## **Supporting information**

to the article

## β-Agostic Silylamido and Silyl-Hydrido Compounds of Molybdenum and Tungsten

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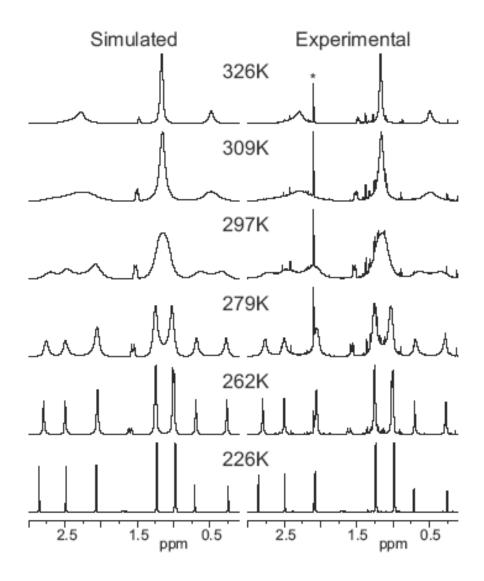


Figure SI1. Experimental (right) and simulated (left) VT <sup>1</sup>H NMR spectra for the degenerate exchange in compound **3c**.