[14][14]Metaparacyclophane, First Example of a [m][n]Metaparacyclophane

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^1H NMR spectrum of 2,2,15,15-tetraoxo-2,15-dithia[16][14]metaparacyclophane (**14**)

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^{13}C NMR spectrum of 2,2,15,15-tetraoxo-2,15-dithia[16][14]metaparacyclophane (**14**)

S18

^1H NMR spectrum of [14][14]metaparacyclophane (**16**) S19

^{13}C NMR spectrum of [14][14]metaparacyclophane (**16**) S20

21.245
 24.902
 25.220
 26.299
 26.521
 26.971
 27.104
 27.506
 27.605
 28.151
 28.403
 29.407
 29.613
 11.512

61.007
 76.710
 77.161
 77.505

131.065
 131.541
 131.274
 140.149

171.125
 ppa

2600
1437

ppm