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Supplementary Materials for

The spin-forbidden transition in iron(IV)-oxo catalysts relevant to two-state reactivity

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Figure S1. Active space orbitals used in the state-specific calculations.

Complex	Spin	Weight	σeg	σ,	πx	π_{v}	xv	π* ×	π* ν	σ*eq	σ* ₇
N4py	$S = 1 (^{3}A_{2})$	0.825	2	2	2	2	2	1	1	0	0
.,	, , , , , , , , , , , , , , , , , , ,	0.028	2	2	1	1	2	2	2	0	0
		0.024	2	1	1	2	2	2	1	0	1
		0.023	2	1	2	1	2	1	2	0	1
	S = 2 (⁵ A ₁)	0.814	2	2	2	2	1	1	1	1	0
		0.032	2	1	2	2	1	1	1	1	1
		0.03	2	1	1	2	1	2	1	1	1
		0.026	2	1	2	1	1	1	2	1	1
		0.025	2	0	2	2	1	1	1	1	2
	$S = 0 (^{1}E)$	0.433	2	2	2	2	2	2	0	0	0
		0.359	2	2	2	2	2	0	2	0	0
		0.427	2	2	2	0	2	2	2	0	0
		0.343	2	2	2	2	0	2	2	0	0
	$S = 0 (^{1}A_{2})$	0.793	2	2	2	2	2	1	1	0	0
		0.077	2	2	2	1	1	2	2	0	0
		0.016	2	2	1	2	1	2	1	1	0
		0.016	2	2	1	1	2	1	2	1	0
	$S = 0 (^{1}E)$	0.412	2	2	2	2	2	0	2	0	0
		0.338	2	2	2	2	2	2	0	0	0
		0.061	2	2	2	2	0	2	2	0	0
		0.051	2	2	2	0	2	2	2	0	0

Table S1. CASSCF configurations and weights for state specific triplet and quintet states and the three state averaged singlet states. Doubleshell orbitals are excluded from table and all are unoccupied.

			σ_{eq}	σz	π_x	π_y	Xz	π* x	π* _y	$\sigma *_{eq}$	σ*z
DMM	$S = 1 (^{3}A_{2})$	0.82	2	2	2	2	2	1	1	0	0
		0.029	2	2	1	1	2	2	2	0	0
		0.024	2	1	1	2	2	2	1	0	1
		0.024	2	1	2	1	2	1	2	0	1
	S = 2 (⁵ A ₁)	0.808	2	2	2	2	1	1	1	1	0
		0.033	2	1	2	2	1	1	1	1	1
		0.029	2	1	1	2	1	2	1	1	1
		0.028	2	1	2	1	1	1	2	1	1
		0.024	2	0	2	2	1	1	1	1	2
	$S = 0 (^{1}E)$	0.375	2	2	2	2	2	2	0	0	0
		0.345	2	2	2	2	2	0	2	0	0
		0.065	2	2	2	2	2	1	1	0	0
		0.042	2	2	2	0	2	2	2	0	0
		0.039	2	2	2	2	0	2	2	0	0
	$\mathbf{S} = 0 \left({}^{1}\mathbf{A}_{2} \right)$	0.721	2	2	2	2	2	1	1	0	0
		0.081	2	2	2	1	1	2	2	0	0
		0.035	2	2	2	2	2	2	0	0	0
		0.031	2	2	2	2	2	0	2	0	0
		0.016	2	2	1	2	1	2	1	1	0
		0.015	2	2	1	1	2	1	2	1	0
	$S = 0 (^{1}E)$	0.388	2	2	2	2	2	0	2	0	0
		0.354	2	2	2	2	2	2	0	0	0
		0.062	2	2	2	2	0	2	2	0	0
		0.057	2	2	2	0	2	2	2	0	0

			σ_{eq}	σ_z	π_x	π_y	Xz	π* _x	π* _y	$\sigma *_{eq}$	σ*z
N2Q	$S = 1 (^{3}A_{2})$	0.808	2	2	2	2	2	1	1	0	0
		0.027	2	2	1	1	2	2	2	0	0
		0.026	2	2	2	1	1	2	1	0	1
		0.025	2	2	1	2	1	1	2	0	1
	S = 2 (⁵ A ₁)	0.791	2	2	2	2	1	1	1	1	0
		0.044	2	2	2	1	1	1	1	1	1
		0.032	2	2	1	1	2	1	1	1	1
		0.031	2	2	2	0	1	1	1	1	2
	$S = 0 (^{1}E)$	0.412	2	2	2	2	2	0	2	0	0
		0.351	2	2	2	2	2	2	0	0	0
		0.033	2	2	0	2	2	2	2	0	0
		0.031	2	2	2	0	2	2	2	0	0
	$S = 0 (^{1}A_{2})$	0.764	2	2	2	2	2	1	1	0	0
		0.064	2	2	1	1	2	2	2	0	0
		0.017	2	2	1	1	2	1	2	0	1
		0.016	2	1	1	2	2	2	1	0	1
	$S = 0 (^{1}E)$	0.386	2	2	2	2	2	2	0	0	0
		0.328	2	2	2	2	2	0	2	0	0
		0.065	2	2	0	2	2	2	2	0	0
		0.053	2	2	2	0	2	2	2	0	0

	B3LYP	State-Specific (12,9)	State Specific (12,16)
N4py	1.10	1.22	0.95
DMM	1.00	1.20	0.91
N2Q	0.47	0.68	0.31

Table S2. Vertical Triplet Quintet Energy Gaps (eV)

Table S3. Experimental and CASSCF/NEVPT2 Triplet to Singlet Energy Differences (eV)

	Ν	N2Q		DMM		4py
	Exp.	Theory	Exp.	Theory	Exp.	Theory
¹ E	0.667	0.764	0.686	0.793	0.687	0.783
$^{1}A_{2}$	0.762	0.800	0.781	0.828	0.782	0.820
^{1}E	1.018	1.211	1.043	1.262	1.047	1.250

MCD Band Assignment for Spin-Allowed Transitions.

The MCD spectra for all three complexes (Figures S2 and S3) show a complex temperature dependence below 16000 cm⁻¹. At lower temperatures the feature has nearly entirely positive MCD intensity, but as the temperature increases the low-energy portion of the spectra loses intensity until by 40K there is negative MCD intensity. The higher-energy portion of this region maintains a positive MCD, which increases with increasing temperature until ~20K then decreases in all complexes at higher temperatures. All three complexes show a resolved vibronic structure similar to what has been seen in previous MCD studies on iron(IV)-oxo complexes. A similar Franck-Condon analysis is applied to these bands in the section below. At higher energies for N2Q are weak, separated positive features followed by an intense negative and then positive derivative shape. For DMM and N4py the positive intensity is broader and relatively more intense, and there is only the strong negative feature at ~26000 cm⁻¹.

For interpretation of the MCD spectra, Gaussian deconvolution was used with minimal bands of 10 for N2Q, and 9 for DMM and N4py. Figure S4 shows the results of these fits at 2.5K and 40K for each of the three complexes. The energies and variable-temperature dependence (Figure S5) of the bands can be used along with NEVPT2 calculations to assign the states for each transition. For ligandfield excitations, NEVPT2 can get quantitatively accurate results (see Table S4). For charge-transfer (CT) transitions, or ligand-field transitions with considerable CT character, NEVPT2 can fail to accurately predict these energies if the ligand-based orbitals are outside of the active space.

Bands 4 and 5 are used to fit the vibronic structure described below, and together the two C-terms give a positive pseudo-A term (the higher energy of the two C-terms is positive). Despite the substantial overlap of the vibronic structure with additional bands, for **DMM** and **N4py** below 11000 cm⁻¹ there is an isolated negative band at all temperatures, giving confidence to sign of the pseudo-A term by having lower-energy negative features. The temperature dependence of the bands give a largely xy dominated polarization, and taking this into combination with the sign of the pseudo-A term and vibronic progression (based on previous iron(IV)-oxo studies) would assign these bands as the ${}^{3}A_{2} \rightarrow 4-{}^{3}E(1b_{2}(d_{xy}) \rightarrow 2e(d_{xz/yz}))$ transitions. The NEVPT2 energies for the states support this assignment, as these are calculated to be the lowest energy spin-allowed transitions in all three complexes.

Bands 6, 7, 8 and 9 contain substantial overlap of intensity and lead to the complex temperature dependence of the spectra. Bands 6 and 8 are largely overlapping, which could lead to some uncertainty in the exact intensity of each band, however due to the eventual negative intensity at higher temperatures, both a positive and negative band are needed to accurately describe the spectra. Based on the agreement with calculated transitions, as well as the xy-polarization determined from temperature dependence, bands 6 and 7 are assigned as the two C-terms describing the positive pseudo-A term of

the ${}^{3}A_{2} \rightarrow 2 - {}^{3}E(2e(d_{xz/yz}) \rightarrow 2b_{1}(d_{x2-y2}))$ (56). With the three complexes present in the study, the absolute values can also be used along with the relative values between complexes for comparison of the experimental and calculated values. For the ${}^{3}A_{2} \rightarrow 2 - {}^{3}E$ transition, there is both an experimental and calculated shift of ~500 cm⁻¹ N2Q to lower energy compared to N4py/DMM.

The temperature dependence of band 8 indicates it is a z-polarized transition. This has been previously assigned to the ${}^{3}A_{2} \rightarrow 2 - {}^{3}A_{2}$ ($1b_{2}(d_{xy}) \rightarrow 2b_{1}(d_{x2-y2})$) or ${}^{3}A_{2} \rightarrow 3 - {}^{3}A_{2}$ ($1b_{2}(d_{xy}) \rightarrow 2a_{1}(d_{z2})$) transitions in similar complexes, and calculated energies would support the assignment to the ${}^{3}A_{2} \rightarrow 2 - {}^{3}A_{2}$ ($1b_{2}(d_{xy}) \rightarrow 2b_{1}(d_{x2-y2})$) transition. It has been predicted that the two-electron A_{2} transition gains intensity due to the actual lower symmetry of the complex, C_{s} , which allows for mixing with nearby excited states. For the experimental values the transition in N2Q is ~2300 cm⁻¹ lower than N4py and DMM, and the calculated values have N2Q 1400 cm⁻¹ lower in energy, predicting a smaller difference but still larger than that seen for the ${}^{3}A_{2} \rightarrow 2 - {}^{3}E$ transition.

The temperature dependence of band 9 is nearly purely xy-polarized. This temperature dependence supports the assignment as the ${}^{3}A_{2} \rightarrow 3{}^{-3}E$ (2e(d_{xz/yx}) $\rightarrow 2a_{1}(d_{z2})$) transition. It would be expected for the transition to exhibit a pseudo-A term from the two C-term components, but these transitions are calculated to mix heavily with charge-transfer transitions, and intense CT transitions can distort the band shapes leading to a standard C-term feature (56). The ${}^{3}A_{2} \rightarrow 3{}^{-3}E$ transition for N2Q is determined to be 3000 cm⁻¹ lower in energy than for N4py and DMM. For N4py and DMM, the two states are calculated to be nearly degenerate while for N2Q the two states are predicted to be approximately 2000 cm⁻¹ apart. Overall, the splitting between the states is 4100 cm⁻¹ between the lowest energy N2Q 3- ${}^{3}E$ state and N4py/DMM, and 1800 cm⁻¹ between the higher energy N2Q 3- ${}^{3}E$ state and N4py/DMM. This puts the average energy difference between the complexes at 3000 cm⁻¹, in excellent agreement with the experimental splitting.

For Band 10, the temperature dependence gives mixed polarization with considerable zpolarized character. This mixture of polarization leads to an assignment of the spin-allowed ${}^{3}A_{2}$ term, $3 \cdot {}^{3}A_{2}(1b_{2}(d_{xy}) \rightarrow 2a_{1}(d_{z2}))$. The 2-electron $3 \cdot {}^{3}A_{2}$ term is calculated to have significant (>20%) LMCT mixing. For CASSCF/NEVPT2 calculations, there is an overestimation of excitation energies of CT excited states, leading to a larger deviation in the calculated energies vs experimental energies for these heavily mixed states. The values of the $3 \cdot {}^{3}A_{2}$ deviate significantly from the experimental values, ~9000 cm⁻¹ higher in energy. This has been seen consistently for the CASSCF/NEVPT2 calculations of this specific state.(27) The trend in relative energies, however, agrees very well with what is measured experimentally. N2Q is calculated to be 2000 cm⁻¹ lower in energy than N4py/DMM, while experimentally it was determined to have a $3 \cdot {}^{3}A_{2}$ state 2300 cm⁻¹ lower in energy.

Finally bands 11, 12, and for N2Q band 13 reside at the upper limit of the energy range. These bands experimentally show small variation between the complexes, with bands 11 and 12 both ~400 cm⁻¹ lower in energy for N2Q than N4py/DMM. This lack of ligand field effect could be indicative of LMCT states. In the CASSCF/NEVPT2 calculations the LMCT dominated states begin to arise above 30000 cm⁻¹. For $\pi \rightarrow \pi^*$ transitions, it would be expected that excitation from a highly covalent bonding orbital into the corresponding antibonding orbital would lead to an intense transition. Additionally, the excitation from the 1e to 2e would lead to the pseudo-A term as seen in the MCD. Finally, when comparing the $\pi \rightarrow \pi^*$ transitions between complexes, there is only a small shift in the calculated values of ~500 cm⁻¹, in agreement with the experimental shifts of band 12. For band 11, the small shift still suggests an LMCT, but the weak intensity would indicate excitation from less covalent, or non-oxygen ligand-based orbital. Including these orbitals into the active space would make the calculations too costly, and as such the exact assignment of band 11 cannot be obtained at this time.

Table S4. MCD	Peaks a	and pol	arizations
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band	energy (cm ⁻¹)	line width (cm ⁻¹)	N4py dipole products Myz, Mxz, Mxy	%polarization (x,y,z)	energy calc. (cm ⁻¹)	assignment
4	10500	300	0.89, 0.89, 1.60	43.3, 43.3, 13.3	13090	$4-{}^{3}E (1b_2 \rightarrow 2e) d_{xy} \rightarrow d_{xz,yz}$
5	11060	300	0.89, 0.89, 1.60	43.3, 43.3, 13.3	13620	$4\text{-}^{3}\text{E} (1b_{2} \rightarrow 2e) d_{xy} \rightarrow d_{xz,yz}$
6	13280	1358	0.83, 0.83, 1.92	45.7, 45.7, 8.6	13630	$2\text{-}{}^{3}\text{E} \;(2e \rightarrow 2b_{1}) \;\; d_{xz,yz} \; \rightarrow \; d_{x2\text{-}y2}$
7	13500	1895	1.25, 1.25, -0.36	7.1, 7.1, 85.7	15400	$2\text{-}^{3}\text{A}_{2}\left(1b_{2}\rightarrow2b_{1}\right) \ d_{xy} \ \rightarrow d_{x2\text{-}y2}$
8	15460	1329	0.83, 0.83, 1.92	45.7, 45.7, 8.6	13650	$2\text{-}^{3}\text{E} \;(2e \rightarrow 2b_{1}) \;\; d_{xz,yz} \; \rightarrow \; d_{x2\text{-}y2}$
9	17150	1586	0.5, 0.5, 3.75	49.6, 49.6, 0.9	18200,18400	$3^{-3}E (2e \rightarrow 2a_1) d_{xz,yz} \rightarrow d_{z2}$
10	20200	1585	0.91, 0.91, 1.5	42.2, 42.2, 15.6	28900	$3{\text{-}}^3\text{A}_2 (1\text{b}_2 \rightarrow 2\text{a}_1) d_{xy} \rightarrow d_{z2}$
11	22830	1500	0.87, 0.87, 1.74	44.5, 44.5, 11		LMCT
12	25700	1782	1.07, 1.07, 0.63	20.7, 20.7, 58.6	31500	$^{3}[A_{1} \bigoplus A_{2} \bigoplus B_{1} \bigoplus B_{2}]$

band	energy (cm ⁻¹)	line width (cm ⁻¹)	DMM dipole products Myz, Mxz, Mxy	%polarization (x,y,z)	energy calc. (cm ⁻¹)	assignment
4	10320	310	0.92, 0.92, 1.91	44.8, 44.8, 10.3	13430	$4\text{-}^{3}\text{E} (1b_{2} \rightarrow 2e) d_{xy} \rightarrow d_{xz,yz}$
5	10910	310	0.92, 0.92, 1.91	44.8, 44.8, 10.3	14000	$4\text{-}^{3}\text{E} (1b_{2} \rightarrow 2e) d_{xy} \rightarrow d_{xz,yz}$
6	13277	1775	0.92, 0.92, 1.95	45.0, 45.0, 10.0	13540	$2\text{-}^{3}\text{E} \;(2e \rightarrow 2b_{1}) \;\; d_{xz,yz} \; \rightarrow \; d_{x2\text{-}y2}$
7	13480	2323	1.39, 1.39, -3.50	46.4, 46.4, 7.3	15400	$2\text{-}^{3}A_{2}\left(1b_{2}\rightarrow2b_{1}\right) \ d_{xy} \rightarrow d_{x2\text{-}y2}$
8	15450	1994	0.92, 0.92, 1.95	45.0, 45.0, 10.0	13670	$2\text{-}^{3}\text{E} (2e \rightarrow 2b_{1}) \ d_{xz,yz} \rightarrow \ d_{x2\text{-}y2}$
9	17120	2379	0.43, 0.43, 7.67	49.9, 49.9, 0.2	18200,18300	$3^{-3}E(2e \rightarrow 2a_1) d_{xz,yz} \rightarrow d_{z2}$
10	20160	2850	0.66, 0.66, 4.99	49.6, 49.6, 0.9	29400	$3\text{-}^{3}\text{A}_{2} (1b_{2} \rightarrow 2a_{1}) d_{xy} \rightarrow d_{z2}$
11	22830	2850	1.10, 1.10, 1.00	31.2, 31.2, 37.7		LMCT
12	25700	1942	0.98, 0.98, 1.27	38.6, 38.6, 22.7	31300	$^{3}[A_{1} \oplus A_{2} \oplus B_{1} \oplus B_{2}]$

band	energy (cm ⁻¹)	line width (cm ⁻¹)	N2Q dipole products Myz, Mxz, Mxy	%polarization (x,y,z)	energy calc. (cm ⁻¹)	assignment
4	10090	360	0.46, 0.46, 2.69	49.3, 49.3, 1.4	12580	$4-{}^{3}\mathrm{E} (1b_{2} \rightarrow 2e) d_{xy} \rightarrow d_{xz,yz}$
5	10120	360	0.46, 0.46, 2.69	49.3, 49.3, 1.4	13610	$4\text{-}^{3}\text{E} (1b_{2} \rightarrow 2e) d_{xy} \rightarrow d_{xz,yz}$
6	11150	1714	0.40, 0.40, 3.09	49.6, 49.6, 0.8	12520	$2\text{-}^{3}\text{E} \; (2e \rightarrow 2b_{1}) \;\; d_{xz,yz} \; \rightarrow \; d_{x2\text{-}y2}$
7	11180	1509	0.99, 0.99, -1.27	38.3, 38.3, 23.4	14020	$2\text{-}^{3}\text{A}_{2}\left(1b_{2}\rightarrow2b_{1}\right) \ d_{xy}\rightarrow d_{x2\text{-}y2}$
8	12860	1449	0.40, 0.40, 3.09	49.6, 49.6, 0.8	13050	$2\text{-}^{3}\text{E} \;(2e \rightarrow 2b_{1}) \;\; d_{xz,yz} \; \rightarrow \; d_{x2\text{-}y2}$
9	14170	1875	0.21, 0.21, 4.50	49.9, 49.9, 0.1	14110,16410	$3\text{-}^{3}\text{E} \;(2e \rightarrow 2a_{1}) \;\; d_{xz,yz} \; \rightarrow \; d_{z2}$
10	17900	2066	0.79, 0.79, 0.25	8.5, 8.5, 82.9	27100	$3\text{-}^{3}\text{A}_{2} (1b_{2} \rightarrow 2a_{1}) d_{xy} \rightarrow d_{z2}$
11	22440	2325	1.07, 1.07, -1.81	42.6, 42.6, 14.9		LMCT
12	25350	1660	0.64, 0.64, 1.30	44.5, 44.5, 10.9	31000	$^{3}[A_{1} \bigoplus A_{2} \bigoplus B_{1} \bigoplus B_{2}]$
13	26990	1050	1.25, 1.25, -0.74	20.4, 20.4, 59.2	34400	$^{3}[A_{1} \oplus A_{2} \oplus B_{1} \oplus B_{2}]$



Figure S2. VT 10T MCD for N2Q, DMM, and N4py.



Figure S3. VT 10T MCD of the low-energy NIR feature for N2Q, DMM, and N4py



Figure S4. MCD fits for 2.5 and 40K. Spectral fits for the N2Q (left), DMM (center), N4py (right) at 2.5 K (top) and 40 K (bottom). Bottom figures shows band number used in table and fits.



Figure S5. Spin Hamiltonian simulations. Spin Hamiltonian simulations for the MCD data and fits in the UV/Vis region between 2.5 and 40 K with 10T applied field for **N2Q**, **DMM**, and **N4py**. Peak numbers are indicated on the right.



Figure S6. VTVH magnetization curves. VTVH MCD magnetization curves for NIR features in all three complexes with SH simulation. Values used are: **N2Q** D=24.3, E=0, g_z = 2.08, $g_{x,y}$ =2.0 **DMM** D = 22.5, E = 0, g_z = 1.95, $g_{x,y}$ = 2.03, **N4py** D = 22.0, E = 0, g_z = 1.95, $g_{x,y}$ = 2.03.

MCD of Glass and Mull sample

The glass and mull powder MCD spectra are overlaid in Figure S7. The singlet transitions are shown to be insensitive to the sample environment.



Figure S7. Comparion of MCD at 10T and 40K for N2Q of glass and mull sample. MCD at 10T and 40K for **N2Q** of a frozen solution glass sample and a mull sample over the UV/Vis range (left) and NIR range (right). The low-energy features in the NIR region remain unchanged in energy.

Vibronic Structure.

Bands 1 and 2 have been previously assigned in similar iron(IV)-oxo complexes as the ${}^{3}A_{2} \rightarrow {}^{3}E(1b_{2}(d_{xy}) \rightarrow 2e(d_{xz/yz}))$ transition, so that the spacing between the peaks arise from the excited state Fe—O stretching frequency (hv_{es}) (26–28). Since this is an excitation into the Fe—O π^{*} orbitals, this elongates the bond, reducing the force constant and lowering the vibrational energy of the stretching mode relative to the ground state. The band shape from the intensity of each band is described by a Poisson distribution:

$$\frac{I_{0-n}}{I_{0-0}} = \frac{S_{HR}{}^n}{n!}$$

Where I_{0-0} and I_{0-n} represent the vibronic transitions from the 0 to 0, and the respective 0 to n vibrational energy levels, S_{HR} is the Huang-Rhys factor described by:

$$S_{HR} = \frac{\frac{1}{2}k_{es}\Delta r^2}{h\nu_{es}}$$

Where k_{es} is the excited state force constant, Δr is the distortion in the excited state structure which for this transition represents an elongation in the Fe—O bond, and hv_{es} is the excited state vibrational energy. The Huang-Rhys factor represents the change in the potential energy surface due to geometric distortions of the excited state structure. For **N4py**, hv_{es} was reported to be ~500 cm⁻¹ and S_{HR} was reported to be ~4.5 (26). Fits here give values of $hv_{es} = 530 + /-18$ cm⁻¹ and S_{HR} a value of 4.48. For **DMM**, the shape and intensity of the vibronic progression is similar to that of **N4py**, and values of hv_{es} = 524 +/- 20 cm⁻¹ and $S_{HR} = 4.55$ were derived from the fits. **N2Q** shows a different band structure with a significantly populated 0—0 band, and with greater individual band intensities overall. The values derived from the fits of **N2Q** are $hv_{es} = 572 + /-28$ cm⁻¹ and $S_{HR} = 2.81$.

Table S5. Parameters derived from fits of the vibronic structure.

	$h\nu_{es}~(\text{cm}^{-1})$	S_{HR}
N2Q	572 +/- 28	2.81
DMM	524 +/- 20	4.55
N4py	530 +/- 18	4.48

Iron(II) RIXS

The RIXS cuts for the iron(II) complexes of N2Q-2+, DMM-2+, and N4py-2+ are shown in Figure S9. The high-spin (HS) N2Q-2+ has a well separated peak at 1.2 eV at all incident energies with a shoulder that grows in at higher incident energies. This peak corresponds to the spin-allowed dd transitions (Figure S8 and FigureS9). At higher energy transfer there are overlapping features around 2.6 eV that grow in relative intensity with increasing incident energy, and with 710.6 eV incident energy a third feature around 4 eV energy transfer. The low-spin (LS) DMM-2+ and N4py-2+ are very similar, with significantly more overlapping features than the HS iron(II) complex. In the 708.1 and 708.6 eV cuts, there are peaks at 1.5 and 2.0 eV that lose definition in the higher incident energy 710.6 eV cut.

The HS iron(II) complex, N2Q-2+, is calculated to have a nearly degenerate S = 2 ground state, and a low-lying S = 2 state 0.124 eV above the ground state. The next lowest lying states are S = 2 at 1.3 eV, with minimal splitting implying nearly degenerate e_g orbitals. At higher energies there are two sets of densely packed spin-forbidden transitions, which align with the shoulder at 1.5 eV that gains intensity at higher incident energy, and the second, higher energy peak at 2.6 eV.

The LS iron(II) complexes, N4py-2+ and DMM-2+, are both calculated to have no states lower in energy than approximately 1.5 eV. There are a multitude of $\Delta S = +1/+2$ transitions between 1.5 and 2.5 eV, where at 2.5 eV the first $\Delta S = 0$ transitions are calculated to be. The $\Delta S = 1$ transitions line up nicely with the features at approximately 1.5 and 2.0 eV, and the first $\Delta S = 0$ transition is in agreement with the large peak at approximately 2.3 eV in the 708.1 and 710.6 eV cuts. The largest peak shifts to 2.5 eV in the 708.6 eV cut, though the CAS calculations are underestimating this transition by ~0.1 eV.



Figure S8. RIXS cuts for iron(II) complexes. RIXS cuts for the iron(II) complexes of N2Q, DMM, and N4py out to 10 eV energy transfer. Incident energies are shown in figure for each cut.



Figure S9. RIXS cuts for iron(II) complexes with CASSCF/NEVPT2 energies. RIXS cuts for iron(II) complexes and their state-averaged CASSCF/NEVPT2 energies represented below as sticks with spin states S=0 (black), S=1 (red) and S=2 (blue). The ground states are N2Q (S=2), DMM (S=0), and N4py (S=0).

Iron(IV)-oxo RIXS

The 2p3d RIXS for the three complexes are shown in Figure S10. The cut with a 706.6 eV incident energy displays two separated features for all three complexes, with the sharper, more intense peak at approximately at 1.3 eV and the broader, weaker feature at approximately 2.6 eV. Increasing the incident energy to 708.1 eV causes a loss of definition in the complexes, but in N4py and DMM a feature grows in at around 2.2 eV, while in N2Q the intensity peaks around 1.5 eV. With an incident energy of 708.6 eV, N4py remains largely unchanged while DMM and N2Q becomes more welldefined. Further increasing the incident energy to 710.6 eV causes significant changes in the RIXS, with intensity below 1 eV becoming apparent in all complexes, as well as a shoulder around 1.4 eV and a peak around 2.3 eV. For the lower energy transfer feature, in N4py is appears as a small shoulder around 1 eV, the **DMM** shows a larger separation and is around 0.85 eV, and the N2O appears as a distinct peak at approximately 0.7 eV. Fits of the data are performed both with energies held (Figure S11) at the values from the MCD fits, as well as using freely floating peak energies (Figure S12). In the 0.4 to 1.0 eV range, both fits contain a constant Gaussian function at approximately 0.66 eV, which in the MCD-derived fits corresponds to the lowest triplet to singlet transition. From the MCD fitting, the N2Q, DMM and N4py have a function at 0.45 eV, 0.86 and 0.94 eV, respectively. From the freely floating peak fitting, the features are at 0.47, 0.85, and 0.95 for N2Q, DMM, and N4py, respectively. As the triplet to singlet transitions remain at nearly constant energy for all three complexes, the change in shape of the 708.6 and 710.6 eV cut requires a Gaussian function that shifts significantly in energy between complexes. This is consistent in both methods of fitting the RIXS cuts. In Figure S13, the fits are shown excluding the ⁵A₁ peak, and the reduced χ^2 are shown in table S7.



Figure S10. RIXS cuts for iron(IV)-oxo complexes. RIXS cuts for the iron(IV)-oxo complexes of N2Q, DMM, and N4py



Figure S11. RIXS cuts for iron(IV)-oxo complexes with fixed fits and with ${}^{5}A_{1}$. RIXS cuts for the iron(IV)-oxo complexes with fitted functions with energies fixed for the singlet and triplet transitions from the MCD fits. Linewidths were allowed to float (see methods). The red (quintet) function's energy is freely floating, and found to be 0.45 (N2Q), 0.86 (DMM), and 0.94 (N4py) eV. A single function (light grey) is used to fit asymmetry in the elastic peak in certain incident energies.



Figure S12. RIXS cuts for iron(IV)-oxo complexes with floated fits. RIXS cuts for the iron(IV)-oxo complexes with fitted functions with energies freely floating. Below 1 eV, all three complexes have a fitted function at ~0.66 eV corresponding to the singlet transition, and a moving function from 0.47 (N2Q), 0.85 (DMM), and 0.95 (N4py) corresponding to the ${}^{5}A_{1}$ feature.



Figure S13. RIXS cuts for the iron(IV)-oxo complexes with MCD held intensities without the floated peak for the ⁵A₁ state

		-	-
Complex	Incident Energy (eV)	With ${}^{5}A_{1}$	Without ${}^{5}A_{1}$
N2Q	708.6	2.2	3.3
	710.6	9.4	13.8
DMM	708.6	4.5	4.9
	710.6	5.9	6.2
N4py	708.6	2.2	3.4
	710.6	13.5	17.1

Table S6. Reduced χ^2 for the fits with and without the ⁵A₁ function for the RIXS cuts at 708.6 and 710.6 eV.



Figure S14. ORTEP of DMM. ORTEP plots of **DMM** with thermal ellipsoids set at 50% probability. Hydrogens and counterions are removed for clarity.

Table S7. Selected geometric parameters for the iron(IV)-oxo complexes

	^a N4py	^b DMM	°N2Q
Fe-O	1.639	1.659	1.677
Fe-N _{eq,py}	1.964	1.969 1.968	2.023 2.024
Fe-N _{eq,het}	1.949	1.968 1.946	2.073 2.067
Fe-N _{ax}	2.033	2.047	2.084
Nax-Fe-O	179.4	178.1	170.5

^a Data from reference *19*

^b Data from this work

^c Data from reference (21)

 Table S8. Crystallographic data of DMM.

	DMM	
Formula	C ₂₉ H ₃₃ Cl ₂ FeN ₅ O ₁₁	
M _r in g mol ⁻¹	754.35	
Color, habit	blue prism	
Crystal system	tetragonal	
Space group	I4 ₁ /a ; No. 88	
a in Å	34.1866(12)	
b in Å	34.1866(12)	
c in Å	10.6065(4)	
V in Å ³	12396.1(10)	
Z	16	
T in K	100(2)	
Crystal size in mm ³	$0.11\times0.085\times0.082$	
$ ho_{ m c}$ in g cm ⁻³	1.617	
F(000)	6240	
Diffractometer	Bruker-AXS Kappa Mach3 APEX-II	
$\lambda_{XK\alpha}$ in Å	X = Mo	
	0.71073	
$\theta_{\min} \ln \theta$	1.191 31 221	
Omax III	51.221	
Index range	$-49 \le n \le 49$ $-49 < k < 49$	
	$-15 \le 1 \le 15$	
μ in mm ⁻¹	0.730	
Abs. correction	Multi-Scan	
Reflections collected	207278	
Reflections unique	10063	
R _{int}	0.0329	
Reflections obs. [F> $2\sigma(F)$]	8785	
Residual density in e Å ⁻³	0.558/-0.596	
Params/restraints	439/0	
GOOF	1.052	
$R_1 [I > 2\sigma(I)]$	0.0337	
wR2 (all data)	0.0875	
CCDC	2314930	

Mössbauer for iron(IV)-oxo complexes

The 2K, zero-field Mössbauer spectra are shown in figure S16 for the three oxo complexes. As the solid powders could be generated in large quantities, unenriched samples were used for these measurements. The fitted parameters are shown in Table S8. As only one quadrupole doublet was necessary in simulation for the fits, the samples are composed purely of the S=1 iron(IV)-oxo complexes within the limit of detection of the method.

Table S9	. Mössbauer	parameters
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Figure S15. Mössbauer spectra for iron(IV)-oxo complexes. 2K, 0T Mössbauer spectra of N2Q (top), DMM (middle), and N4py (bottom). All complexes are simulated a single quadrupole doublet with parameters given in Table S9.

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