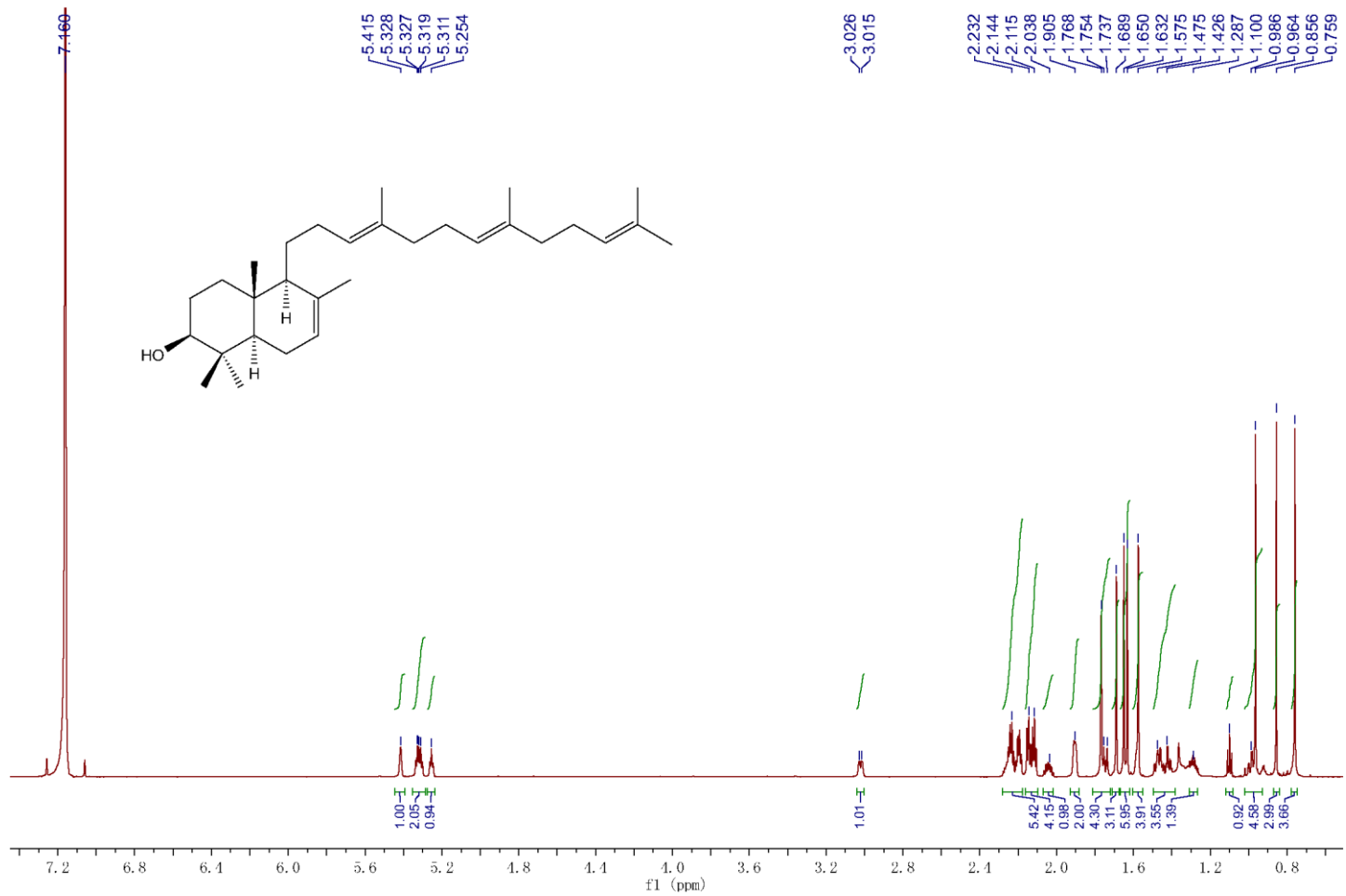


**NMR data of polypoda-7,13*E*,17*E*,21-tetraene-3-beta-ol**

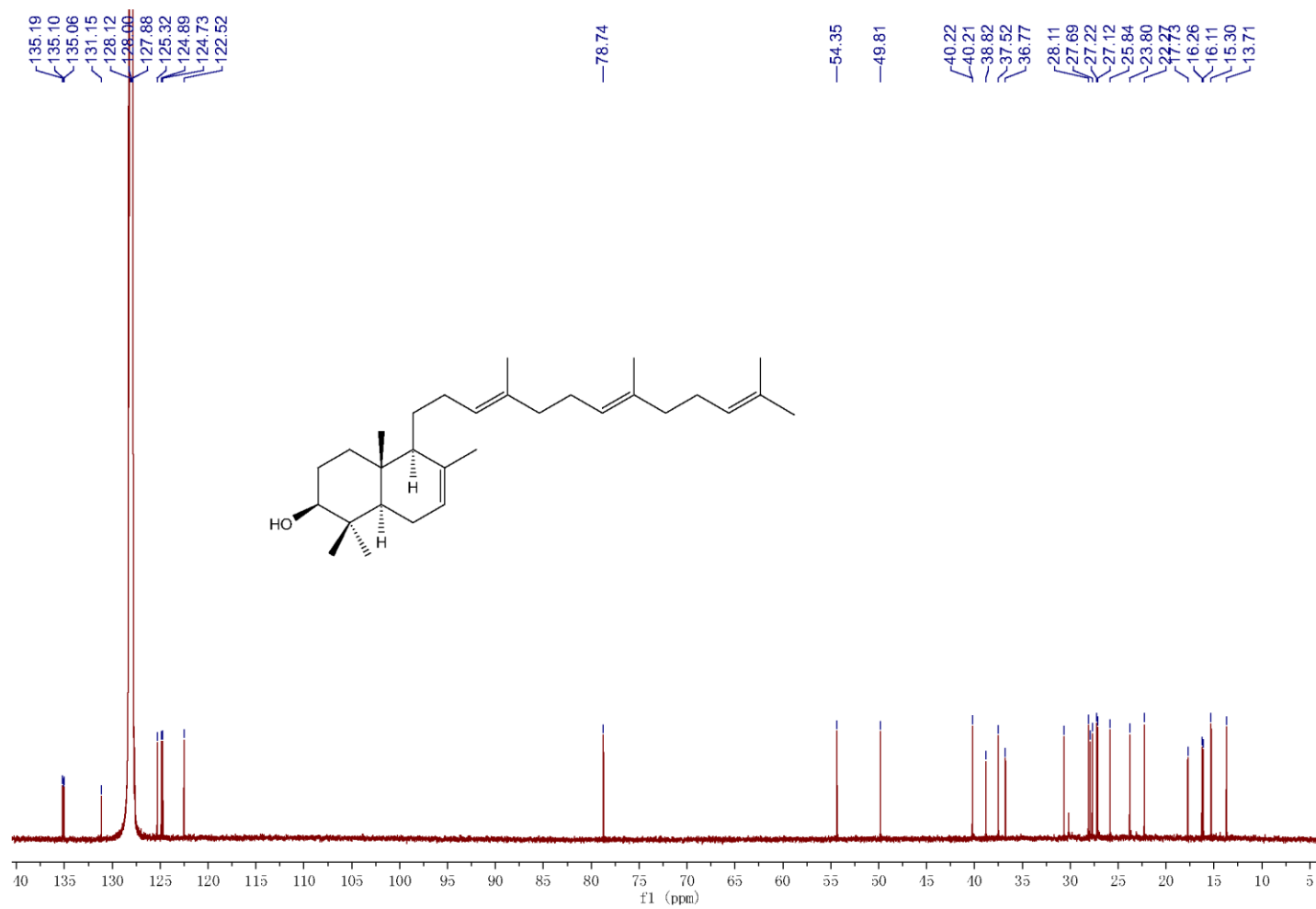
**Content list:**

- S1.**  $^1\text{H}$  NMR spectrum (800 MHz,  $\text{C}_6\text{D}_6$ )
- S2.**  $^{13}\text{C}$  NMR spectrum (200 MHz,  $\text{C}_6\text{D}_6$ )
- S3.** Enlarged  $^{13}\text{C}$  NMR spectrum (200 MHz,  $\text{C}_6\text{D}_6$ )
- S4.** HSQC spectrum (800 MHz,  $\text{C}_6\text{D}_6$ )
- S5.**  $^1\text{H}$ - $^1\text{H}$  COSY spectrum (800 MHz,  $\text{C}_6\text{D}_6$ )
- S6.** ROESY spectrum of (800MHz,  $\text{C}_6\text{D}_6$ )
- S7.** HMBC spectrum (800 MHz,  $\text{C}_6\text{D}_6$ )
- S8.** Enlarged HMBC spectrum (800 MHz,  $\text{C}_6\text{D}_6$ )

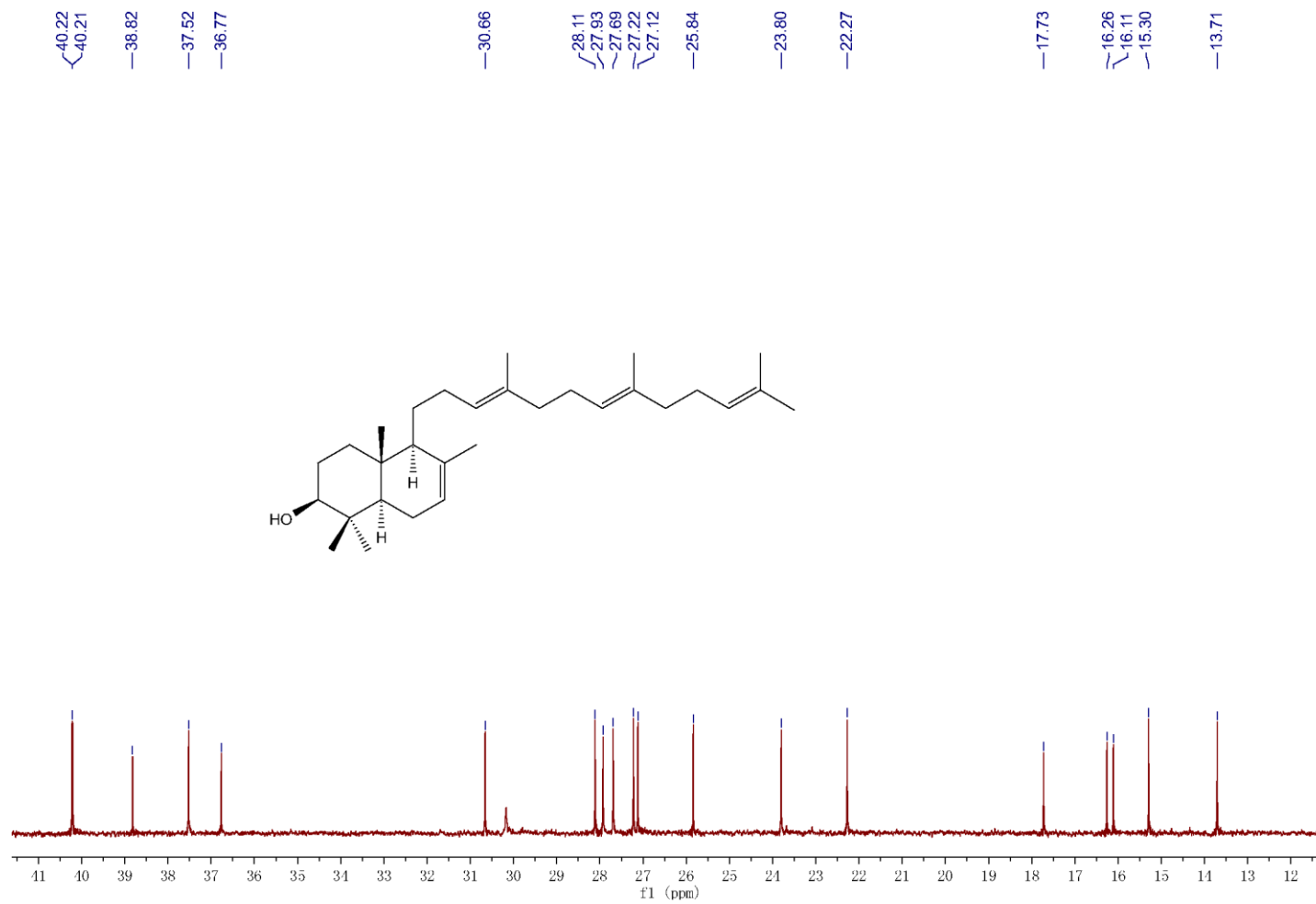
S1. <sup>1</sup>H NMR spectrum (800 MHz, C<sub>6</sub>D<sub>6</sub>)



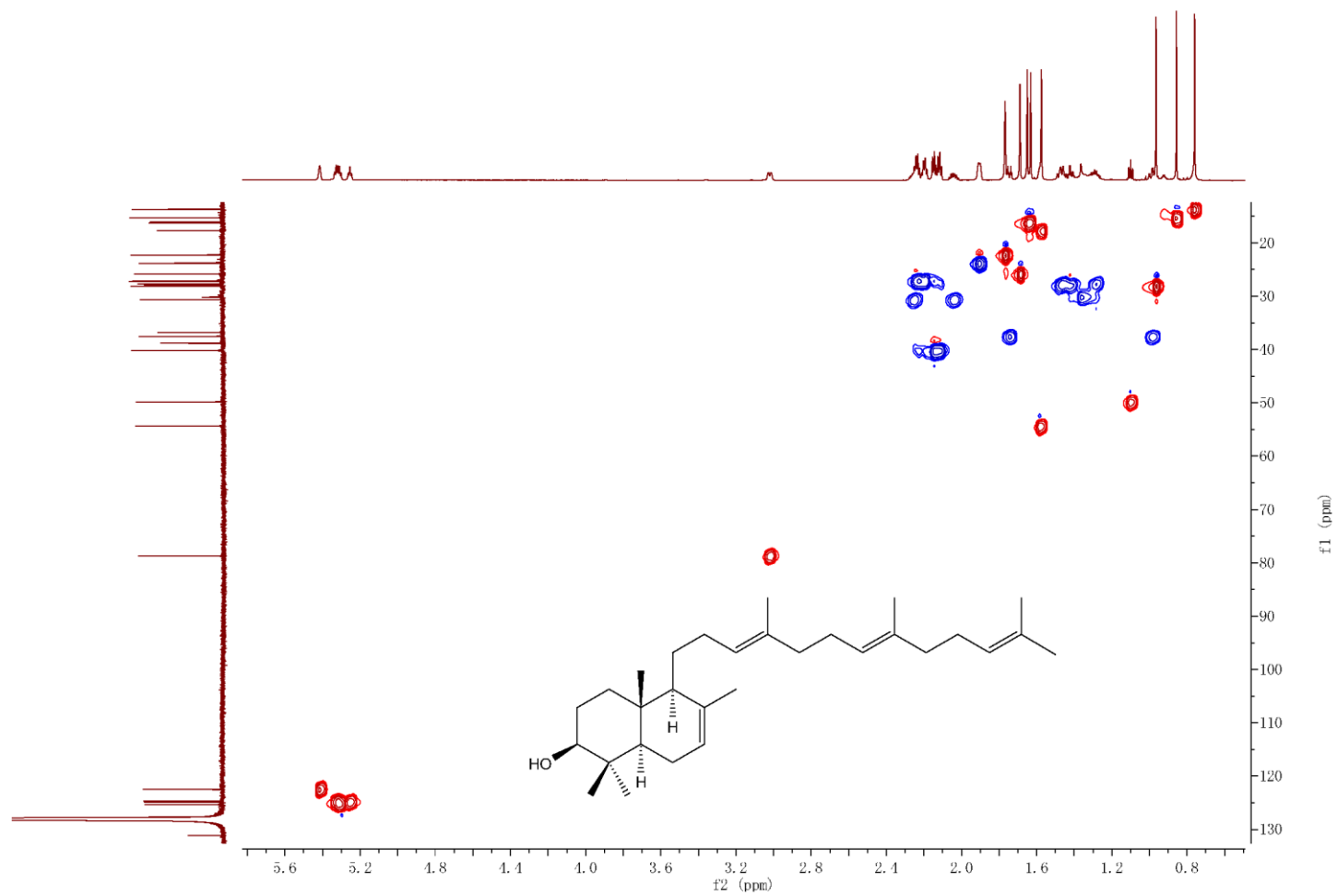
S2.  $^{13}\text{C}$  NMR spectrum (200 MHz,  $\text{C}_6\text{D}_6$ )



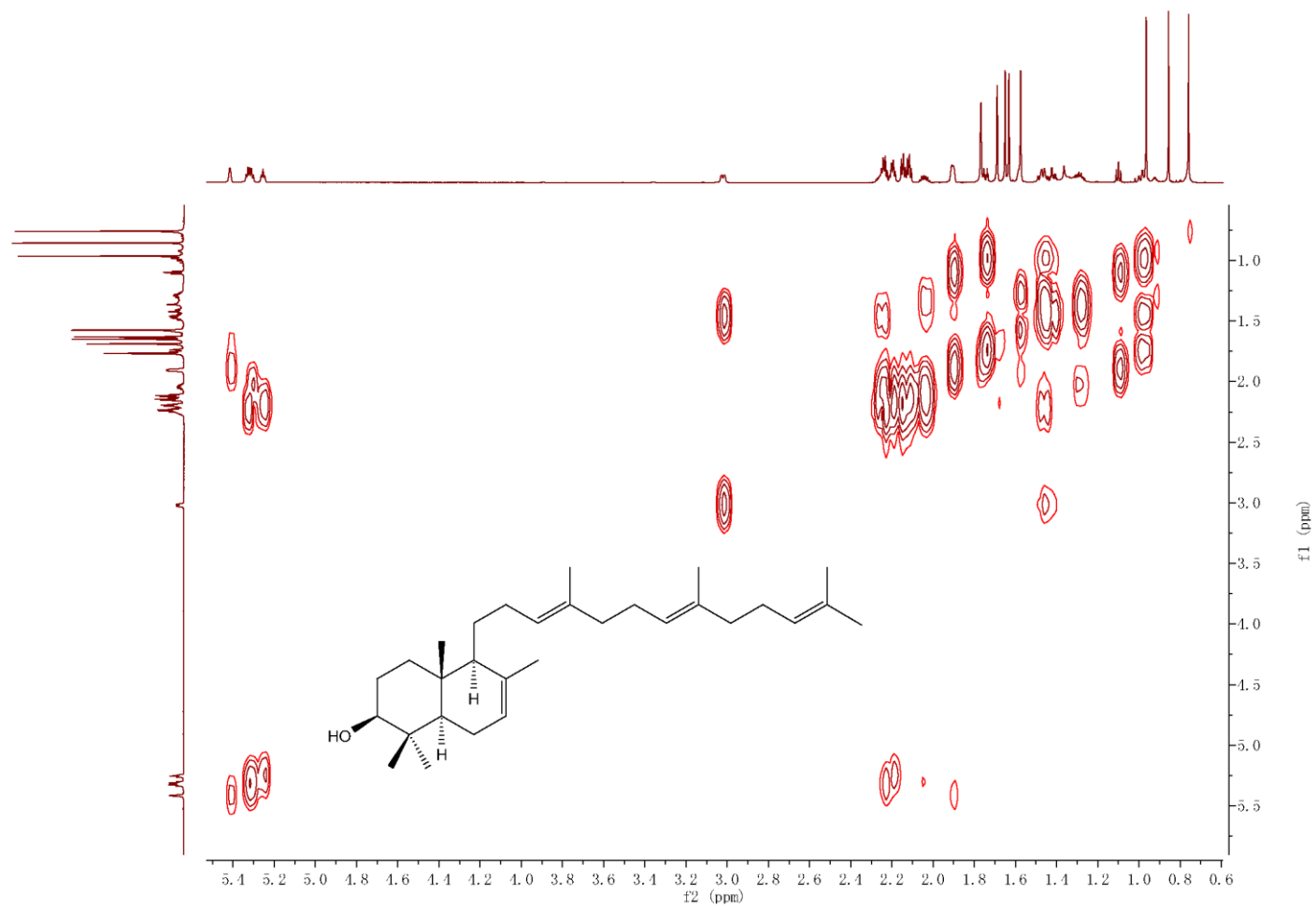
S3. Enlarged  $^{13}\text{C}$  NMR spectrum (200 MHz,  $\text{C}_6\text{D}_6$ )



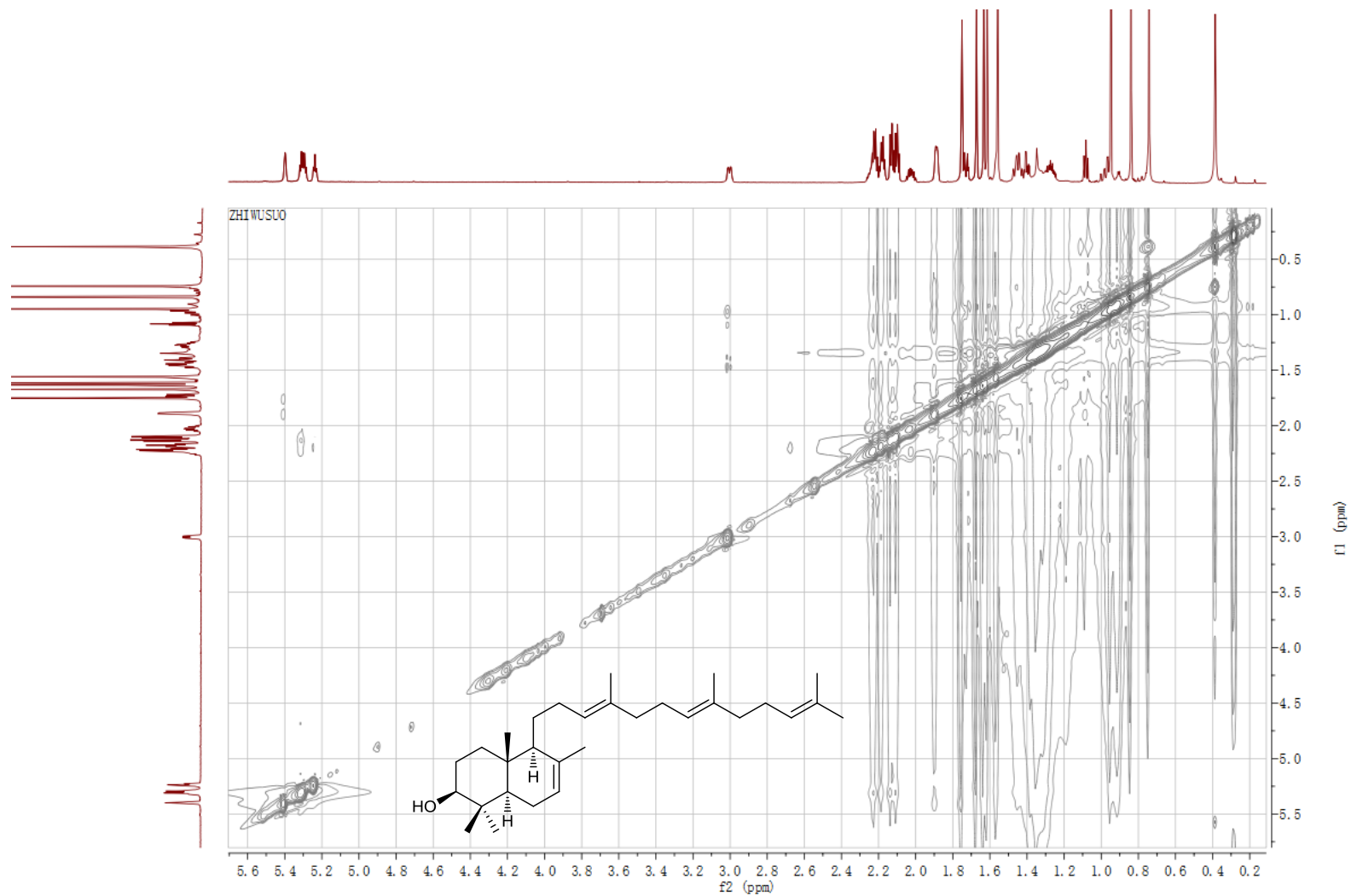
S4. HSQC spectrum (800 MHz, C<sub>6</sub>D<sub>6</sub>)



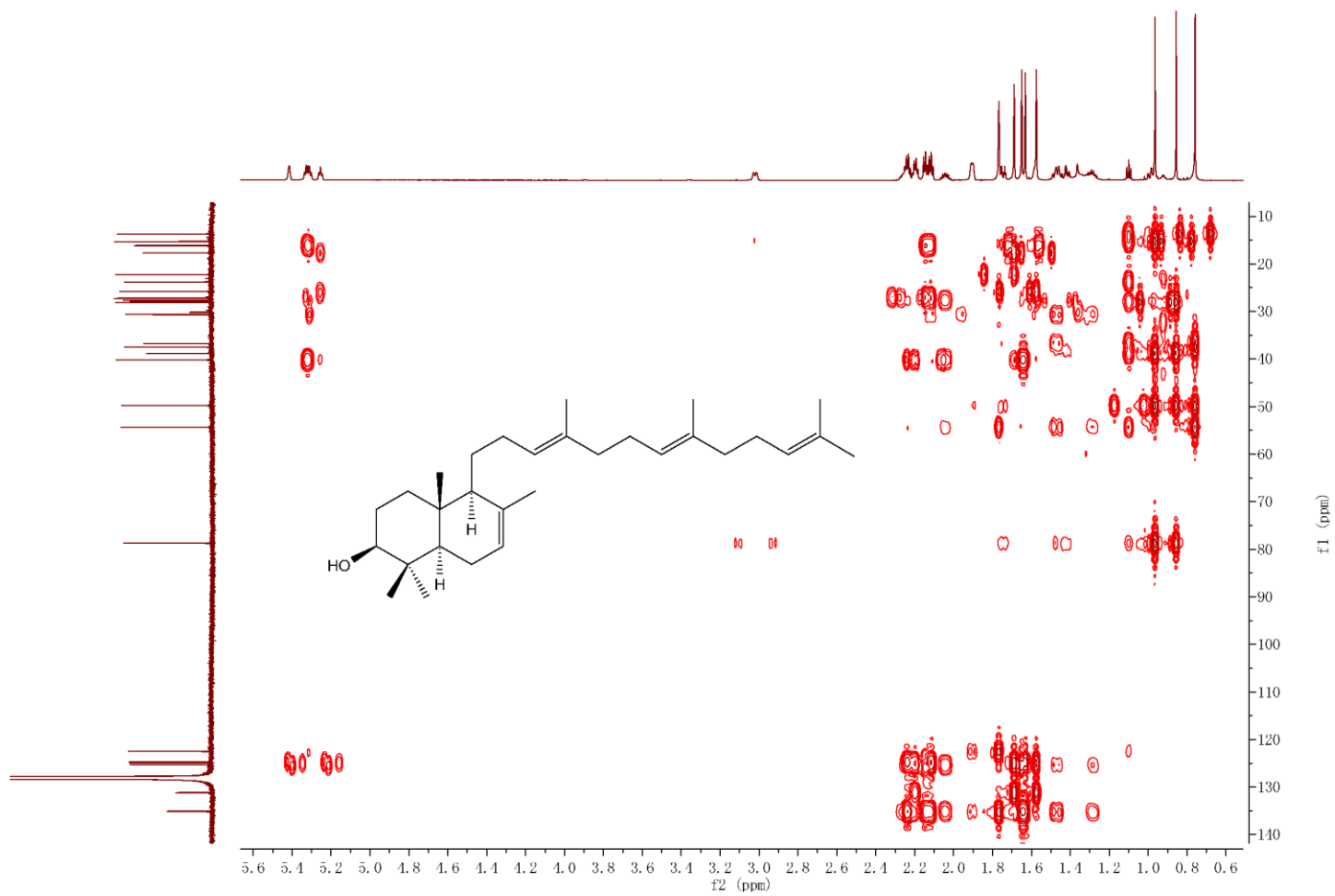
S5.  $^1\text{H}$ - $^1\text{H}$  COSY spectrum (800 MHz,  $\text{C}_6\text{D}_6$ )



S6. ROESY spectrum of (800MHz, C<sub>6</sub>D<sub>6</sub>)



S7. HMBC spectrum (800 MHz, C<sub>6</sub>D<sub>6</sub>)





S8. Enlarged HMBC spectrum (800 MHz, C<sub>6</sub>D<sub>6</sub>)

