

## Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a | Confirmed

- The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

Data collection

Data analysis

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

The data availability statement reads, "All reagents generated in this study are available from the corresponding author with a Material Transfer Agreement. All data supporting the findings of this study are available within the article and Supplementary Information files. Source data are also provided with this paper."

## Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

|  |     |
|--|-----|
| Reporting on sex and gender  | N/A |
| Reporting on race, ethnicity, or other socially relevant groupings | N/A |
| Population characteristics   | N/A |
| Recruitment  | N/A |
| Ethics oversight   | N/A |

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences       Behavioural & social sciences       Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

|                 |  |
|-----------------|--|
| Sample size     | No statistical method was used to predetermine sample size. Instead, sample sizes were determined based on previous imaging studies. A citation is provided in the text. |
| Data exclusions | No data were excluded.   |
| Replication     | At least 3 biological replicates were performed for all experiments. All attempts at replication were successful.  |
| Randomization   | Samples were analyzed randomly and without bias.   |
| Blinding        | The investigators were blinded to allocation during experiments and outcome assessment.  |

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

### Materials & experimental systems

| n/a                                 | Involved in the study                                     |
|-------------------------------------|---|
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> Antibodies            |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> Eukaryotic cell lines |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Palaeontology and archaeology    |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Animals and other organisms      |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Clinical data                    |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Dual use research of concern     |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Plants                           |

### Methods

| n/a                                 | Involved in the study                           |
|-------------------------------------|---|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> ChIP-seq               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Flow cytometry         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> MRI-based neuroimaging |

## Antibodies

|                 |   |
|-----------------|---|
| Antibodies used | Sec24a (Santa Cruz Biotechnology; sc-169279), GM130 (BD Sciences; BD610823), ERGIC-53 (Santa Cruz Biotechnology; sc-66880), and PDIA3 (Proteintech; 15967-1-AP) |
|-----------------|---|

Validation

All antibodies were validated by immunofluorescence (using siRNA-mediated depletion to confirm specificity) and immunoblotting (with similar siRNA controls to confirm specificity) using human RPE1 cells. Further validation was performed by the manufacturer in all cases.

## Eukaryotic cell lines

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Policy information about [cell lines and Sex and Gender in Research](#)

Cell line source(s)

CRL-4000 from ATCC

Authentication

Authentication was carried out STR analysis.

Mycoplasma contamination

All cell lines are routinely tested negative for mycoplasma.

Commonly misidentified lines  
(See [ICLAC](#) register)

None.