations as described in Reference 1, yielding a rate constant of $2.39 \pm 0.03 \mathrm{~s}^{-1}$. The intensities of the two signals were scaled to adjust the intensity of 6.81 ppm signal to +1 at a delay time of 14 seconds, and to adjust the intensity of the 5.70 ppm signal to +1 at a delay time of 0 seconds.


Figure S38. Plot of $\ln (\mathbf{k} / \mathbf{T})$ vs $1 / \mathrm{T}$ for the exchange rate data of 5 in dmso$d 6$.

Derived from ${ }^{1} \mathrm{H}$ inversion-transfer experiments at 20, 30, 40, 51, 60, 69 and 79 ${ }^{\circ} \mathrm{C}$ (Figures S31 to S37). The solid line was calculated using linear regression analysis resulting in a correlation coefficient of 0.983 . The slopes and intercepts were used to determine enthalpy ( $\Delta \mathrm{H}^{\ddagger}$ ) and entropy ( $\Delta \mathrm{S}^{\ddagger}$ ) of activation values of $10.7 \pm 0.6 \mathrm{kcal} \mathrm{mol}^{-1}$ and $-27.0 \pm 1.9 \mathrm{cal} \mathrm{mol}^{-1} \mathrm{~K}^{-1}$ respectively, resulting in a free energy of activation ( $\Delta \mathrm{G}^{\ddagger}$ ) of $18.8 \pm 0.9 \mathrm{kcal} \mathrm{mol}^{-1}$ at 298 K .


Figure S39. HSQC spectrum of the reaction mixture for the formation of Bd in $\mathrm{C}_{6} \mathrm{D}_{6}$.

## References:

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2 J. J. Led and H. J. Gesmar, J. Magn. Reson., 1982, 49, 444-463.

