

#### Sample preparation for HRMAS

1. Cut ~30mg tissue and weight on a clean weighting boat.
2. Add 30  $\mu$ l of buffer ( $D_2O$  with 10/3 mM sodium trimethylsilylpropane-sulfonate (DSS)) on the weighted tissue, then put the tissue in the bottom of a HRMAS rotor and transfer the remaining buffer to the rotor.
3. Close cap tightly.
4. Keep samples on dry ice before being weighted and before NMR acquisition.