

## Supplementary Material

### Quantification of the amount of mobile components in intact stratum corneum with natural-abundance $^{13}\text{C}$ solid-state NMR

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### Estimation of the total amount of lipids in SC:

The total molar amount of lipids in 1 g dry SC obtained from Q-INEPT experiments on intact SC at 50 wt% water and 90 °C is 254  $\mu\text{mol}$   $\omega\text{CH}_3$ , 379  $\mu\text{mol}$   $\alpha\text{CH}_2$  and 150  $\mu\text{mol}$  CHOL 9 (median values in Fig. 8). At this high temperature, the resonance from  $\alpha\text{CH}_2$  lipid acyl chain may overlap with the peaks from proteins and therefore is not employed to estimate the amount of lipids. We then assume that:

- The number of mole of CHOL 9 is equal to the number of mole of cholesterol. The number of mole of  $\omega\text{CH}_3$  includes  $\omega\text{CH}_3$  in both ceramides and fatty acids. Each ceramide molecule contains two  $\omega\text{CH}_3$  segments (Fig. 1B).

- The SC lipids comprise ceramides and fatty acids and we here assume they are present in equimolar proportions.<sup>1</sup>

- The mean molecular weight of ceramides is 700 g/mol.<sup>2</sup> The mean molecular weight of fatty acids was calculated to be 349 g/mol based on a fatty acid mixture<sup>3</sup> with composition similar to native SC.<sup>4</sup> This mixture consists of C16:0, C18:0, C20:0, C22:0, C23:0, C24:0, and C26:0 lipids, where the notation  $CC:D$  is used to denote the numbers  $C$  of carbon atoms and  $D$  of double bonds of the fatty acid, at mole percent of 1.3, 3.3, 6.7, 41.7, 5.4, 36.8, and 4.7, respectively.

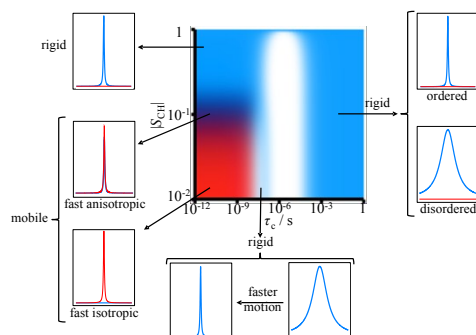
Taken together, we estimate that 1 g dry SC contains  $254/3 = 85 \mu\text{mol}$  fatty acids (corresponding to  $85 \cdot 10^{-6} \cdot 349 = 0.030 \text{ g}$ ),  $254/3 = 85 \mu\text{mol}$  ceramide (corresponding to  $85 \cdot 10^{-6} \cdot 700 = 0.060 \text{ g}$ ) and 150  $\mu\text{mol}$  cholesterol (corresponding to  $150 \cdot 10^{-6} \cdot 387 = 0.058 \text{ g}$ ). The total amount of SC lipids is therefore ca. 0.15 g per 1 g dry SC or 15 wt% of the total weight of dry SC.

### Example of changes in chemical composition of the SC mobile lipid domains by adding a hydrophobic chemical:

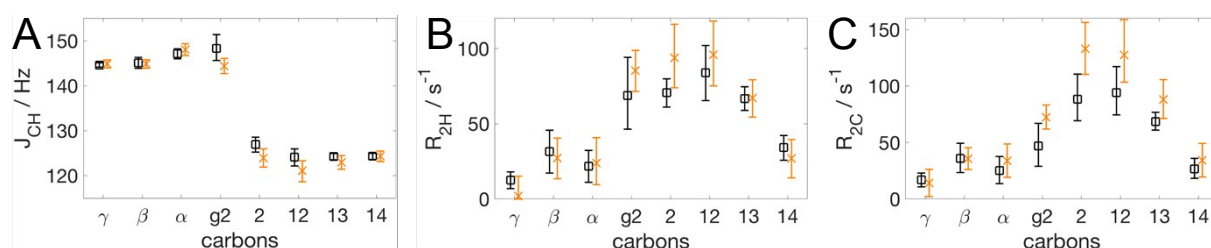
As an example, a small hydrophobic compound with a molecular weight of 200 g/mol is added to SC at a concentration of 5 wt% or 263  $\mu\text{mol}$  per 1 g of dry SC. The total amount of mobile  $\omega\text{CH}_3$  and CHOL segments in SC at 40 wt% water and 32 °C is 153  $\mu\text{mol}$  (Table S1). If the added hydrophobic compound is dissolved in SC fluid lipids, the SC fluid lipid domains now contain a high amount of this chemical and their chemical-physical properties are likely not the same as the fluid lipid domains in the samples of SC without the added chemical.

**Table S1.** Fraction of mobile segments (mol%) in SC at 40 wt% water and 32°C,  $F_{40\text{W}}$ , over the total mole of the same segment. This fraction is calculated from median value of the molar amount of mobile segments in SC at 40 wt% water and 32 °C,  $C_{40\text{W}}$  ( $\mu\text{mol}$  per 1 g dry SC), and median value of the total molar amount of lipids in SC,  $C_{\text{all}}$  ( $\mu\text{mol}$  per 1 g dry SC).

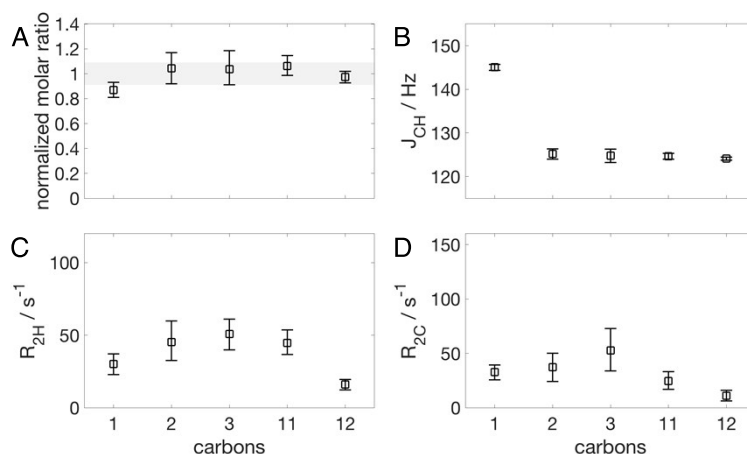
Segments	$\omega\text{CH}_3$	CHOL 9
$C_{40\text{W}}$ ( $\mu\text{mol}$ )	46	107
$C_{\text{all}}$ ( $\mu\text{mol}$ )	254	150
$F_{40\text{W}}$ (mol%)	18	71



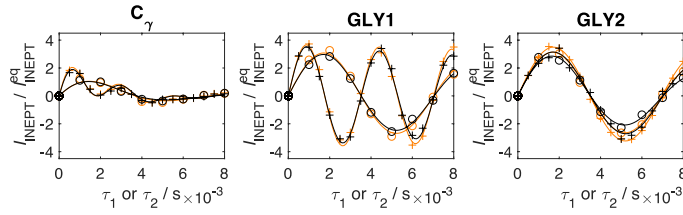
**Fig. S1.** Theoretical CP (blue) and INEPT (red) signal enhancement as a function of  $\tau_c$  (rotational correlation time) and  $|S_{CH}|$  (C-H bond order parameter) for a  $CH_2$  segment at the experimental conditions used in this study, i.e., 11.72 T magnetic field and 5 kHz MAS (adapted from Nowacka et al.).<sup>5</sup> White indicates the absence of signal for both CP and INEPT. Corresponding lineshapes and intensities of CP (blue) and INEPT (red) signals in different regimes are also shown.



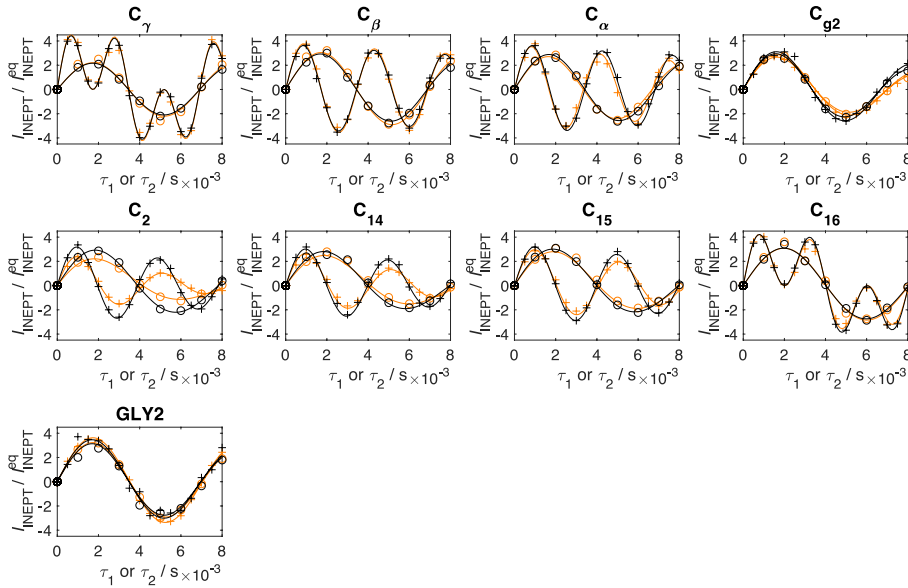
**Fig. S2.** Results (median and 90% confidence intervals) obtained from Q-INEPT for DMPC  $L_\alpha$  phase with 35 wt% water at 27 °C and measured on the 500 MHz (black  $\square$ ) and 800 MHz (orange  $\times$ ) spectrometers. (A)  $^1H$ - $^{13}C$  through-bond scalar coupling  $J_{CH}$ . (B-C) Effective  $^1H$  (B) and  $^{13}C$  (C) transverse dephasing rates  $R_2^H$  and  $R_2^C$ . The  $J_{CH}$  values are much lower in the acyl-chains compared to the headgroups as well as the glycerol backbone  $C_{g2}$ . The high  $J_{CH}$  values are likely due to chemical bond of the  $^{13}C$  with oxygen or nitrogen.<sup>6</sup> The different relaxation rates are lowest for carbons in the outer part of the headgroup and in the end of the acyl-chain, which have faster and more isotropic reorientation than the others carbon in the lipid molecule.<sup>7</sup> We note that the relaxation rates of  $C_{g2}$  and some acyl-chain carbons including  $C_2$ ,  $C_{12}$  and  $C_{13}$  are lower at the lower Larmor frequency.



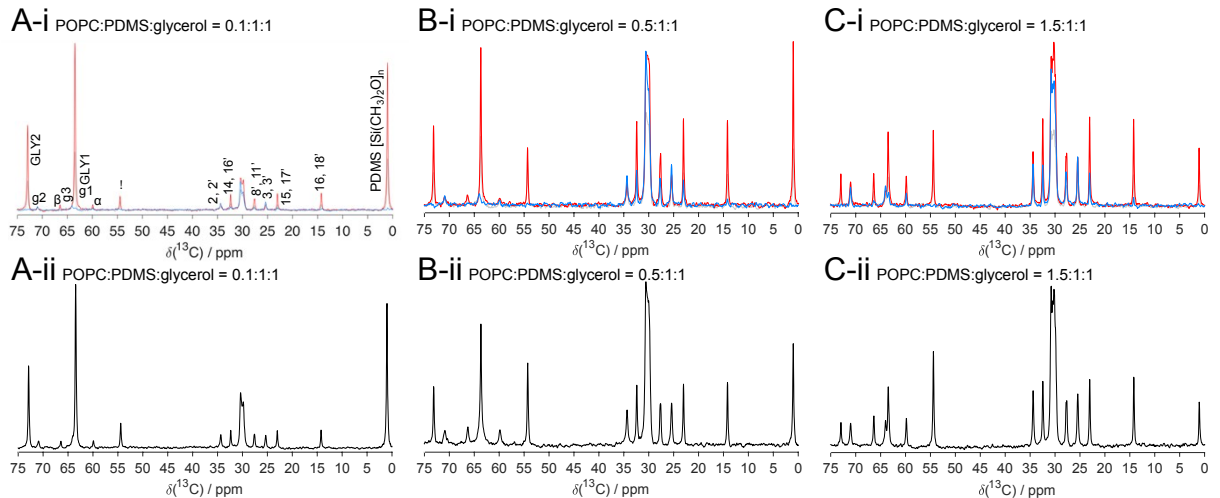
**Fig. S3.** Results (median and 90% confidence intervals) obtained from Q-INEPT for SDS  $H_I$  phase at 35 °C and measured on the 500 MHz spectrometer. (A) Normalized molar ratio. The spread of the normalized molar ratios over different segments is represented by grey shaded area. (B-D)  $^1H$ - $^{13}C$  through-bond scalar coupling  $J_{CH}$  (B), and effective  $^1H$  (C) and  $^{13}C$  (D) transverse dephasing rates,  $R_2^H$  and  $R_2^C$ . The  $J_{CH}$  value of  $C_1$  of SDS is higher than the others due to its bond with oxygen.<sup>6</sup>



**Fig. S4.** Experimental (symbol) and fitted (line) data of  $I_{INEPT}/I_{INEPT}^{eq}$  of different carbons in DPPC and glycerol for DPPC  $L_{gel}$  phase at 35 °C in Q-INEPT experiment obtained on the 500 (black) and 800 MHz (orange) spectrometers. The varied parameters are  $\tau_1$  ( $\circ$ ) while  $\tau_2 = 1.2$  ms or  $\tau_2$  (+) while  $\tau_1 = 1.8$  ms.

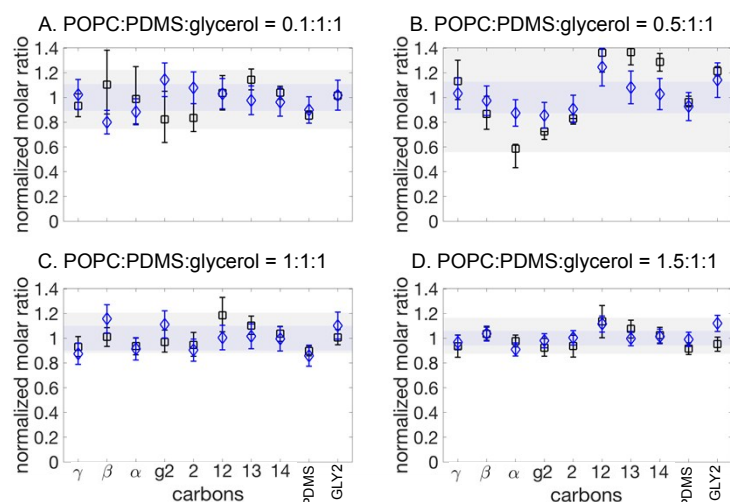


**Fig. S5.** Experimental (symbol) and fitted (line) data of  $I_{INEPT}/I_{INEPT}^{eq}$  of different carbons in DPPC and glycerol for DPPC  $L_{\alpha}$  phase at 70 °C in Q-INEPT experiments obtained on the 500 (black) and 800 MHz (orange) spectrometers. The varied parameters are  $\tau_1$  ( $\circ$ ) while  $\tau_2 = 1.2$  ms or  $\tau_2$  (+) while  $\tau_1 = 1.8$  ms.

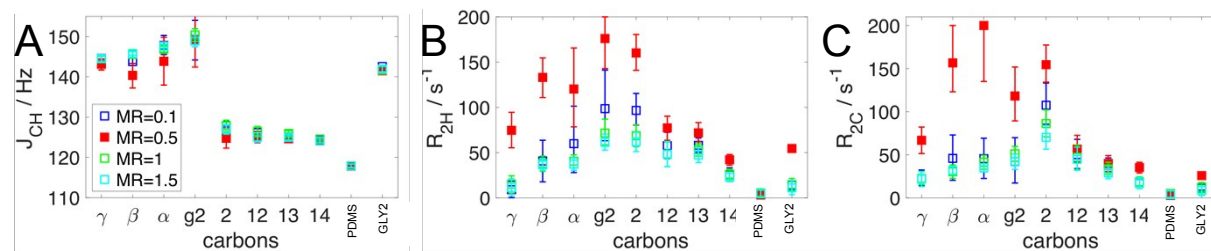


**Fig. S6.**  $^{13}\text{C}$  MAS NMR spectra (DP: grey, CP: blue, INEPT: red) (i) and  $^{13}\text{C}$  MAS NMR quantitative DP spectra (Q-DP, recorded at  $\tau_R = 50$  s) (ii) for POPC-PDMS-glycerol-water systems at different POPC:PDMS or

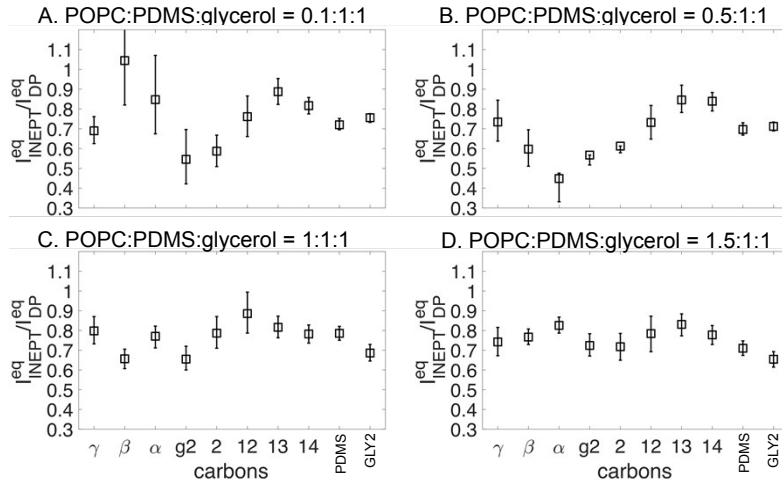
POPC:glycerol mixing molar ratios including 0.1 (A), 0.5 (B) and 1.5(C) measured at 32 °C on the 500 MHz spectrometer.



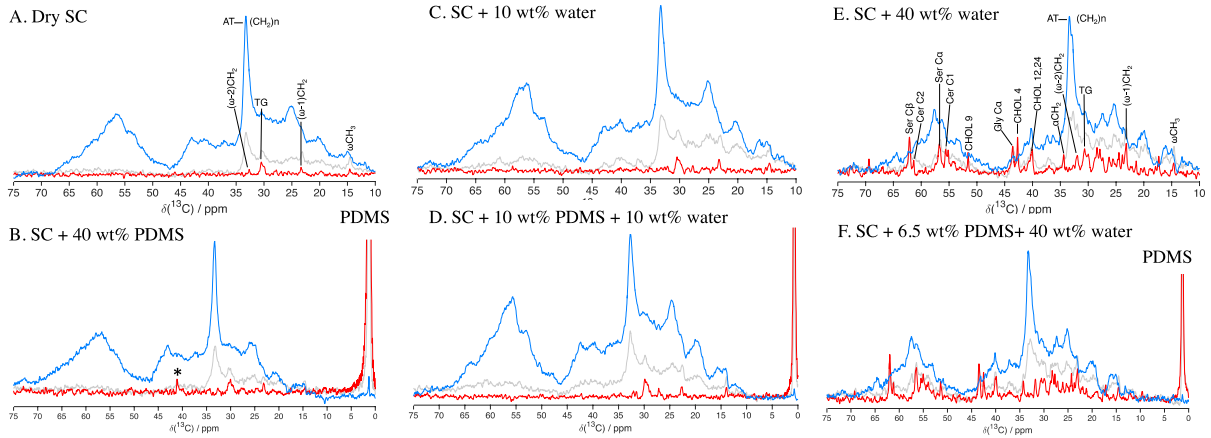
**Fig. S7.** Normalized molar ratios obtained from Q-INEPT (median (black  $\square$ ) and 90% confidence intervals (grey shaded area)) and Q-DP (median (blue  $\diamond$ )  $\pm$  standard deviation (blue shaded area)) for POPC-PDMS-glycerol-water systems at different POPC:PDMS or POPC:glycerol mixing molar ratios including 0.1 (A), 0.5 (B), 1 (C) and 1.5 (D) measured at 32 °C on the 500 MHz spectrometer. The molar ratios of PDMS and glycerol were normalized against the mixing ratios so that their normalized molar ratios are ideally 1 as the lipid. The 90% confidence intervals in Q-INEPT and the standard deviations in Q-DP of POPC refer to the spread of the normalized molar ratios over different segments of lipids. The 90% confidence intervals of PDMS and glycerol in Q-INEPT are calculated from different fitted values of  $C_{INEPT}$  obtained from Monte Carlo analysis, whereas the standard deviations of these molecules in Q-DP are from the standard deviations of eight values of the molar ratio of these molecules to each of the lipid segment.



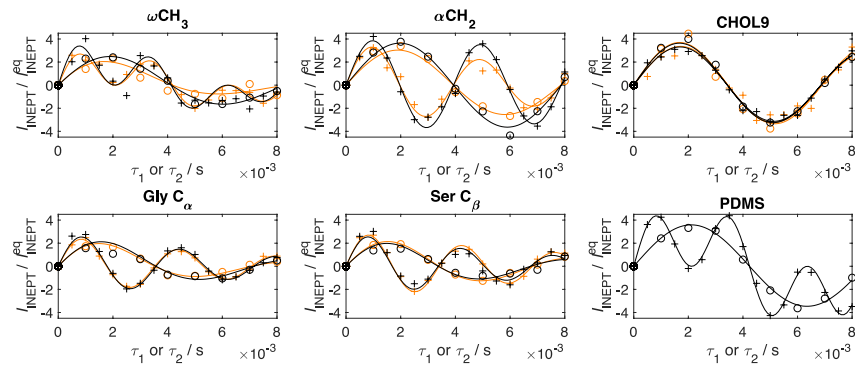
**Fig. S8.** Results (median and 90% confidence intervals) obtained from Q-INEPT for POPC-PDMS-glycerol-water systems at different mixing molar ratios (MR) of POPC:PDMS or POPC:glycerol measured at 32 °C on the 500 MHz spectrometer:  $^1\text{H}$ - $^{13}\text{C}$  through-bond scalar coupling  $J_{\text{CH}}$  (A) and effective  $^1\text{H}$  (B) and  $^{13}\text{C}$  (C) transverse dephasing rates,  $R_{2\text{H}}^{\text{H}}$  and  $R_{2\text{C}}^{\text{C}}$ .



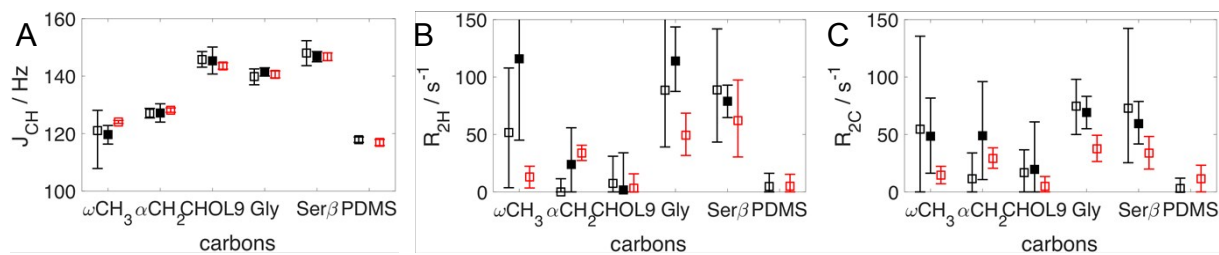
**Fig. S9.**  $I_{INEPT}^{eq}/I_{DP}^{eq}$  ratios (median and 90% confidence intervals) of different segments of POPC, PDMS and glycerol obtained from Q-INEPT and Q-DP in samples of POPC-PDMS-glycerol-water at different POPC:PDMS or POPC:glycerol mixing molar ratios including 0.1 (A), 0.5 (B), 1 (C) and 1.5 (D) measured at 32 °C on the 500 MHz spectrometer.



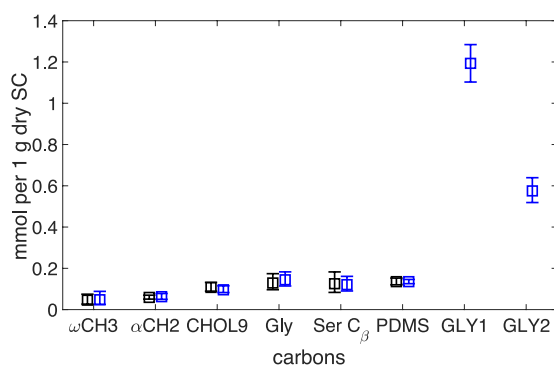
**Fig. S10.**  $^{13}\text{C}$  MAS NMR spectra (DP: grey, CP: blue, INEPT: red) of dry SC (A), SC with 40 wt% PDMS (B), SC with 10 wt% water (C), SC with 10 wt% PDMS and 10 wt% water (D), SC with 40 wt% water (E), and SC with 6.5 wt% PDMS and 40 wt% water (F) at 32 °C. The peak marked with asterisk at ca 41 ppm in sample of SC with 40 wt% PDMS in (B) is a spinning sideband of a very intensive peak of PDMS at ca 1 ppm. The CP peak of PDMS in (B), (D) and (F) is negligible compared to its INEPT and also detected in sample of pure PDMS.



**Fig. S11.** Experimental (symbol) and fitted (line) data of  $I_{INEPT}^{CP}/I_{INEPT}^{DP}$  of different carbons in SC-PDMS (0.5 wt%)-water (black) and SC-water (orange) systems at 40 wt% water and 32 °C in Q-INEPT obtained on the 500 MHz spectrometer. The varied parameters are  $\tau_1$  ( $\square$ ) while  $\tau_2 = 1.2$  ms or  $\tau_2$  (+) while  $\tau_1 = 1.8$  ms.



**Fig. S12.** Results (median and 90% confidence intervals) obtained from Q-INEPT for SC-PDMS (0.5 wt%)-water ( $\square$ ) and SC-water ( $\blacksquare$ ) systems at the same 40 wt% water and at 32 °C and for SC-PDMS (0.5 wt%)-water systems at 50 wt% water and 90 °C ( $\square$ ) measured on the 500 MHz spectrometer:  $^1\text{H}$ - $^{13}\text{C}$  through-bond scalar coupling  $J_{\text{CH}}$  (A), effective  $^1\text{H}$  (B) and  $^{13}\text{C}$  (C) transverse dephasing rates,  $R_{2\text{H}}^{\text{H}}$  and  $R_{2\text{C}}^{\text{C}}$ .



**Fig. S13.** Amount of mobile segments per 1 g dry SC (median and 90% confidence intervals) in samples of SC + 0.5 wt% PDMS (black) and of SC + 0.5 wt% PDMS + 5 wt% glycerol (based on the total weight of SC and glycerol) (blue) at the same water content of 40 wt%. The amount of glycerol added to the mixture of SC-PDMS is 0.571 mmol per 1 g dry SC which is similar to the amount obtained from Q-INEPT using PDMS as a reference, indicating that the amount of PDMS in the mixture of SC-PDMS is 0.5 wt%. The amount of GLY1 segment herein is not normalized against its number of carbon in the molecule (two GLY1 segments per one glycerol molecule as shown in Fig. 3A).

## References

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