

S1: Rank conformer populations (%) and free energies (G, kcal mol⁻¹) in each 10 μ s simulation: TIP3P

α-L-idose			β-L-idose		
Pucker	%	G	Pucker	%	G
1C4	85.0768	0.10	1C4	99.5250	0.00
4C1	5.1057	1.76	4C1	0.2935	3.46
B14	3.6629	1.96	5S1	0.0951	4.13
5S1	1.8638	2.36	B14	0.0216	5.01
3S1	1.6036	2.45	25B	0.0136	5.28
2SO	1.0151	2.72	14B	0.0116	5.37
1S3	0.5348	3.10	2SO	0.0101	5.46
14B	0.4002	3.27	1S5	0.0053	5.84
B3O	0.3350	3.38	3S1	0.0046	5.92
25B	0.1395	3.90	1S3	0.0036	6.07
1S5	0.0992	4.10	2H1	0.0036	6.07
E2	0.0276	4.86	B3O	0.0024	6.31
1HO	0.0231	4.97	5HO	0.0018	6.48
1E	0.0226	4.98	2E	0.0013	6.67
3H2	0.0202	5.04	5E	0.0009	6.89
1H2	0.0181	5.11	5H4	0.0009	6.89
3OB	0.0129	5.31	3E	0.0008	6.96
2H1	0.0084	5.57	1HO	0.0007	7.04
EO	0.0062	5.75	3H2	0.0007	7.04
4H3	0.0044	5.95	E4	0.0006	7.13
3E	0.0042	5.98	3H4	0.0006	7.13
E1	0.0034	6.10	EO	0.0006	7.13
2E	0.0027	6.24	E1	0.0003	7.54
OS2	0.0016	6.55	2H3	0.0003	7.54
E3	0.0013	6.67	1H2	0.0003	7.54
2H3	0.0013	6.67	1E	0.0001	8.19
3H4	0.0011	6.77	E2	0.0001	8.19
4E	0.0010	6.83	OS2	0.0000	-
5HO	0.0007	7.04	B25	0.0000	-
OH5	0.0005	7.24	3OB	0.0000	-
E5	0.0004	7.37	OH5	0.0000	-
OH1	0.0004	7.37	E5	0.0000	-
5H4	0.0004	7.37	4H5	0.0000	-
E4	0.0004	7.37	4E	0.0000	-
4H5	0.0002	7.78	4H3	0.0000	-
B25	0.0001	8.19	OE	0.0000	-
OE	0.0001	8.19	E3	0.0000	-
5E	0.0001	8.19	OH1	0.0000	-

S2: Rank conformer populations (%) and free energies (G, kcal mol⁻¹) in each 10 μ s simulation: TIP4P

α-L-idose			β-L-idose		
Pucker	%	G	Pucker	%	G
1C4	83.8761	0.10	1C4	99.3885	0.00
4C1	7.4671	1.54	4C1	0.4079	3.26
B14	2.7886	2.12	5S1	0.0874	4.18
5S1	1.8636	2.36	25B	0.0215	5.01
3S1	1.2563	2.60	B14	0.0203	5.04
2SO	1.1235	2.66	2SO	0.0191	5.08
1S3	0.5407	3.10	14B	0.0187	5.09
B3O	0.3525	3.35	1S3	0.0085	5.56
14B	0.3413	3.37	B3O	0.0057	5.80
25B	0.1729	3.77	3S1	0.0048	5.90
1S5	0.0692	4.31	1S5	0.0041	5.99
E2	0.0216	5.01	2H1	0.0032	6.14
1HO	0.0211	5.02	3H2	0.0014	6.63
3H2	0.0193	5.07	3E	0.0013	6.67
1E	0.0191	5.08	5HO	0.0009	6.89
1H2	0.0136	5.28	5E	0.0008	6.96
3OB	0.0115	5.38	3H4	0.0008	6.96
2H1	0.0082	5.58	2E	0.0007	7.04
EO	0.0051	5.86	E4	0.0007	7.04
4H3	0.0044	5.95	EO	0.0007	7.04
3E	0.0036	6.07	1HO	0.0007	7.04
2H3	0.0034	6.10	E1	0.0005	7.24
E1	0.0033	6.12	5H4	0.0005	7.24
E3	0.0032	6.14	E2	0.0005	7.24
2E	0.0032	6.14	2H3	0.0004	7.37
OS2	0.0013	6.67	E3	0.0002	7.78
4E	0.0013	6.67	1H2	0.0001	8.19
E5	0.0011	6.77	1E	0.0001	8.19
5HO	0.0009	6.89	OS2	0.0000	-
3H4	0.0006	7.13	B25	0.0000	-
4H5	0.0005	7.24	3OB	0.0000	-
5H4	0.0005	7.24	OH5	0.0000	-
E4	0.0005	7.24	E5	0.0000	-
OH5	0.0003	7.54	4H5	0.0000	-
OE	0.0002	7.78	4E	0.0000	-
OH1	0.0002	7.78	4H3	0.0000	-
B25	0.0001	8.19	OE	0.0000	-
5E	0.0001	8.19	OH1	0.0000	-

S3: Rank conformer populations (%) and free energies (G, kcal mol⁻¹) in each 10 μ s simulation: TIP4P-EW

α -L-idose			β -L-idose		
Pucker	%	G	Pucker	%	G
1C4	83.5423	0.11	1C4	99.7812	0.00
4C1	7.7207	1.52	4C1	0.1318	3.93
B14	2.9498	2.09	5S1	0.0353	4.71
5S1	1.8320	2.37	25B	0.0085	5.56
3S1	1.3716	2.54	2SO	0.0076	5.62
2SO	1.0413	2.71	14B	0.0071	5.66
1S3	0.5036	3.14	B14	0.0066	5.71
14B	0.3321	3.38	1S3	0.0039	6.02
B3O	0.3209	3.40	1S5	0.0029	6.20
25B	0.1578	3.83	B3O	0.0027	6.24
1S5	0.0749	4.27	3S1	0.0025	6.28
1HO	0.0236	4.95	5HO	0.0017	6.51
E2	0.0217	5.00	2H1	0.0015	6.59
1E	0.0187	5.09	3E	0.0011	6.77
3H2	0.0184	5.10	5E	0.0008	6.96
3OB	0.0136	5.28	5H4	0.0008	6.96
1H2	0.0127	5.32	3H2	0.0007	7.04
2H1	0.0075	5.63	2E	0.0006	7.13
EO	0.0052	5.85	E4	0.0006	7.13
4H3	0.0047	5.91	EO	0.0005	7.24
E1	0.0042	5.98	E2	0.0005	7.24
2E	0.0041	5.99	3H4	0.0004	7.37
2H3	0.0039	6.02	3OB	0.0002	7.78
3E	0.0033	6.12	1HO	0.0002	7.78
E3	0.0031	6.16	E1	0.0001	8.19
4E	0.0018	6.48	1H2	0.0001	8.19
OS2	0.0015	6.59	1E	0.0001	8.19
4H5	0.0011	6.77	OS2	0.0000	-
E5	0.0006	7.13	B25	0.0000	-
OH5	0.0005	7.24	OH5	0.0000	-
5HO	0.0005	7.24	E5	0.0000	-
E4	0.0005	7.24	4H5	0.0000	-
3H4	0.0005	7.24	4E	0.0000	-
OE	0.0003	7.54	4H3	0.0000	-
OH1	0.0003	7.54	OE	0.0000	-
5H4	0.0003	7.54	E3	0.0000	-
B25	0.0002	7.78	OH1	0.0000	-
5E	0.0002	7.78	2H3	0.0000	-

S4: Rank conformer populations (%) and free energies (G, kcal mol⁻¹) in each 10 μ s simulation: GAS-PHASE

α -L-idose			β -L-idose		
Pucker	%	G	Pucker	%	G
1C4	92.3800	0.05	1C4	98.6260	0.01
4C1	5.7121	1.70	4C1	1.2204	2.61
B3O	0.5734	3.06	5S1	0.0406	4.63
1S3	0.3761	3.31	1S3	0.0227	4.98
2SO	0.3418	3.37	5HO	0.0112	5.39
5S1	0.2542	3.54	B14	0.0111	5.40
B14	0.1289	3.95	B3O	0.0105	5.43
14B	0.0830	4.21	14B	0.0094	5.50
1HO	0.0190	5.08	EO	0.0074	5.64
3S1	0.0187	5.09	2SO	0.0072	5.66
1S5	0.0179	5.12	2E	0.0054	5.83
EO	0.0164	5.17	5E	0.0052	5.85
25B	0.0144	5.25	1S5	0.0045	5.94
1E	0.0116	5.37	2H3	0.0036	6.07
2H3	0.0095	5.49	25B	0.0030	6.18
2E	0.0086	5.55	3S1	0.0027	6.24
E3	0.0084	5.57	2H1	0.0024	6.31
2H1	0.0059	5.77	E3	0.0020	6.42
5HO	0.0051	5.86	5H4	0.0010	6.83
4H3	0.0048	5.90	4H3	0.0009	6.89
3OB	0.0028	6.22	1HO	0.0009	6.89
1H2	0.0021	6.39	3H2	0.0006	7.13
E2	0.0017	6.51	3OB	0.0003	7.54
E1	0.0010	6.83	1H2	0.0002	7.78
5E	0.0009	6.89	OS2	0.0001	8.19
3H2	0.0004	7.37	B25	0.0001	8.19
4E	0.0003	7.54	4E	0.0001	8.19
4H5	0.0002	7.78	1E	0.0001	8.19
OS2	0.0001	8.19	E4	0.0001	8.19
OH1	0.0001	8.19	3H4	0.0001	8.19
5H4	0.0001	8.19	E1	0.0000	-
3E	0.0001	8.19	OH5	0.0000	-
B25	0.0000	-	E5	0.0000	-
OH5	0.0000	-	4H5	0.0000	-
E5	0.0000	-	OE	0.0000	-
OE	0.0000	-	OH1	0.0000	-
E4	0.0000	-	3E	0.0000	-
3H4	0.0000	-	E2	0.0000	-

S5: Averages and standard deviations of computed Cremer-Pople parameters (chair-puckers)

		TIP3P		TIP4P		TIP4P-EW	
		AVE	STDEV	AVE	STDEV	AVE	STDEV
ϑ°	$\alpha^{-1}C_4$	168.6	5.9	168.8	5.8	168.7	5.8
ϑ°	$\beta^{-1}C_4$	170.8	4.9	170.5	4.9	170.5	5.0
ϑ°	$\alpha^{-4}C_1$	11.4	6.2	11.5	6.3	11.5	6.3
ϑ°	$\beta^{-4}C_1$	14.5	7.4	14.2	7.0	14.2	7.4
φ°	$\alpha^{-1}C_4$	134.4	70.6	137.7	70.2	137.7	70.2
φ°	$\beta^{-1}C_4$	195.7	80.1	193.8	76.6	193.9	76.5
φ°	$\alpha^{-4}C_1$	160.4	103.7	156.8	100.0	156.2	101.1
φ°	$\beta^{-4}C_1$	150.5	56.2	151.2	54.4	150.7	56.2
Q	$\alpha^{-1}C_4$	0.53	0.04	0.53	0.04	0.53	0.04
Q	$\beta^{-1}C_4$	0.57	0.04	0.57	0.04	0.57	0.04
Q	$\alpha^{-4}C_1$	0.54	0.04	0.54	0.05	0.54	0.04
Q	$\beta^{-4}C_1$	0.53	0.04	0.53	0.04	0.53	0.04

S6: Hydroxymethyl rotamer state populations (%), calculated and experimental (EXPT)

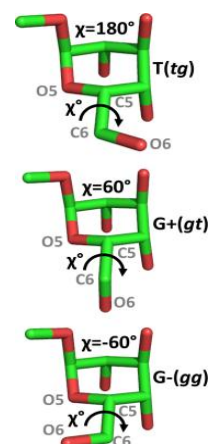
Isomer	Model	Anomer	T (<i>tg</i>)	G+ (<i>gt</i>)	G- (<i>gg</i>)
L	TIP3P	α	17	14	69
L	TIP3P	β	18	8	75
L	TIP4P	α	16	23	61
L	TIP4P	β	17	18	65
L	TIP4P-EW	α	16	23	61
L	TIP4P-EW	β	17	18	65
D	EXPT	α	24	76	0*
D	EXPT	β	29	67	4*

**gt* and *gg* definitions are reversed in the L-/D-isomers

Estimated experimental error was $\pm 5\%$

Average populations were calculated from ten 1 μ s subsets, standard deviations were all $\leq 1\%$

3D-definitions of hydroxymethyl conformations (α -L-idopyranoside):



S7: Expected pyroanse ring vicinal couplings in canonical chair puckers of α - and β -L-idose

α	1C_4	4C_1
$J_{1,2}$	<i>g</i>	<i>t</i>
$J_{2,3}$	<i>g</i>	<i>t</i>
$J_{3,4}$	<i>g</i>	<i>t</i>
$J_{4,5}$	<i>g</i>	<i>g</i>

*g=gauche**t=trans*

β	1C_4	4C_1
$J_{1,2}$	<i>g</i>	<i>g</i>
$J_{2,3}$	<i>g</i>	<i>t</i>
$J_{3,4}$	<i>g</i>	<i>t</i>
$J_{4,5}$	<i>g</i>	<i>g</i>

S8: Two-site models

Model	Isomer	Karplus	α -idose		β -idose	
			4C_1	1C_4	4C_1	1C_4
Simulation	L	n/a	5	85	0	100
Rigid	L	Ref. 24	61	39	26	74
Flexible	L	Ref. 24	65	35	24	76

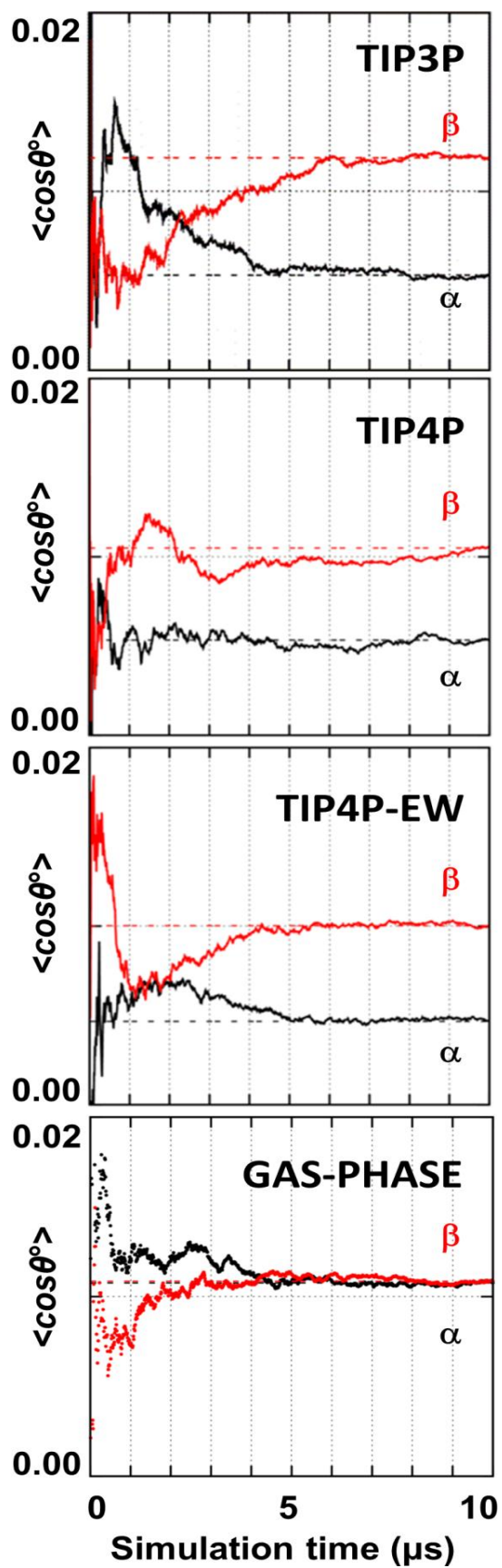
Rigid models:used "ideal" chairs, ring torsions set to $\pm 60^\circ$, all other atoms relaxed using MMFlexible model:used all 4C_1 ($\theta < 30$) or 1C_4 ($\theta > 150$) chairs from the TIP3P simulations**S9: Chemical shifts for synthesized D isomers of compounds 1 and 2**

750 MHz	1H chemical shift (ppm)							
Anomer	H1	H2	H3	H4	H5	H6	H6'	OCH ₃
α	4.69	3.53	3.73	3.75	4.09	3.82	3.79	3.45
β	4.74	3.69	3.98	3.66	3.99	3.84	3.79	3.54

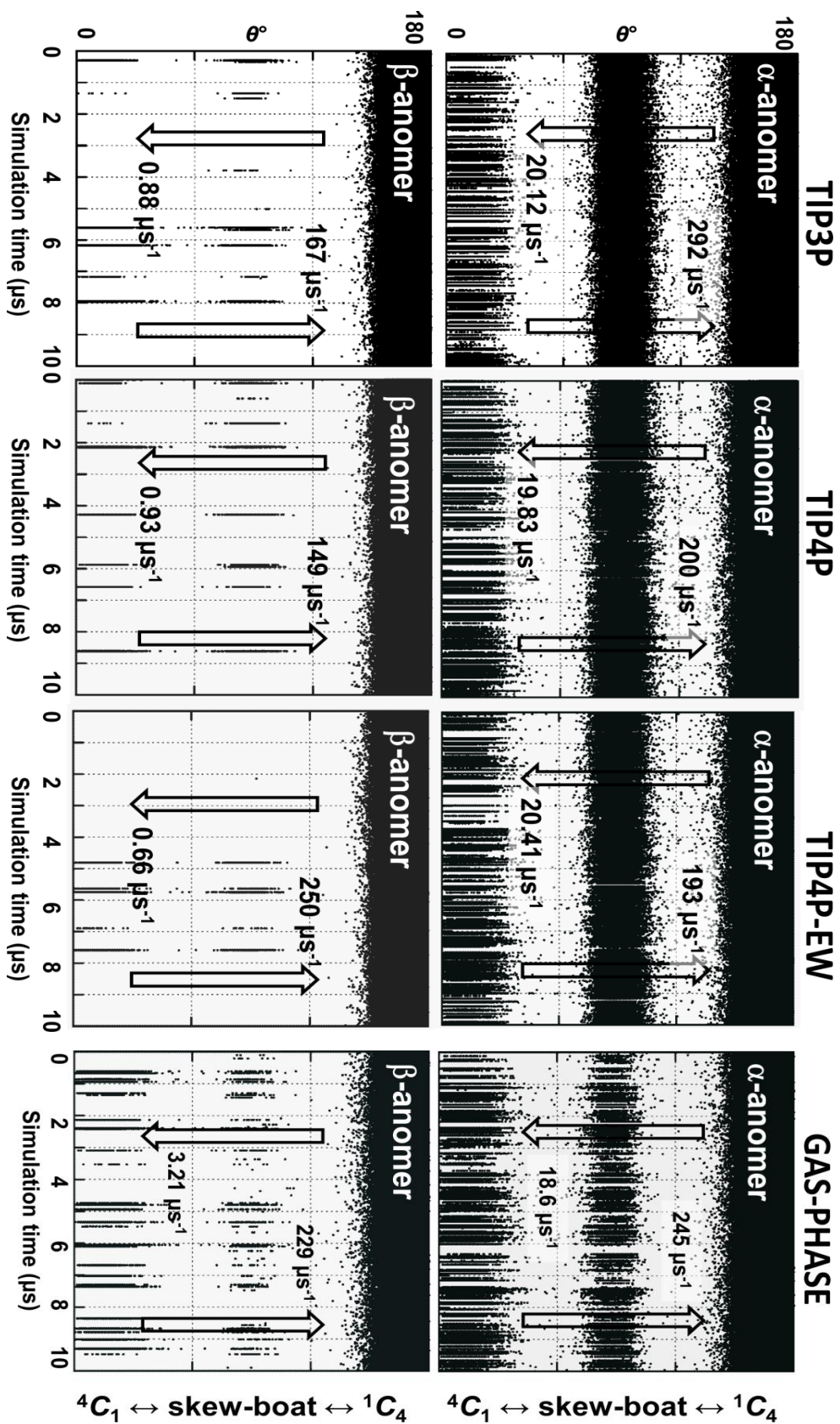
150 MHz	${}^{13}C$ chemical shift (ppm)						
Anomer	C1	C2	C3	C4	C5	C6	OCH ₃
α	102.66	71.96	72.74	71.37	72.37	61.31	57.16
β	101.63	70.88	71.09	69.91	76.72	62.68	58.15

The estimated error in 1H chemical shift values is ± 0.002 ppm

S10: Convergence of pucker in α - and β -L-idose during each 10 μ s simulation

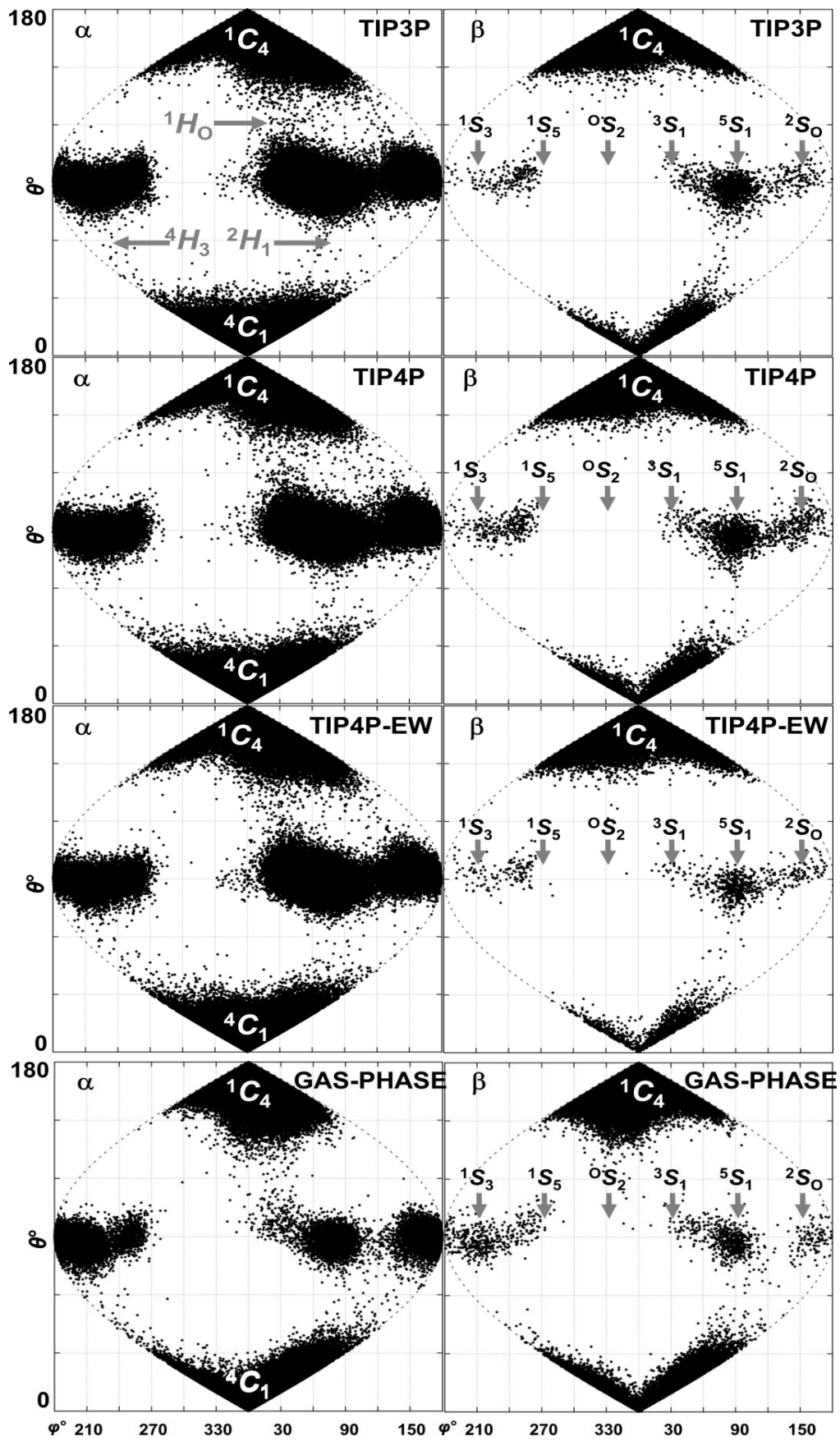


S11: Time series of the Cremer-Pople parameter ϑ in each 10 μ s simulation

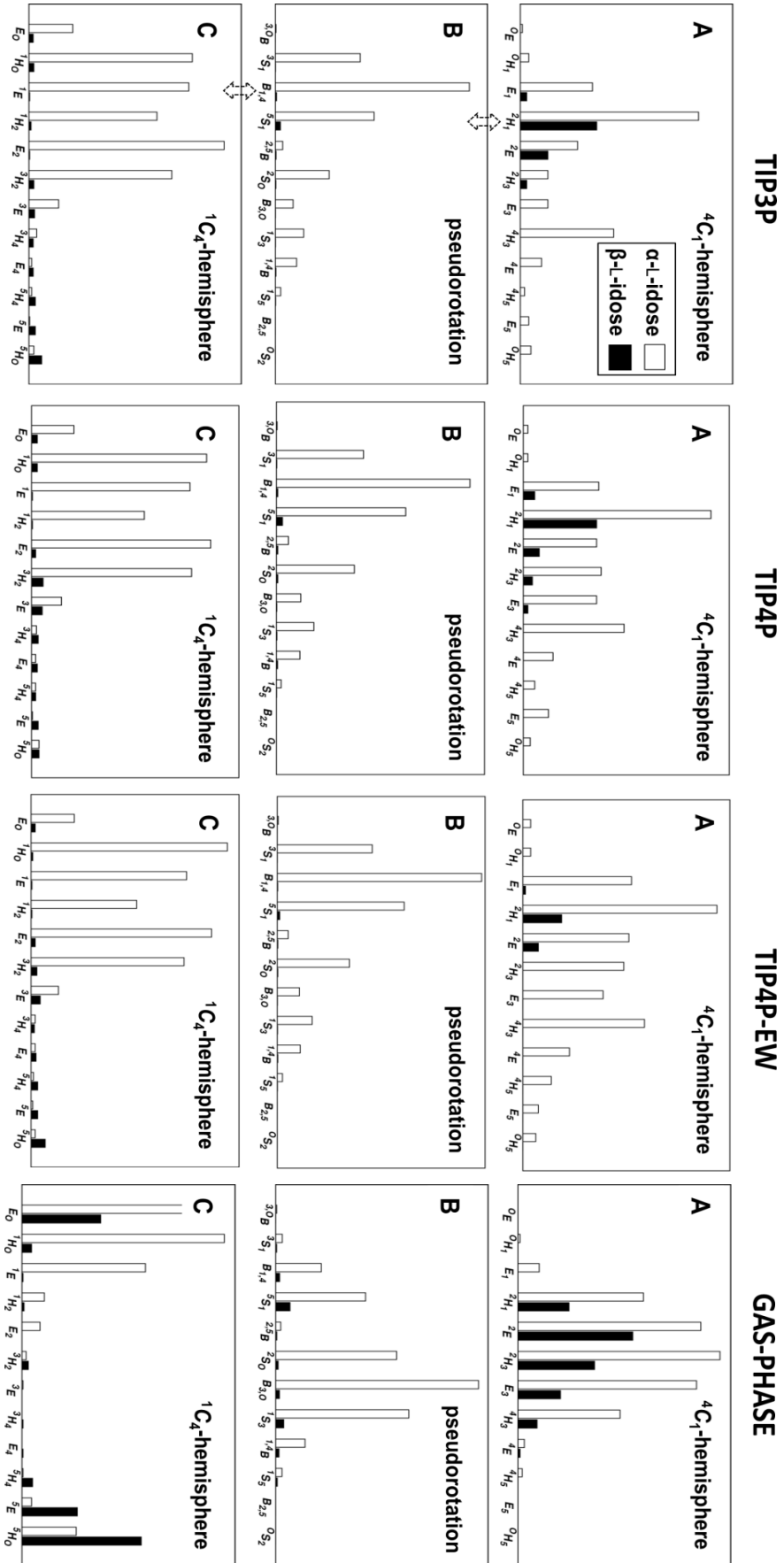


Computed forward (${}^1C_4 \rightarrow {}^4C_1$) and backward (${}^4C_1 \rightarrow {}^1C_4$) puckering rates are illustrated

S12: Sinusoidal projections of Cremer-Pople spherical phase-space for each 10 μ s simulation



S13: Relative occupancy of puckers (arbitrary units) in each 10 μ s simulation



S14: Classification of the 36 canonical non-chair puckers in terms of ϑ and φ angles

4C1	-1	<	ϑ°	<	36	&	-16	<	φ°	<	345
OE	36	<	ϑ°	<	72	&	-16	<	φ°	<	15
OH1	36	<	ϑ°	<	72	&	15	<	φ°	<	45
E1	36	<	ϑ°	<	72	&	45	<	φ°	<	75
2H1	36	<	ϑ°	<	72	&	75	<	φ°	<	105
2E	36	<	ϑ°	<	72	&	105	<	φ°	<	135
2H3	36	<	ϑ°	<	72	&	135	<	φ°	<	165
E3	36	<	ϑ°	<	72	&	165	<	φ°	<	195
4H3	36	<	ϑ°	<	72	&	195	<	φ°	<	225
4E	36	<	ϑ°	<	72	&	225	<	φ°	<	255
4H5	36	<	ϑ°	<	72	&	255	<	φ°	<	285
E5	36	<	ϑ°	<	72	&	285	<	φ°	<	315
OH5	36	<	ϑ°	<	72	&	315	<	φ°	<	345
3OB	72	<	ϑ°	<	108	&	-16	<	φ°	<	15
3S1	72	<	ϑ°	<	108	&	15	<	φ°	<	45
B14	72	<	ϑ°	<	108	&	45	<	φ°	<	75
5S1	72	<	ϑ°	<	108	&	75	<	φ°	<	105
25B	72	<	ϑ°	<	108	&	105	<	φ°	<	135
2SO	72	<	ϑ°	<	108	&	135	<	φ°	<	165
B30	72	<	ϑ°	<	108	&	165	<	φ°	<	195
1S3	72	<	ϑ°	<	108	&	195	<	φ°	<	225
14B	72	<	ϑ°	<	108	&	225	<	φ°	<	255
1S5	72	<	ϑ°	<	108	&	255	<	φ°	<	285
B25	72	<	ϑ°	<	108	&	285	<	φ°	<	315
OS2	72	<	ϑ°	<	108	&	315	<	φ°	<	345
EO	108	<	ϑ°	<	144	&	-16	<	φ°	<	15
1HO	108	<	ϑ°	<	144	&	15	<	φ°	<	45
1E	108	<	ϑ°	<	144	&	45	<	φ°	<	75
1H2	108	<	ϑ°	<	144	&	75	<	φ°	<	105
E2	108	<	ϑ°	<	144	&	105	<	φ°	<	135
3H2	108	<	ϑ°	<	144	&	135	<	φ°	<	165
3E	108	<	ϑ°	<	144	&	165	<	φ°	<	195
3H4	108	<	ϑ°	<	144	&	195	<	φ°	<	225
E4	108	<	ϑ°	<	144	&	225	<	φ°	<	255
5H4	108	<	ϑ°	<	144	&	255	<	φ°	<	285
5E	108	<	ϑ°	<	144	&	285	<	φ°	<	315
5HO	108	<	ϑ°	<	144	&	315	<	φ°	<	345
1C4	144	<	ϑ°	<	180	&	-16	<	φ°	<	345

S15: Vicinal coupling calculations

Parameters used (for α - and β -anomers) in the Karplus equation (Ref. 24)

	$\Delta\chi_1$	$\Delta\chi_2$	$\Delta\chi_3$	$\Delta\chi_4$	P1	P2	P3	P4	P5	P6
${}^3J_{1-2}$	1.30	1.30	1.30	0.40	13.24	-0.91	0.00	0.53	-2.41	0.27
${}^3J_{2-3}$	0.40	1.30	0.40	1.30	13.24	-0.91	0.00	0.53	-2.41	0.27
${}^3J_{3-4}$	1.30	0.40	1.30	0.40	13.24	-0.91	0.00	0.53	-2.41	0.27
${}^3J_{4-5}$	0.40	1.30	0.40	1.30	13.24	-0.91	0.00	0.53	-2.41	0.27

$${}^3J_{\text{HH}} = P_1 \cos^2\vartheta + P_2 \cos\vartheta + P_3 + \sum \Delta\chi_i [P_4 + P_5 \cos^2(\zeta_i \vartheta + P_6 |\Delta\chi_i|)]$$

ζ_i is +1 or -1 depending on the substituent orientation (see ref. 24 for details)

Pyranose ring vicinal 1H-1H dihedrals

averages (θ°) and standard deviations (\pm) from the 10 μs simulations

TIP3P

Torsion	α		β	
	θ°	\pm	θ°	\pm
H1-H2	77	51	-54	11
H2-H3	-80	37	-67	12
H3-H4	73	34	67	11
H4-H5	50	25	54	9

TIP4P

Torsion	α		β	
	θ°	\pm	θ°	\pm
H1-H2	64	69	-45	34
H2-H3	-68	62	-57	41
H3-H4	63	58	57	41
H4-H5	40	41	46	33

TIP4P-EW

Torsion	α		β	
	θ°	\pm	θ°	\pm
H1-H2	65	70	-46	33
H2-H3	-68	62	-57	40
H3-H4	64	58	57	40
H4-H5	40	41	46	33

S16: GLYCAM11 paramaters for residue OiA (α -L-idopyranose)

OiA		new atom type OA: endo-anomeric oxygen								
1	DUMM	DU	M	0	-1	-2	0	0	0	0
2	DUMM	DU	M	1	0	-1	1.522	0	0	0
3	DUMM	DU	M	2	1	0	1.422	109.5	0	0
4	C1	CG	M	3	2	1	1.4	113.3	-60	0.4405
5	H1	H2	E	4	3	2	1.102	110.7	56.2	0
6	O5	OA	M	4	3	2	1.435	107.9	-66.3	-0.543
7	C5	CG	M	6	4	3	1.434	114.3	-59.5	0.283
8	H5	H1	E	7	6	4	1.105	109.1	60.8	0
9	C6	CG	3	7	6	4	1.517	106.7	177.2	0.264
10	H61	H1	E	9	7	6	1.092	108.3	65.1	0
11	H62	H1	E	9	7	6	1.093	108.8	177.1	0
12	O6	OH	S	9	7	6	1.413	112.7	-56.7	-0.678
13	H6O	HO	E	12	9	7	0.955	108.1	-96	0.4205
14	C4	CG	M	7	6	4	1.519	110.8	-59	0.2625
15	H4	H1	E	14	7	6	1.1	107.7	173.8	0
16	O4	OH	S	14	7	6	1.43	110	-66.6	-0.702
17	H4O	HO	E	16	14	7	0.958	109.2	6.1	0.432
18	C3	CG	M	14	7	6	1.529	110.3	54.4	0.2935
19	H3	H1	E	18	14	7	1.101	109.2	-173.5	0
20	O3	OH	S	18	14	7	1.421	106.9	67.3	-0.733
21	H3O	HO	E	20	18	14	0.976	108.5	-168.6	0.439
22	C2	CG	B	18	14	7	1.524	111.6	-53.4	0.308
23	H2	H1	E	22	18	14	1.105	110.2	172.2	0
24	O2	OH	S	22	18	14	1.415	110.8	-65.2	-0.734
25	H2O	HO	E	24	22	18	0.957	110	-44.9	0.439

S17: GLYCAM11 paramaters for residue OiB (β -L-idopyranose)

OiB		new atom type OA: endo-anomeric oxygen									
1	DUMM	DU	M	0	-1	-2	0	0	0	0	0
2	DUMM	DU	M	1	0	-1	1.522	0	0	0	0
3	DUMM	DU	M	2	1	0	1.422	109.5	0	0	0
4	C1	CG	M	3	2	1	1.4	113.3	180	0.469	0
5	H1	H2	E	4	3	2	1.102	110	-60.7	0	0
6	C2	CG	M	4	3	2	1.529	109.7	180	0.221	0
7	H2	H1	E	6	4	3	1.105	108.8	66	0	0
8	O2	OH	S	6	4	3	1.415	110	-59.2	-0.689	0
9	H2O	HO	E	8	6	4	0.957	110	-89.3	0.436	0
10	C3	CG	M	6	4	3	1.519	110.1	-173.1	0.3255	0
11	H3	H1	E	10	6	4	1.101	109.1	173.3	0	0
12	O3	OH	S	10	6	4	1.421	109.9	-65.8	-0.737	0
13	H3O	HO	E	12	10	6	0.976	108.5	-172.4	0.4375	0
14	C4	CG	M	10	6	4	1.528	110.8	53.3	0.238	0
15	H4	H1	E	14	10	6	1.1	108.7	-173.1	0	0
16	O4	OH	S	14	10	6	1.43	110.6	66.4	-0.707	0
17	H4O	HO	E	16	14	10	0.958	109.2	60	0.432	0
18	C5	CG	M	14	10	6	1.435	110	-52.7	0.3165	0
19	H5	H1	E	18	14	10	1.105	109.6	-66.3	0	0
20	O5	OA	E	18	14	10	1.412	112	54.9	-0.556	0
21	C6	CG	3	18	14	10	1.517	111.3	174.2	0.262	0
22	H61	H1	E	21	18	14	1.092	108.9	-63.1	0	0
23	H62	H1	E	21	18	14	1.093	108.3	55.9	0	0
24	O6	OH	S	21	18	14	1.413	112.7	172.7	-0.6755	0
25	H6O	HO	E	24	21	18	0.955	108.1	58.1	0.421	0

S18: GLYCAM11 torsional parameters for new atom type OA

Key:

DIV	factor by which torsion is divided
BH/2	barrier height divided by a factor of 2
PH	phase shift angle in the torsional function (°)
PN	torsional barrier periodicity
	if PN is negative (identifies the next term) the absolute value is used

Torsion	DIV	BH/2	PH	PN
H2-CG-OA-CG	1	-1.20	0	1
	1	0.10	0	2
	1	0.02	0	3
CG-CG-OA-CG	1	-0.70	0	1
	1	-0.30	0	2
OE-CG-OA-CG	1	-0.33	0	3
	1	-0.25	0	1
	1	-0.76	0	2
OA-CG-CG-CG	1	1.20		3
	1	0.19	0	1
	1	-0.11	0	2
	1	0.14	0	3

S19: Reaction scheme for synthesis of (1) and (2)

