**Supplementary file 1. NMR data of discoidol recorded in C6D6.**

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| C[a] | 13C ()[b] | 1H (, m, *J*, int)[c] |
| 1 | 32.5 (CH2) | 2.27 (m, 1H)  1.98 (m, 1H) |
| 2 | 22.9 (CH2) | 1.52 (m, 1H)  1.47 (m, 1H) |
| 3 | 30.7 (CH2) | 1.93 (dddd, 2*J*=13.7, 3*J*=13.6, 3*J*=4.7, 3*J*=4.7, 1H)  1.24 (m, 1H) |
| 4 | 42.1 (CH) | 1.49 (m, 1H), |
| 5 | 39.1 (Cq) | – |
| 6 | 39.9 (CH) | 1.68 (m, 1H),  1.18 (dd, 3*J*=13.6, 3*J*=13.6, 1H) |
| 7 | 43.7 (CH) | 1.67 (m, 1H), |
| 8 | 26.7 (CH2) | 1.99 (m, 1H)  1.67 (m, 1H) |
| 9 | 121.5 (CH) | 5.57 (ddd, 3*J*=6.8, 3*J*=1.8, 4*J*=1.8, 1H) |
| 10 | 141.0 (Cq) | – |
| 11 | 71.8 (Cq) | – |
| 12 | 27.2 (CH3) | 1.009 (s, 3H) |
| 13 | 27.4 (CH3) | 1.012 (s, 3H) |
| 14 | 30.6 (CH3) | 1.18 (s, 3H) |
| 15 | 17.9 (CH3) | 1.015 (d, 3*J*=6.9, 3H) |
| [a] Carbon numbering as shown in Figure 1. [b] Chemical shifts  in ppm. [c] Chemical shifts  in ppm, multiplicity m (s=singlet, d=doublet, m=multiplet), coupling constants *J* are given in Hertz. | | |

[]D20 = +12.7 (*c* 0.32, (2H6)benzene). IR (diamond ATR): ν ̃ = 3384 (br, m), 2961 (s), 2928 (s), 2864 (s), 1667 (w), 1463 (s), 1373 (s), 1261 (m), 1219 (m), 1132 (w), 1092 (m), 1019 (s), 971 (m), 912 (m), 866 (s), 840 (m), 804 (w), 740 (s) cm‑1.