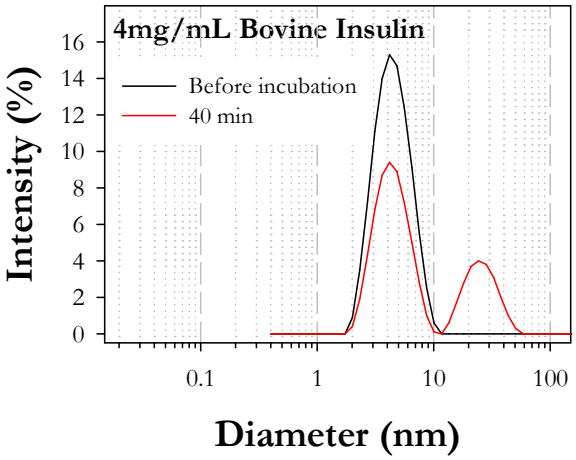
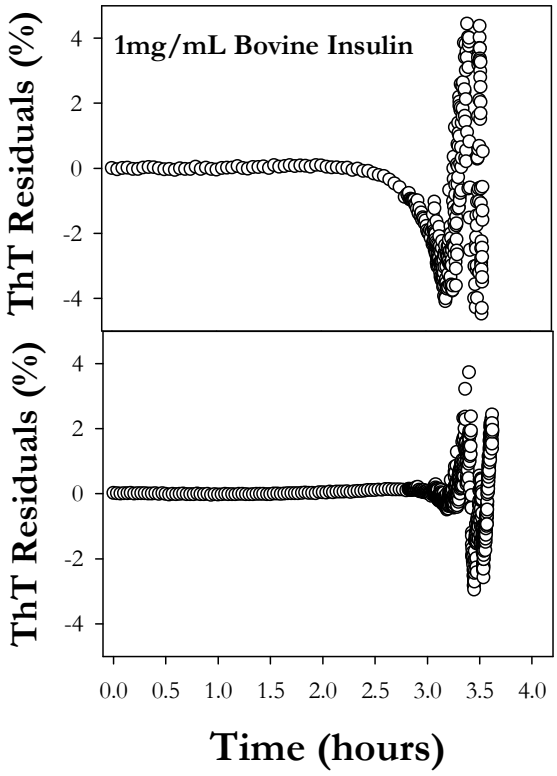
S1



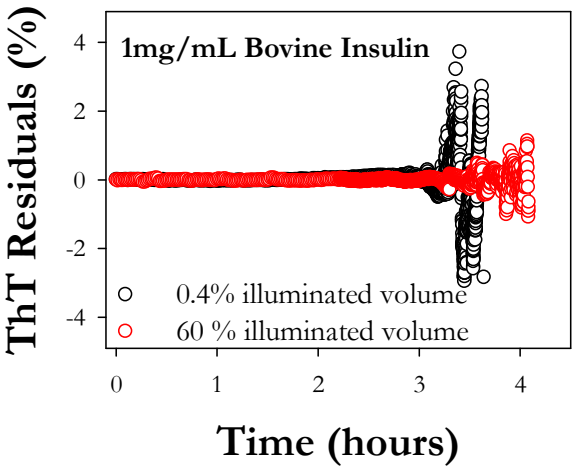
Fibrillation kinetics of bovine insulin at 4 mg/ml in 25 mM HCl, 0.1 M NaCl, 60°C. Diameter size distribution before incubation (black) and after 40 min at 60°C (red) as obtained by analysis of dynamic light scattering data. Presence of the oligomer species with ~30 nm of diameter has been clearly detected only during the fibrillation at 4mg/ml, in correspondence of the first increase of the ThT signal (see Figure 2a and Figure 2b, II). No clear distribution of oligomers have been detected for the other concentrations investigated.

S2



Temporal profile of percentual residuals during the lag phase and at the beginning of the fibril growth as obtained by fitting of the kinetic profiles (see Section 2.2 in the manuscript for details on the analysis). Data are shown for two independent fibrillation kinetics at 1mg/ml bovine insulin in 25mM HCl, 0.1 M NaCl, 60°C (λ_{exc}=450 nm λ_{em}=480 nm).

S3



Temporal profile of percentual residuals during the lag phase and at the beginning of the fibril growth as obtained by fitting of the kinetic profiles (see Section 2.2 in the manuscript for details on the analysis). Data are shown for two different experimental settings: with (0.4% illuminated volume) and without (60% illuminated volume) highly focused beam on the sample (see Section 2.2). Data are recorded during the fibrillation kinetics of 1mg/ml bovine insulin in 25mM HCl, 0.1 M NaCl, 60°C (λ_{exc}=450 nm λ_{em}=480 nm).