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**Study of the Xenon Mobility in the Two Forms of MIL-53(AI)  
Using Solid-State NMR Spectroscopy**

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## Study of the Xenon Mobility in the Two Forms of MIL-53(AI) Using Solid-State NMR Spectroscopy

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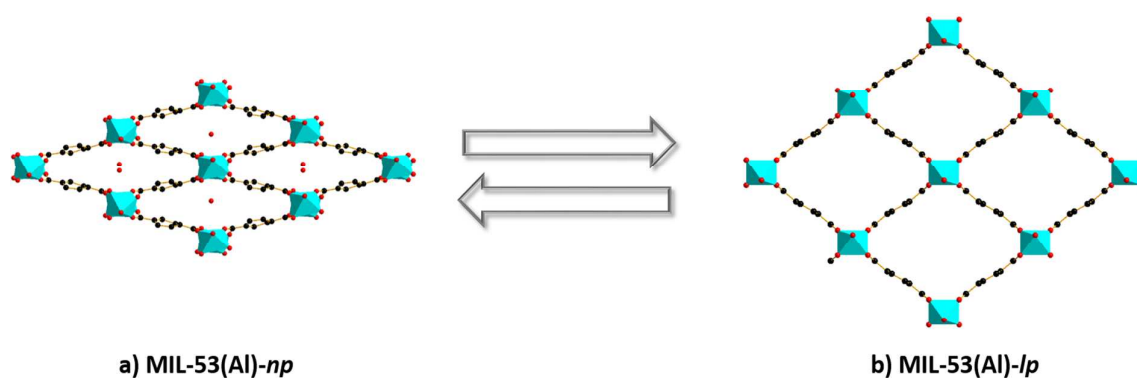
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3 **Abstract:** The Al-based Metal-Organic Framework (MOF) MIL-53(Al) exhibits a structural transition  
4 between a large-pore (*lp*) form and a narrow-pore (*np*) one. Such change is induced by temperature,  
5 external pressure or the adsorption of guest molecules.  $^{129}\text{Xe}$  solid-state NMR experiments under  
6 static and Magic-Angle Spinning (MAS) conditions have been used to study the *lp-np* transition in  
7 MIL-53(Al) initially loaded with xenon gas under a pressure of  $5 \times 10^4$  Pa (at room temperature). The  
8 conversion of *lp* form into *np* one when the temperature decreases from 327 to 237 K and the  
9 reopening of the pores below 230 K are then observed. Furthermore,  $^1\text{H} \rightarrow ^{129}\text{Xe}$  Cross-Polarization  
10 under MAS (CP-MAS) experiments demonstrate the possibility to observe the *np* phase at  $T \leq 230$  K,  
11 while the *lp* one is unseen because the xenon residence time is too short for successful cross-  
12 polarization transfer. Moreover even for the *np* phase at 199 K, the xenon atoms still exhibit  
13 significant motion on timescale faster than a few milliseconds. We prove the exchange of Xe atoms  
14 between the *lp* and *np* forms at room temperature with the two-dimensional (2D)  $^{129}\text{Xe}$  EXchange  
15 Spectroscopy (EXSY) NMR method. Using  $^{129}\text{Xe}$  Selective Inversion Recovery (SIR) experiments, the  
16 rate for this exchange has been measured at  $43 \pm 6 \text{ s}^{-1}$ .  
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## I. Introduction:

During the last two decades, Metal-Organic Frameworks (MOFs) materials have been widely studied because of their possible use in various applications ranging from gas storage to drug delivery. These compounds are hybrid materials built up from the three-dimensional association of metal clusters and organic ligands and exhibit interesting properties owing to their modular architecture and porosity<sup>1, 2</sup>. Amongst the large MOFs family, the specific case of the terephthalate-based MIL-53 [M(III)(1,4-benzendicarboxylate)] MOFs with M = Al, Fe, Ga, Cr, Sc or In<sup>3-10</sup> is of particular interest as these materials present massive flexibility and dynamic properties called the breathing effect. This latter is induced by changes in temperature<sup>11</sup> or external pressure<sup>12, 13</sup> as well as upon the presence of guest molecules (including xenon, water molecules, CO<sub>2</sub> or hydrocarbons)<sup>14</sup> and strongly depends on the nature of the linker<sup>7, 15, 16</sup> and the metal<sup>17, 18</sup>. This structural transition has been interpreted as a variation of MIL-53 structure between a large-pore (*lp*) form and a narrow-pore (*np*) one (see Figure 1).



**Figure 1.** Views of the 3D structures of MIL-53(Al) materials in a) the *np* form and b) the *lp* one<sup>19</sup>.

In this study, we focus on MIL-53(Al) since it combines low cost, density and toxicity and good thermal stability and is already produced at industrial scale under the name of Basolite<sup>®</sup> A100<sup>19, 20</sup>. The lattice framework of MIL-53(Al) and its structural transition has been investigated by powder X-ray diffraction (PXRD)<sup>19, 21, 11, 22</sup> and one-dimensional (1D) <sup>1</sup>H, <sup>13</sup>C and <sup>27</sup>Al solid-state NMR experiments<sup>19, 23-28</sup>. Furthermore, we have demonstrated recently how the measurement of the dephasing of <sup>13</sup>C signals under <sup>13</sup>C-<sup>27</sup>Al dipolar couplings validates the crystal structures of the *lp* and *np* forms obtained from PXRD and confirms their rigidity<sup>28</sup>. The *lp-np* transition as function of the Xe pressure and the temperature has also been studied by <sup>129</sup>Xe NMR in MIL-53(Al)<sup>29</sup> and very recently in Cu-based MOF material (DUT-49)<sup>30</sup>. This technique allows to distinguish the *lp* and *np* forms of MIL-53(Al) and determine their relative proportion, however the spectral resolution of the reported

1D  $^{129}\text{Xe}$  NMR spectra was limited by the NMR data acquisition under static conditions. Additionally, the motions of Xe atoms in the MIL-53(Al) pores and the exchange of Xe atoms between *lp* and *np* forms have not been investigated so far.

Here, the *lp-np* transition of MIL-53(Al) loaded with xenon is investigated using variable-temperature  $^{129}\text{Xe}$  NMR under static and Magic-Angle Spinning (MAS) conditions and  $^1\text{H} \rightarrow ^{129}\text{Xe}$  Cross-Polarization under MAS (CP-MAS) experiments are used to study the mobility of Xe atoms with respect to the pore walls. Finally, the exchange of Xe atoms between the *lp* and *np* forms is investigated using two-dimensional (2D) EXchange Spectroscopy (EXSY) experiments with the rate of exchange obtained by performing Selective Inversion Recovery (SIR) experiments.

## II. Experimental section:

### II.1. Sample preparation for NMR measurements

MIL-53(Al) was synthesized according to the procedure reported in the literature<sup>19</sup>. 13 mg of MIL-53(Al) was activated under vacuum at 423 K overnight in a capillary. Xenon gas was added in the tube and condensed under liquid nitrogen. Then the tube was sealed, which gives an equilibrium pressure of ca.  $5 \times 10^4$  Pa at room temperature. It should be noted that the powder was not squeezed into the capillary, and the sealing was performed as symmetrical as possible so that the rotor remains balanced and spun evenly. According to the adsorption isotherms<sup>29</sup>, the xenon pressure inside the capillary varies very significantly with the temperature. For instance, the pressure is  $4 \times 10^2$  Pa at 195 K, instead of  $1.25 \times 10^5$  Pa at 323 K. Even at high temperature, there is no risk of overpressure and explosion of the capillary with 0.3 mm thick walls. We chose a capillary with an outer diameter of 3 mm, which exactly fitted into the 4 mm rotor. The rotor containing the capillary was spun without taking any special precaution.

### II.2. NMR experiments

NMR spectra were recorded at 9.4 T (400 MHz for  $^1\text{H}$ ) using wide-bore Bruker BioSpin spectrometer equipped with either (i) an AVANCE-II console and a static double resonance HX probe or a 4 mm triple resonance HXY MAS probe (used in a double resonance mode) or (ii) an AVANCE-III HD console equipped with a 4 mm HXY triple resonance MAS probe (used in a double resonance mode). For all variable temperature NMR experiments, the samples were allowed to equilibrate at

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2  
3 the targeted temperature for 10 minutes. The temperature of the sample was controlled using a  
4 BCU-X Bruker system.

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6 1D  $^{129}\text{Xe}$  NMR spectra under static and MAS conditions at a rate  $\nu_R = 10$  kHz were acquired using a  
7 Direct Excitation sequence and a radio-frequency (rf) pulse at a nutation frequency of 62.5 kHz. The  
8 relaxation delay was  $\tau_{RD} = 5$  s and the number of scans was 512, which led to an experimental time of  
9  $t_{exp} = 43$  minutes. These experiments are quantitative since the  $^{129}\text{Xe}$  longitudinal relaxation time,  $T_1$   
10 ( $^{129}\text{Xe}$ ) is shorter than 1 s for all the temperatures and hence  $\tau_{RD} > 5T_1$  ( $^{129}\text{Xe}$ ). The molar fractions of  
11 Xe atoms adsorbed in the *lp* and *np* forms were calculated from the integrated intensities of their  
12 NMR signals in the 1D  $^{129}\text{Xe}$  Direct Excitation NMR spectra under static conditions.

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17  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS were recorded at a MAS frequency of  $\nu_R = 8$  kHz using a recycle delay of  $\tau_{RD} = 3$   
18 s, a 83 kHz  $90^\circ$   $^1\text{H}$  excitation pulse, a contact time of  $\tau_{CP} = 8$  ms, and rf nutation frequencies of 52 kHz  
19 and 60 kHz for  $^{129}\text{Xe}$  and  $^1\text{H}$  nuclei, respectively. SPINAL-64 (Small Phase Incremental Alternation with  
20 64 steps)<sup>31</sup>  $^1\text{H}$  decoupling of 83 kHz was applied during the acquisition of  $^{129}\text{Xe}$  spectra. The number  
21 of scans was 800, which led to  $t_{exp} = 40$  minutes.

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26 2D  $^{129}\text{Xe}$  EXSY experiments were performed at room temperature with  $\nu_R = 10$  kHz using rf pulses  
27 at a nutation frequency of 71 kHz. The 2D spectra result from averaging 512 transients for each of 30  
28  $t_1$  increments with  $\Delta t_1 = 50$   $\mu\text{s}$  and  $\tau_{RD} = 2$  s. To ensure steady-state condition for the acquisition of  
29 the EXSY experiment, a train of pulses was applied prior the  $\tau_{RD}$  delay to saturate the  $^{129}\text{Xe}$   
30 magnetization. This train used 20 pulses with rf-field amplitude of 81 kHz and a 20 ms delay between  
31 the consecutive pulses. The 2D EXSY spectra were acquired with mixing time ( $\tau_{mix}$ ) ranging from 5  $\mu\text{s}$   
32 to 1 s leading to experimental times ranging from  $t_{exp} = 10$  hours 20 minutes to  $t_{exp} = 14$  hours and 40  
33 minutes. The pulse sequence is displayed in Fig. S1 of the Electronic Supporting Information File (ESI).

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39 The  $T_1$ ( $^{129}\text{Xe}$ ) times were measured at room temperature using standard non-selective inversion-  
40 recovery (NIR) experiments at  $\nu_R = 10$  kHz. The rf nutation frequency of  $^{129}\text{Xe}$   $\pi/2$  and  $\pi$  pulses was 71  
41 kHz and the relaxation delay was  $\tau_{RD} = 10$  s. The variable relaxation delay,  $\tau$ , between the  $\pi$  and  $\pi/2$   
42 pulses was varied from 10  $\mu\text{s}$  up to 5 s. The number of scans for these experiments was 512, which  
43 led to an experimental time of  $t_{exp} = 32$  hours and 16 minutes. Selective Inversion Recovery (SIR)  
44 experiments were also conducted using the sequence shown in Fig. S3. A shaped  $\pi$  pulse selectively  
45 inverts one resonance<sup>32, 33</sup>. Here, we employed a Gaussian  $\pi$  pulse, with an rf peak amplitude of 1.6  
46 kHz, a full width at half maximum of 6 kHz and a duration of 585  $\mu\text{s}$ . This Gaussian pulse was  
47 truncated at 5 % of its maximum rf peak amplitude. It was applied on-resonance with the signal of  
48 the *np* form and the *lp* form in Fig. S4a and S4b respectively. The other parameters for the SIR  
49 experiments are identical to those of NIR ones.  
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The  $^1\text{H}$  and  $^{129}\text{Xe}$  chemical shifts were externally referenced to tetramethylsilane and gaseous xenon extrapolated to zero pressure, respectively and both set to 0 ppm. The sample temperature under MAS conditions was measured from the isotropic chemical shift of  $^{207}\text{Pb}$  nuclei in  $\text{Pb}(\text{NO}_3)_2$ <sup>34</sup> and all temperatures reported are actual sample temperatures.

The chemical shift parameters are defined according to the Haeberlen notation<sup>35</sup>

$$\delta_{iso} = 1/3 (\delta_{XX} + \delta_{YY} + \delta_{ZZ}) \quad (1)$$

$$\delta_{aniso} = \delta_{ZZ} - \delta_{iso} \quad (2)$$

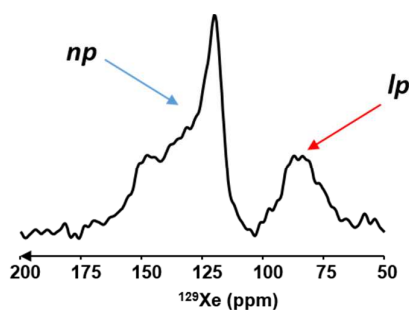
$$\eta_{CSA} = \frac{\delta_{YY} - \delta_{XX}}{\delta_{ZZ} - \delta_{iso}} \quad (3)$$

where  $\delta_{iso}$  denotes the isotropic chemical shift;  $\delta_{XX}$ ,  $\delta_{YY}$ , and  $\delta_{ZZ}$  are the principal components of the Chemical Shift Anisotropy (CSA) tensor ordered as  $|\delta_{YY} - \delta_{iso}| \leq |\delta_{XX} - \delta_{iso}| \leq |\delta_{ZZ} - \delta_{iso}|$ ;  $\delta_{aniso}$  corresponds to the anisotropic chemical shift and  $\eta_{CSA}$  is the asymmetry parameter of the CSA tensor.

The simulation of the 1D spectra were performed using DMfit software<sup>36</sup>. The exchange constant of the process  $k_{exch}$  in the case of the SIR experiments is measured by modeling the experimental data with the CIFIT program<sup>32,33</sup>.

### III. Results and discussion

#### III.1. 1D $^{129}\text{Xe}$ NMR spectra under static conditions



**Figure 2.** 1D  $^{129}\text{Xe}$  direct excitation NMR spectrum of MIL-53(Al) loaded with xenon recorded under static conditions at 298 K.

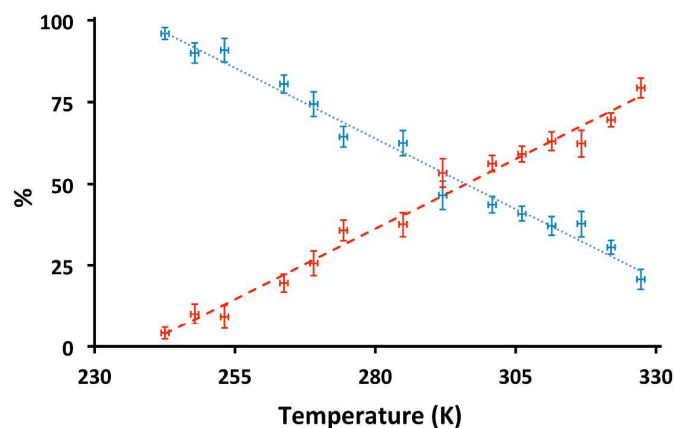
The  $^{129}\text{Xe}$  direct excitation NMR spectrum of MIL-53(Al) loaded with xenon under static conditions exhibits at 298 K two signals resonating at  $\delta_{iso}$  of 128 and 90 ppm (Fig. 2), which are assigned to Xe atoms in the *np* and *lp* forms of MIL-53(Al), respectively<sup>29</sup>. This assignment agrees with the higher  $^{129}\text{Xe}$  isotropic chemical shift in smaller pores for microporous solids<sup>37-39</sup>. The simulation of the spectrum (Fig. S5) yields the  $^{129}\text{Xe}$  NMR parameters of the two forms (see Table 1). The *np* signal exhibits a relatively large  $\delta_{aniso}$  value since the pores of this form have a rhomboid shape. On the contrary, no anisotropy is found for the *lp* form owing to the square shape of its pores (Fig. 1). The

higher symmetry of the pore cross-section in the case of the *lp* form induces a smaller constraint than in the *np* form (see Table 1).

**Table 1.**  $^{129}\text{Xe}$   $\delta_{\text{iso}}$ ,  $\delta_{\text{aniso}}$  and  $\eta_{\text{CSA}}$  parameters, defined according to Eqs. 1 to 3, of the two forms of MIL-53(Al) at room temperature. Values were obtained from the simulation of the static lineshapes (Fig. S5).

	$\delta_{\text{iso}}$ / ppm	$\delta_{\text{aniso}}$ / ppm	$\eta_{\text{CSA}}$
<i>np</i>	$128 \pm 5$	$25 \pm 5$	$0.2 \pm 0.1$
<i>lp</i>	$90 \pm 5$	N/A	N/A

Figure S6 shows the variable temperature 1D  $^{129}\text{Xe}$  direct excitation NMR spectra of MIL-53(Al) loaded with xenon between 327 to 237 K. When the temperature decreases from 301 to 237 K, the intensity of the *lp* signal decreases and almost totally vanish at 237 K. Such variation in signal intensity shows the conversion of *lp* into *np* form for decreasing temperature. Conversely, when the temperature is increased from 301 to 327 K, the signal intensity of the *np* form decreases and that of the *lp* form increases. The evolution of the fractions of xenon atoms adsorbed in the *lp* and *np* forms as function of the temperature is shown in Fig. 3.



**Figure 3.** Molar fractions of xenon atoms adsorbed in the *np* (blue) and *lp* (red) forms for MIL-53(Al) loaded with gaseous xenon as function of the temperature. These were determined from the integrated intensities of the 1D  $^{129}\text{Xe}$  NMR signals recorded under static conditions (see Fig. S6). The error bars were calculated according to Eq. S1 for the molar fraction while we estimated an error of 0.7 K for the temperature.

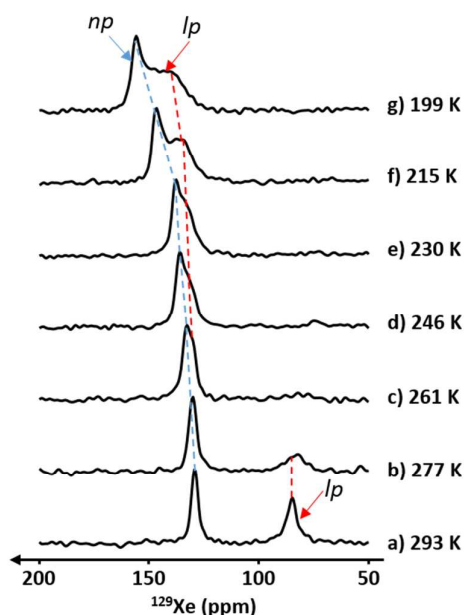
The coexistence of the two phases, for which a single phase is thermodynamically stable according to the phase diagram<sup>40</sup>, has already been observed<sup>29</sup> and is potentially related to the kinetics of xenon adsorption. The presence of xenon equilibrates first the outer shell of the MIL-53(Al) particles. But, the diffusion of xenon through this shell is supposed to be slow. The cores of the



particles can be consequently away from thermodynamic equilibrium<sup>41</sup>. Such phenomenon would also explain the hysteresis observed for the absorption and the desorption of xenon in MIL-53(Al).<sup>29</sup> This behavior is not taken into account in the osmotic thermodynamic model, which assumes an homogeneous system at complete equilibrium.

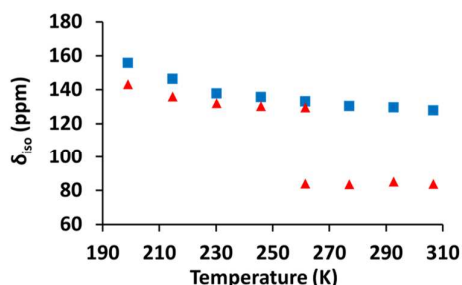
The  $\delta_{\text{iso}}$  shift of  $^{129}\text{Xe}$  nuclei in the *np* form increases when the temperature decreases (Fig. S7). Such variation is typical for adsorbed xenon. The chemical shift originates from the interactions of xenon atoms with the pore surface and from the Xe-Xe interactions inside the pore<sup>29, 39, 42</sup>. The isotropic chemical shift of Xe atoms increases due to the reducing of shielding when in contact with the pore walls. In a sealed tube, the amount of adsorbed xenon does not vary much with temperature however the residence time of the xenon atoms on the surface increases when the temperature decreases. Because the xenon mobility is reduced at lower temperature, the average chemical shift increases with decreasing temperature. This increase is generally more important for small pores than for large pores since the residence time on the surface of small pores is longer compared to that on the large pores. It is not observed in the present case. In particular, the chemical shift of Xe adsorbed in the *lp* channels slightly decreases with the temperature (Fig. S7). This can be due to the slow exchange of Xe atoms between the *lp* and *np* channels. As the mobility of Xe atoms increases with the temperature and hence, the exchange between the two forms becomes faster.

### III.2. 1D $^{129}\text{Xe}$ NMR spectra under MAS conditions



**Figure 4.** 1D  $^{129}\text{Xe}$  direct excitation MAS NMR spectra of MIL-53(Al) loaded with xenon at  $\nu_R = 10$  kHz and (a) 293, (b) 277, (c) 261, (d) 246, (e) 230, (f) 215 and (g) 199 K.

Figure 4a shows the 1D  $^{129}\text{Xe}$  direct excitation MAS spectrum of MIL-53(Al) loaded with xenon at 293 K. The  $^{129}\text{Xe}$  signals under MAS are narrower (especially for the  $np$  form) than under static conditions (compare Fig. 2 and 4a) since the MAS averages out the CSA. As observed in the static experiments, the intensity of the  $lp$  signal resonating around 90 ppm decreases with temperature and disappears at  $T \leq 246$  K. Furthermore, the  $^{129}\text{Xe}$  MAS spectra acquired at temperature ranging from 261 to 199 K exhibit two overlapping signals with  $\delta_{\text{iso}} \geq 130$  ppm (Fig. 4b-g). They are assigned to the  $np$  and  $lp$  forms for the most and the least shifted signals, respectively. For instance, at 199 K, the isotropic chemical shift of the  $np$  signal is 155 ppm while the broad signal attributed to  $lp$  channels resonates at 144 ppm. This new  $lp$  signal is due to the reverse transformation ( $np \rightarrow lp$ ), that is consistent with the phase diagram of MIL-53(Al) in the presence of xenon gas which shows that the  $np$  form should transform back into  $lp$  one at low temperature.<sup>40</sup> This broad signal at 144 ppm is not observed in the static experiments because it is hidden by the broad anisotropic  $np$  signal. The evolution of the isotropic chemical shift of the  $np$  and the  $lp$  forms as a function of the temperature is reported in Fig. 5. Values were obtained from the simulation of the spectra under MAS conditions (Fig. S8).

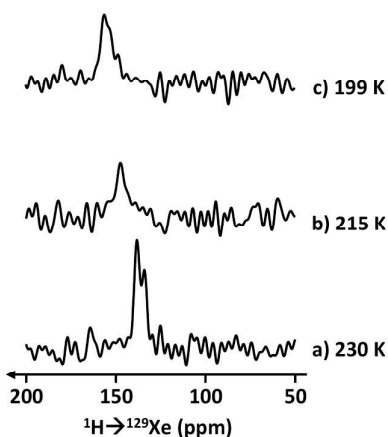


**Figure 5.** Evolution of  $\delta_{\text{iso}}$  of the  $np$  form (blue squares) and  $lp$  form (red triangles) in MIL-53(Al) obtained from the 1D  $^{129}\text{Xe}$  direct excitation NMR spectra of MIL-53(Al) loaded with xenon at  $\nu_R = 10$  kHz.

### III.3. 1D $^1\text{H} \rightarrow ^{129}\text{Xe}$ CPMAS spectra

1D  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS experiments have so far only been reported for clathrates and polymers<sup>43-45</sup>. Here, this experiment has been employed to probe the mobility of xenon atoms in the channels of the MIL-53(Al) compound. The 1D  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS spectra of MIL-53(Al) loaded with gaseous xenon at temperature ranging from 230 to 199 K are shown in Fig. 6. These spectra exhibit a single peak

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3 assigned to the *np* phase. As already seen in Fig. 5, the isotropic chemical shift of the *np* signal  
4 increases as the temperature decreases owing to the increase of residence time of Xe atoms in the  
5 pores. Furthermore, as already observed in Fig. 4, the *np* signal is broader at 215 and 199 K with  
6 respect to 230 K. Such broadening results in decreased signal intensity. The absence of the *lp* signal in  
7 the 1D  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS spectra indicates the high mobility of xenon atoms in the channels of the *lp*  
8 form since these motions average out the  $^1\text{H}-^{129}\text{Xe}$  dipolar couplings. Furthermore, the signal  
9 intensity of the 1D  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS signal of *np* site reaches a maximum after a 8 or 10 ms contact  
10 time (Fig. S9). By comparison, it has been shown that CPMAS transfers between surface protons and  
11 adsorbed  $^{129}\text{Xe}$  nuclei in the absence of motions only requires contact time of 2 ms approximately<sup>46</sup>.  
12 The longer contact time required here suggests that the xenon atoms adsorbed in the channels of  
13 the *np* form of MIL-53(Al) exhibit significant motion on time scales faster than a few milliseconds at  
14 199 K.  
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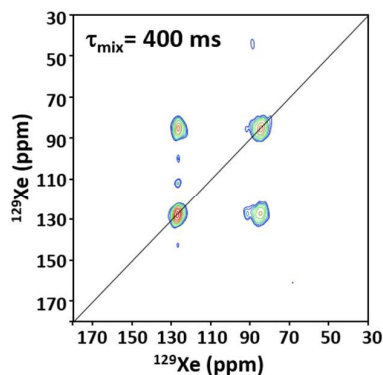
38 **Figure 6.** 1D  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS spectra of the *np* form of the MIL-53(Al) loaded with xenon and recorded at  $\nu_R =$   
39 8 kHz and (a) 230 K, (b) 215 K and (c) 199 K.  
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#### 42 III.4. 2D $^{129}\text{Xe}$ EXSY experiments

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44 2D  $^{129}\text{Xe}$  EXSY experiments have already been employed to study the chemical exchanges  
45 between distinct  $^{129}\text{Xe}$  environments in MOFs<sup>42</sup>. Here, this experiment has been employed to  
46 investigate the exchange between the *np* and *lp*  $^{129}\text{Xe}$  signals. Figure 7 shows the 2D  $^{129}\text{Xe}$  EXSY  
47 spectrum of MIL-53(Al) loaded with xenon at room temperature. The presence of cross-peaks  
48 between the *np* and *lp* signals proves the exchange of xenon atoms between the two forms of the  
49 MIL-53(Al). Hence, at room temperature, the xenon atoms diffuse between the channels of *np* and *lp*  
50 domains of MIL-53(Al) for a time scale higher than hundreds of milliseconds.  
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56 By measuring the intensity of the NMR signals in the 2D EXSY MAS spectra recorded for different  
57  $\tau_{\text{mix}}$  values (see Figs. S10 and S11), we estimate that the exchange rate of xenon atoms between the  
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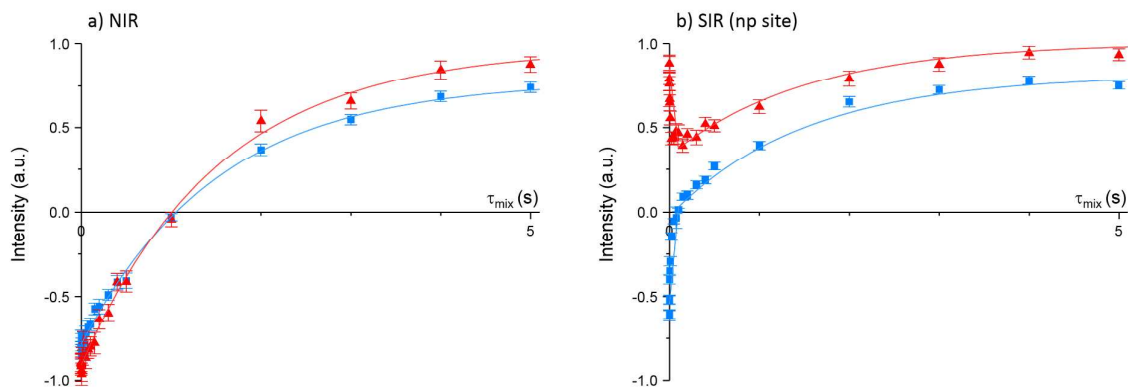
channels of the *lp* and *np* forms is in the order of  $20 \text{ s}^{-1}$ . This value is comparable to exchange rates of xenon atoms between the pores of NaX and NaY zeolite particles<sup>47</sup> and in zinc-based MOFs<sup>42</sup>.



**Figure 7.** 2D  $^{129}\text{Xe}$  MAS EXSY spectrum of MIL-53(Al) loaded with xenon and recorded at  $\nu_R = 10 \text{ kHz}$  and room temperature with  $\tau_{\text{mix}} = 400 \text{ ms}$ .

### III.5. SIR 1D MAS results

The SIR 1D MAS experiment is an accurate and rapid method to measure the exchange rate between two sites.<sup>32, 33</sup> Introduced for the study of chemical exchange in solution, it has been recently applied to probe the kinetics of lithium mobility in battery systems<sup>48</sup>. The determination of the exchange rate is faster using SIR experiments than 2D EXSY ones since the SIR experiment can be acquired in approximately the same time as a single 2D EXSY spectrum. Furthermore, the exchange rates determined from SIR experiments are usually more accurate than those extracted from 2D EXSY spectra as the EXSY intensities can be distorted by the  $t_1$  ridge caused by the longitudinal relaxation during the EXSY sequence and these  $t_1$  ridges cannot be eliminated by the phase cycling.<sup>49, 50</sup>



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3 **Figure 8.** (a) NIR and (b) SIR experiments on MIL-53(Al) loaded with xenon at  $\nu_R = 10$  kHz and room  
4 temperature. For SIR experiment, the  $np$  signal was selectively inverted. The experimental signal intensities are  
5 displayed as symbol (blue squares for  $np$  form and red triangles for  $lp$  one). The best fit curves are displayed as  
6 continuous lines (blue for  $np$  form and red for  $lp$  one). The error bars were taken as the noise standard  
7 deviation of the signals.  
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11 The  $T_1(^{129}\text{Xe})$  values of  $np$  and  $lp$  signals of MIL-53(Al) loaded with xenon were determined at room  
12 temperature from NIR experiments (see Fig. 8a). In order to estimate the exchange rate, we then  
13 carried out SIR experiments under similar conditions. As the  $lp$  resonance is broader than the  $np$  one,  
14 the selective inversion of the  $np$  signal is more efficient than the  $lp$  one (see Fig. S4). The SIR data  
15 using a selective inversion of the  $np$  signal is shown in Fig. 8b. The chemical exchange between the  
16 two  $^{129}\text{Xe}$  environments causes (i) a rapid decrease of the  $lp$  signal as well as (ii) a simultaneous  
17 increase of the  $np$  one for short  $\tau$  delay ( $\tau < 0.2$  s). The fit of SIR data by fixing  $T_1(^{129}\text{Xe})$  parameters to  
18 their values determined from NIR yields  $k_{\text{exch}} = 43 \pm 6 \text{ s}^{-1}$ . This value agrees with the rough estimate  
19 derived from the 2D EXSY experiments.  
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## 29 Conclusion

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31 We have investigated the  $np$ - $lp$  transition of MIL-53(Al) loaded with gaseous xenon and the mobility  
32 of the xenon atoms in this flexible MOF.  $^{129}\text{Xe}$  direct excitation NMR experiments under static and  
33 MAS conditions have shown that as the temperature decreases, the amount of  $lp$  form decreases  
34 and almost vanishes at 237 K and increases again for  $T \leq 230$  K. Such trends are consistent with the  
35 previously reported phase diagram<sup>40</sup>. Nevertheless, a major difference lies in the coexistence of the  
36  $lp$  and  $np$  phases for most investigated temperatures. This heterogeneity of the system is ascribed to  
37 the kinetics of xenon adsorption.  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS experiments show the restricted mobility of  
38 xenon atoms in the  $np$  channels at  $T \leq 230$  K. Nevertheless, the long required contact times indicates  
39 that xenon atoms in such environment move on timescale faster than a few milliseconds. 2D EXSY  
40 spectra demonstrate the exchange of xenon atoms between the two forms of MIL-53(Al) at room  
41 temperature. The rate for this exchange was measured by SIR and is equal to  $43 \pm 6 \text{ s}^{-1}$ .  
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52 **Supporting Information.** The supporting information contains the pulse sequences used in the  
53 manuscript, 1D  $^{129}\text{Xe}$  spectra of MIL-53(Al) recorded under static conditions, variation of the  $^{129}\text{Xe}$   
54 isotropic chemical shifts as function of the temperature, 1D  $^1\text{H} \rightarrow ^{129}\text{Xe}$  CPMAS build-up curves  
55 recorded at 153 K, 2D  $^{129}\text{Xe}$  EXSY spectra and the corresponding theory.  
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