# Characterizing $\mu \mathrm{s}$-ms Exchange in Labeled and Unlabeled Nucleic Acids by Carbon $\mathbf{R}_{1 \rho}$ NMR Spectroscopy 

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## Supplementary Methods

## Sample Preparation and Assignment

The uniformly ${ }^{13} \mathrm{C} /{ }^{15} \mathrm{~N}$ labeled A-site rRNA sample was prepared by in vitro transcription using synthetic double stranded DNA templates containing a T 7 promoter and the A-site rRNA sequence of interest (Integrated DNA Technologies, Inc.), T7 RNA polymerase (Takara Mirus Bio, Inc.), and ${ }^{13} \mathrm{C} /{ }^{15} \mathrm{~N}$ labeled nucleotide triphosphates (Cambridege Isotiopes, Inc.). The RNA was purified by $20 \%(\mathrm{w} / \mathrm{v})$ denaturing polyacrylamide gel electrophoresis containing 8 M urea and 1 x TBE followed by electroelution in 20 mM Tris pH 8 buffer and ethanol precipitation. The RNA pellet was dissolved and exchanged into NMR buffer ( 15 mM sodium phosphate, 0.1 mM EDTA, and 25 mM NaCl at $\mathrm{pH} \sim 6.4$ ) using a Centricon Ultracel YM-3 concentrator (Millipore Corp.). The final NMR sample had an RNA concentration of $\sim 1 \mathrm{mM}$, NMR buffer and $10 \% \mathrm{D}_{2} \mathrm{O}$. The A-site rRNA NMR spectra were assigned using conventional NMR methods such as 3D exchangeable ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ NOESY-HSQC, 3D non-exchangeable ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ NOESY-HSQC, 2D HCN ${ }^{1}$, HCCH-COSY (correlates H2/H8 resonances) ${ }^{2,3}$, 2D IP-COSY (correlated H5/H6 resonances). ${ }^{4,5}$ The assignments were further verified with previous assignments. ${ }^{6}$

Unmodified DNA oligonucleotides were purchased from IDT, Inc. (Coralville, IA) and purified by standard desalting. The gel filtration grade 1,N6-ethenoadenine modified oligonucleotide (5' GATCCTeACCTTCG 3') was purchased from Midland Certified Reagent Company, Inc. (Midland, TX). The sequences for the control (A-DNA) and damaged (eADNA) duplex were identical ( $5^{\prime}$ CGAAGGTAGGATC[G]/ [C]GATCCTXCCTTCG 3') except for the damaged residue $(\mathrm{X}=\mathrm{eA}$ or A$)$ and a terminal base pair substitution (in brackets) introduced in A-DNA to prevent spectral overlap of the target Adenine. The DNA oligos were resuspended in 10 mM Na-MES (pH 6.1), $100 \mathrm{mM} \mathrm{NaCl}, 0.1 \mathrm{mM}$ DTT, 0.1 mM EDTA buffer at $\sim 200 \mu \mathrm{M}$ concentration. Duplexes were annealed by mixing an equal molar ratio of the complementary DNA strands, heating for 2 min at $95^{\circ} \mathrm{C}$ and gradual cooling ( $\sim 30 \mathrm{~min}$ ) at room temperature. DNA preparations were further washed 3 X in resuspension buffer by micro-centrifugation using an Amicon Ultra-4 centrifugal filter (3 kDa cutoff), concentrated to $\sim 250 \mu 1(\sim 5 \mathrm{mM})$ for NMR studies and supplied with $10 \% \mathrm{D}_{2} \mathrm{O}$. Exchangeable and nonexchangeable protons of the unlabeled DNA duplexes were assigned using conventional NMR methods $\left({ }^{1} \mathrm{H},{ }^{1} \mathrm{H}\right.$-NOESY $)$
at $25^{\circ} \mathrm{C}$ in $10 \% \mathrm{D}_{2} \mathrm{O} .{ }^{7}$ The assignments for the adenine adduct were consistent with previous assignments. ${ }^{8}$ All $2 \mathrm{D}{ }^{13} \mathrm{C},{ }^{1} \mathrm{H}$ HSQC spectra of aromatic and sugar resonances were acquired at natural abundance.

## Selective 13C $R_{I \rho}$ Pulse Sequence

The selective $R_{1 \rho}$ pulse sequence is shown in Figure 1 of main paper. Solid, narrow bars represent hard $90^{\circ}$ pulses, while the open, narrow ${ }^{13} \mathrm{C}$ pulses apply a tip angle $\theta=\operatorname{arccot}\left(|\Omega| / \omega_{13 \mathrm{C}}\right)$, where $\Omega$ is the ${ }^{13} \mathrm{C}$ resonance offset from the spinlock and $\omega_{13 C}$ is the spinlock field strength. Open rectangles represent periods of continuous-wave irradiation for water presaturation (ca. 10 Hz ), cross polarization ( $\omega_{\mathrm{CP}}$, ca. 100 Hz ), decoupling CH DD/CSA cross-correlated relaxation and ${ }^{1} \mathrm{~J}_{\mathrm{CH}}$ evolution ( $\omega_{1 \mathrm{H}}$, ca. 8-10 kHz), and the $\mathrm{R}_{1 \mathrm{p}}$ spinlock ( $\omega_{13 \mathrm{C}}, 100-3500 \mathrm{~Hz}$ ). Spinlock powers were calibrated as described previously. ${ }^{9,10}$ Additional purge elements at the end of the $\omega_{1 H}$ spinlock are included to aid with water suppression. Decoupling during acquisition is accomplished with a 3.5 kHz GARP sequence. For uniformly ${ }^{13} \mathrm{C} /{ }^{15} \mathrm{~N}$ samples 2.4 kHz and 1.0 kHz GARP decoupling is used on ${ }^{13} \mathrm{C}$ and ${ }^{15} \mathrm{~N}$ channels, respectively. Application of prolonged high power spinlocks is known to cause sample heating effects. These effects can be on the order of several degrees, depending on the length and power of the spinlocks applied as well as different buffer conditions. In order to maintain a constant level of rf power applied to the sample, a heat compensation block is used after acquisition for a time $\mathrm{T}_{\text {comp }}=\mathrm{T}_{\max }$ - T , where $\mathrm{T}_{\text {max }}$ is the maximum relaxation delay used in the series. Variations in the ${ }^{13} \mathrm{C}$ spinlock power were not accounted for the dispersion study given the constant high power proton spinlock used in all studies. Heat compensation is applied far off resonance to prevent perturbations of the proton magnetization. The nearly constant rf irradiation of the proton channel affords excellent water suppression even for ribose and C5 resonances near the water signal. Between points a and d, the ${ }^{1} \mathrm{H}$ carrier is placed on-resonance with the signal of interest while between b and c , the carbon spinlock is placed at a desired offset $\Omega$ from the ${ }^{13} \mathrm{C}$ frequency of the resonance of interest. The optional $\zeta$ delay (dotted line) can be used to suppress ${ }^{13} \mathrm{C}$ signals with similar ${ }^{1} \mathrm{H}$ frequencies, where $\zeta=\pi /(2 \delta)$ and $\delta /(2 \pi)$ is the carbon offset (in Hz ) of the undesirable signal. In uniformly labeled samples, the presence of large homonuclear scalar couplings severely compromises the efficiency of the $\zeta$ delay and therefore should not be used on pyrimidine C 5 or C 6 or ribose resonances and only isolated spins $\left(|\delta|>\omega_{\mathrm{cp}}\right)$ should be studied. Simulations show that the effect is negligible for purine C 2 and C 8 resonances with $|\delta| / 2 \pi$ greater than 25 Hz . Delay $\tau_{\text {eq }}$ allows equilibration of the exchanging spins, optimally $\sim 3 / \mathrm{k}_{\mathrm{ex}}$, and is set to 5 ms . Gradients 1,2 , and 3 are applied for 1 ms with SMSQ1.100 profiles and amplitudes of 4.3, 8.9, 8.3, 9.7, and
6.1 G/cm, respectively. The phase cycle is $\phi_{1}=\{8(\mathrm{y}) 8(-\mathrm{y})\}, \phi_{2}=\{-\mathrm{xx}\}, \phi_{5}=\{4(\mathrm{x}) 4(-\mathrm{x})\}, \phi_{6}=\{2(\mathrm{x}) 2(-\mathrm{x})\}, \phi_{\text {rec }}=\{\mathrm{x}-\mathrm{x}-$ $\left.\mathrm{xx} \mathrm{x} \mathrm{x} \mathrm{x}^{\mathrm{x}}-\mathrm{xxx}-\mathrm{xx}-\mathrm{x}-\mathrm{xx}\right\}$. For $\Omega>0$ (resonance downfield of spinlock), $\phi_{3}=-\mathrm{y}, \phi_{4}=\mathrm{y}$. For $\Omega<0, \phi_{3}=\mathrm{y}, \phi_{4}=-\mathrm{y}$. Data for eA20 C5 and C2 were acquired using 1536 and 2048 transients, respectively, by setting the selective heteronuclear Hartman-Hahn transfers on-resonance with the desired peak yielding signal:noise ratios $>40: 1$ at $\mathrm{T}=0$.

## Calculating Hartman-Hahn contributions to relaxation

Heteronuclear cross polarization can be achieved with high efficiency as long as $\omega_{\mathrm{CP}} /(2 \pi)$ is larger than $\left|J_{\mathrm{CH}}\right| \sqrt{ } 3 / 4$. For nucleic acids, a value for $\omega_{\mathrm{CP}} /(2 \pi)$ of $\sim 70-100 \mathrm{~Hz}$ can therefore be used to minimize transfers to nearby carbon resonances (within about $1.5 \mathrm{x} \omega_{\mathrm{CP}}$ ). ${ }^{11,12}$ When using uniformly labeled samples, care must be taken to avoid Hartman-Hahn matching conditions owing to sizable scalar couplings ( $8-12 \mathrm{~Hz}$ ) to remote carbons in the aromatic bases and large one-bond homonuclear couplings in both sugar and bases. The maximum efficiency of Hartman-Hahn transfer between spins I and S is given by ${ }^{13}$
$A_{\text {HAHA }}=\left(1+\left(\frac{\omega_{\text {eff }, \mathrm{I}}-\omega_{\text {eff }, \mathrm{S}}}{\mathrm{J}_{\mathrm{IS}}\left(1+\cos \left(\theta_{\mathrm{I}}-\theta_{\mathrm{S}}\right)\right) / 2}\right)^{2}\right)^{-1}$
where $\omega_{\text {eff } X}=\left(\omega_{1}^{2}+\Omega_{\mathrm{X}}{ }^{2}\right)^{1 / 2}$ is the effective spinlock strength at spin $\mathrm{X}, \mathrm{J}_{\text {IS }}$ is the scalar coupling constant, and $\theta_{\mathrm{X}}=$ $\operatorname{atan}\left(\omega_{1} / \Omega_{\mathrm{X}}\right)$ is the tip angle of the magnetization of spin X with respect to the static magnetic field. In the present study, the chemical shifts of quaternary carbons in purine bases were determined using a TROSY relayed HCCH-COSY experiment. ${ }^{2}$ Data with computed $A_{\text {HAHA }}>1 \%$ for the C2-C4 or C2-C6 couplings (using a $\mathrm{J}_{\mathrm{CC}}$ of -1 Hz ) and $>0.1 \%$ for $\mathrm{C} 2-$ C5 couplings ( $\mathrm{J}_{\mathrm{CC}}=11 \mathrm{~Hz}$ ) were removed from the analysis (Supplementary Table 1) ${ }^{5,7}$. Mono-exponential decays were observed for all offset/power combinations for the C2 spins of A08, A10, A92, and A93 and C1' of A93 in the bacterial ribosomal A-site (for examples, see Supplementary Figure 2).

## Analyzing chemical exchange data

Chemical exchange in the ribosomal A-site was determined to be near intermediate exchange $\left(\mathrm{k}_{\mathrm{ex}} \approx|\Delta \omega|\right)$ on the NMR timescale. Under these conditions, the simple expression for fast chemical exchange, $R_{1 \rho}=R_{1} \cos ^{2} \theta+R_{2,0} \sin ^{2} \theta+\sin ^{2} \theta$ $\Phi_{\text {ex }} \mathrm{k}_{\mathrm{ex}} /\left(\omega_{\mathrm{eff}}{ }^{2}+\mathrm{k}_{\mathrm{ex}}{ }^{2}\right)$, where $\Phi_{\mathrm{ex}}=\mathrm{p}_{\mathrm{a}} \mathrm{p}_{\mathrm{b}} \Delta \omega^{2}$ is used as a single fitting parameter and $\omega_{\mathrm{eff}}=\left(\omega_{13 \mathrm{C}}{ }^{2}+\Omega^{2}\right)^{1 / 2}$, is not adequate to
accurately determine chemical exchange parameters. ${ }^{14}$ Here, chemical exchange parameters were determined using the expression for asymmetric two-site chemical exchange,
$R_{1 \rho}=R_{1} \cos ^{2} \theta+R_{2, \rho} \sin ^{2} \theta+\sin ^{2} \theta \frac{p_{a} p_{b} \Delta \omega^{2} k_{e x}}{(\Omega+\Delta \omega)^{2}+\omega_{1}^{2}+k_{e x}^{2}}$
where $\Omega \approx \Omega_{\mathrm{A}}$ is the resonance offset from the spinlock carrier, $\tan (\theta)=\omega_{1} / \Omega_{\text {avg }}, \Delta \omega=\Omega_{\mathrm{B}}-\Omega_{\mathrm{A}}, \Omega_{\mathrm{avg}}=\mathrm{p}_{\mathrm{a}} \Omega_{\mathrm{A}}+\mathrm{p}_{\mathrm{b}} \Omega_{\mathrm{B}}$. The analysis was implemented using Origin v7.0383 (OriginLab Corporation). The best fit parameters, as determined from F-statistics at the $99 \%$ confidence level (Supplementary Table 2), yield $\mathrm{R}_{2}$ of $33.71 \pm 0.11$ and $22.68 \pm 0.42 \mathrm{~Hz}, \Delta \omega$ of $-0.96 \pm 0.02$ and $-4.33 \pm 0.11 \mathrm{ppm}$ for A08 and A93, respectively, a $\mathrm{p}_{\mathrm{b}}$ of $4.60 \pm 0.12 \%$, and $\mathrm{k}_{\text {ex }}$ of $3133 \pm 77 \mathrm{~s}^{-1}$. The best fit $\mathrm{R}_{2}$ for A 10 is $34.70 \pm 0.07 \mathrm{~Hz}$.

Chemical exchange in the unlabeled damaged DNA was determined to be fast $\left(\mathrm{k}_{\mathrm{ex}} \gg|\Delta \omega|\right)$ on the NMR timescale. Under these conditions, the chemical shift difference between the exchanging states becomes inseparable from the populations and therefore the simple expression for fast exchange was used. The best fit parameters for the C 2 resonance of the damaged base are $\mathrm{k}_{\mathrm{ex}}=3.9 \pm 1.2 \times 10^{4} \mathrm{sec}^{-1}, \mathrm{R}_{1}=2.87 \pm 0.93 \mathrm{~Hz}, \mathrm{R}_{2,0}=53 \pm 32 \mathrm{~Hz}$, and $\Phi_{\mathrm{ex}}=3.11 \pm 2.16 \times 10^{6}$ $\sec ^{-2}$.


Supplementary Figure 1. Normalized intensity measurements from HSQC experiments of the C1'H1' (diamonds), C2H2 (circles), C 5 H 5 (squares), $\mathrm{C} 6 \mathrm{H} 6(\mathbf{\Delta})$, and $\mathrm{C} 8 \mathrm{H} 8(\boldsymbol{\nabla})$ spins. Internal loop adenines are highlighted in red.


Supplementary Figure 2. Evidence for chemical exchange in an unlabelled eA damaged DNA. (a) Normalized intensity measurements from HSQC experiments of the $\mathrm{C1}^{\prime} \mathrm{H1}^{\prime}$ (diamonds), C 2 H 2 (squares), C 5 H 5 (circles), C 6 H 6 ( $\mathbf{\Delta}$ ), and $\mathrm{C} 8 \mathrm{H} 8(\mathbf{\nabla})$ spins. The square and triangle for residue eA20 represent C 5 H 5 and C 2 H 2 of the damaged base, respectively. (b,c) Relaxation dispersion profiles for C 2 of eA20. Data was collected in a constant-time fashion with $\mathrm{R}_{1 \mathrm{p}}=$ $\ln \left(\mathrm{I}_{0} / \mathrm{I}_{1}\right) / \mathrm{T}$, where $\mathrm{I}_{0}$ and $\mathrm{I}_{1}$ are the intensities of the signal at T is 0 and 8 ms , respectively. The experiments had a total acquisition time of 62 hours ( 1 hour per power/offset combination). Solid lines represent the best fit to the fast exchange model. (b) Offset and power dependence of $\mathrm{R}_{1 \mathrm{p}}$. Shown are spinlock powers of 1.5 and 3.5 kHz in red and blue, respectively. (c) The complete effective-field dependence of $\mathrm{R}_{2}+\mathrm{R}_{\mathrm{ex}}$. Errors are calculated as $\sigma_{\mathrm{R} 1 \rho} / \sin ^{2} \theta$, where $\sigma_{\mathrm{R} 1 \rho}$ is the $\mathrm{R}_{1 \rho}$ measurement error. A sequence where eA20 is replaced with an adenine was used as a control (open symbols, C8 spin of A20). Dashed line represents the average R2 of 49.0 Hz .


Supplementary Figure 3. Examples of mono-exponential decays for the C2 of A08 at a variety of offsets and spinlock powers, indicated in the frames along with the maximum calculated $\mathrm{A}_{\text {HAHA }}$ value.

|  |  | A08 |  |  | A10 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Offset (Hz) | Power (Hz) | АНАНА $^{\text {- }}$ C4 | А $_{\text {HAHA }}$ - C5 | АНАНА $^{\text {- }}$ C6 | АНАНА $^{\text {- }}$ C4 | АНАНА $^{\text {- }}$ C5 | АНАНА $^{\text {- }}$ C6 |
| 0 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 274.65 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 366.25 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 549.26 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 640.89 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 732.45 | 0.0000 | 0.0000 | 0.0001 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 823.72 | 0.0000 | 0.0000 | 0.0001 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 915.76 | 0.0000 | 0.0000 | 0.0001 | 0.0000 | 0.0000 | 0.0000 |
| 0 | 1373.35 | 0.0000 | 0.0000 | 0.0002 | 0.0001 | 0.0000 | 0.0000 |
| 0 | 1831.39 | 0.0000 | 0.0000 | 0.0003 | 0.0001 | 0.0000 | 0.0001 |
| 0 | 2289.71 | 0.0001 | 0.0000 | 0.0005 | 0.0002 | 0.0000 | 0.0001 |
| 0 | 2746.50 | 0.0001 | 0.0000 | 0.0008 | 0.0003 | 0.0000 | 0.0001 |
| 0 | 3204.65 | 0.0001 | 0.0000 | 0.0011 | 0.0004 | 0.0000 | 0.0002 |
| -175 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -100 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -50 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -25 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 25 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 50 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 100 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 175 | 91.58 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -350 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -225 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -100 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -50 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 50 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 100 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 225 | 183.14 | 0.0000 | 0.0000 | 0.0078 | 0.0000 | 0.0000 | 0.0000 |
| 350 | 183.14 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0002 |
| -850 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -625 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -475 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -325 | 457.91 | 0.0001 | 0.0000 | 0.0000 | 0.0002 | 0.0000 | 0.0000 |
| 325 | 457.91 | 0.0000 | 0.0000 | 0.0001 | 0.0000 | 0.0000 | 0.0002 |
| 475 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 625 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 850 | 457.91 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -1700 | 915.76 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -1100 | 915.76 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -650 | 915.76 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -450 | 915.76 | 0.0003 | 0.0000 | 0.0000 | 0.0001 | 0.0000 | 0.0000 |
| 450 | 915.76 | 0.0000 | 0.0000 | 0.0001 | 0.0000 | 0.0000 | 0.0002 |
| 650 | 915.76 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 1100 | 915.76 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 1700 | 915.76 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -2500 | 2289.71 | 0.0000 | 0.0280 | 0.0000 | 0.0000 | 0.0030 | 0.0000 |
| 2500 | 2289.71 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -1800 | 2746.50 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0001 | 0.0000 |
| 1800 | 2746.50 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| -2000 | 3204.65 | 0.0000 | 0.0001 | 0.0000 | 0.0000 | 0.0002 | 0.0000 |
| 2000 | 3204.65 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 2800 | 3204.65 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 3500 | 3204.65 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 4800 | 3204.65 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |
| 6000 | 3204.65 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 | 0.0000 |

Supplementary Table 1. Hartman-Hahn efficiencies calculated for the C2 spins in A08 and A10 using equation S1. Bold data were excluded from analysis. Spinlock offsets of $\left(\Omega_{\mathrm{C}^{1}}+\Omega_{\mathrm{C}^{2}}\right) / 2 \pm \omega_{1}\left(\Omega_{\mathrm{C}^{\prime}}=87.8 \mathrm{ppm}, \Omega_{\mathrm{C}^{2}}=74.1 \mathrm{ppm}\right)$ were avoided to prevent Hartman-Hahn matching during the experiments on C1' of A93.

| Residue | N | F-statistic | p -value | $\mathrm{R}_{2}(\mathrm{~Hz})$ | $\Delta \omega / 2 \pi(\mathrm{~Hz})$ | $\mathrm{p}_{\mathrm{b}}$ (\%) | $\mathrm{k}_{\text {ex }}\left(\mathrm{s}^{-1}\right)$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Individual |  |  |  |  |  |  |  |
| A08 C2 | 56 | 1092.79 | 0 | $37.85 \pm 0.06$ | -- | -- | -- |
|  |  |  |  | $33.87 \pm 0.12$ | $199.7 \pm 15.9$ | $2.28 \pm 0.34$ | $2830.9 \pm 106.0$ |
| A10 C2 | 56 | 0.83039 | 0.483333 | $\mathbf{3 4 . 7 0} \pm \mathbf{0 . 0 7}$ | -- | -- | -- |
|  |  |  |  | $34.64 \pm 0.08$ | $111.4 \pm 259.8$ | $0.79 \pm 165.3$ | $48.4 \pm 10269.5$ |
| A93 C1, | 64 | 2078.012 | 0 | $56.34 \pm 0.22$ | -- | -- | -- |
|  |  |  |  | $22.29 \pm 0.46$ | $641.1 \pm 16.7$ | $4.63 \pm 0.13$ | $3339.7 \pm 110.5$ |
| Shared $p_{b}, k_{e x}$ |  |  |  |  |  |  |  |
| A08 C2, | 120 | 3.8989 | $2.30714 \mathrm{E}-2$ | $33.71 \pm 0.11$ | $144.3 \pm 2.8$ | $4.60 \pm 0.12$ | $3133.3 \pm 76.7$ |
| A93 C1' | 120 | 3.8989 | $2.30714 \mathrm{E}-2$ | $\mathbf{2 2 . 6 8} \pm 0.42$ | $653.9 \pm 16.1$ | $4.60 \pm 0.12$ | $3133.3 \pm 76.7$ |

Supplementary Table 2. Chemical exchange parameters and statistical analysis indicating the presence of two separate motions. In bold are the final choice of parameters.

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