



Changes in the ¹⁹F NMR spectra throughout the isotopic exchange labelling process: in neutral solution, in acidified labelling solution, and after passing over both Ag and alumina cartridges (top to bottom). At neutral pH, F would be visible at δ -121 ppm as a singlet while at acidic pH (1 M HCl) would appear at δ -131 ppm as a broad singlet. Conditions given in Methods section of main manuscript.