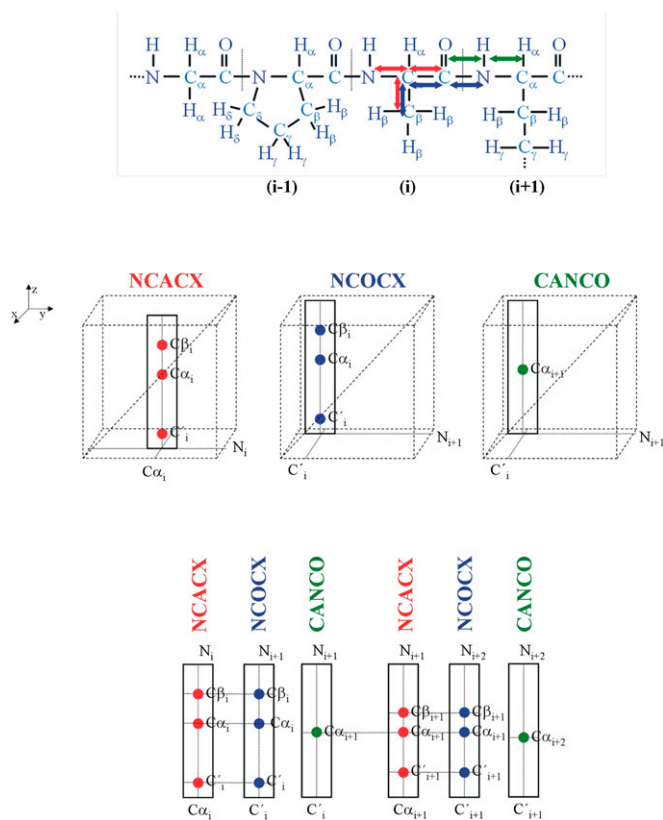


# Supporting Information

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**Fig. S1.** Schematic representation of the possible connectivities detected in the 3D experiments NCACX (red), NCOCX (blue), and CANCO (green) used for the sequential assignment at the solid state. A peak in the NCACX resonates at the frequencies of  $N_i$ - $C\alpha_i$ - $CX_i$ , where  $CX_i$  can be one of the  $^{13}\text{C}$  nuclear spins of residue  $i$  ( $C'_i$ ,  $C\alpha_i$ ,  $C\beta_i$ , etc.). A peak in the NCOCX resonates at the frequencies of  $N_{i+1}$ - $C'_i$ - $CX_i$ . A peak in the CANCO resonates at the frequencies of  $C\alpha_{i+1}$ - $N_{i+1}$ - $C'_i$ . Independently of the acquisition dimension, the 3D spectra are oriented with the  $^{15}\text{N}$  dimension along the x axis. Each strip is therefore a portion of a  $^{13}\text{C}$ - $^{13}\text{C}$  plane ( $y, z$ ), centered at the  $^{13}\text{C}$  frequency reported in the bottom of each spectrum and extracted from a plane at the indicated  $^{15}\text{N}$  frequency. The vertical strips are then visualized next to one another (as in Figs. S2 and S3) and used to build up sequential patterns. A strip at a given  $^{15}\text{N}$  frequency in the NCACX permits the identification of intraresidue (residue  $i$ )  $C\alpha$ ,  $C\beta$ , and  $C'$ . Comparison with the following NCOCX strip allows the identification of the backbone  $^{15}\text{N}$  frequency for the following amino acid ( $i + 1$ ). With this  $^{15}\text{N}$  frequency, in the CANCO we can identify the  $C\alpha$  of the ( $i + 1$ ) residue.





**Table S1. Magnetic properties (per subunit) of iron-loaded ferritin at different degrees of metallation, as deduced from Evans measurements at 298 K**

Number of iron atoms per ferritin subunit	$\chi_M$ ( $\text{m}^3 \text{mol}^{-1}$ )	$\mu_{\text{eff}}$ ( $\mu_B$ )	$\mu_{\text{eff}}$ per iron atom ( $\mu_B$ )
2	$1.12 \pm 0.11 \times 10^{-7}$	$4.49 \pm 0.22$	$2.24 \pm 0.11$
4	$1.75 \pm 0.18 \times 10^{-7}$	$5.61 \pm 0.28$	$1.40 \pm 0.07$
6	$2.61 \pm 0.26 \times 10^{-7}$	$6.85 \pm 0.34$	$1.14 \pm 0.06$
8	$3.43 \pm 0.35 \times 10^{-7}$	$7.85 \pm 0.39$	$0.98 \pm 0.05$
10	$4.38 \pm 0.44 \times 10^{-7}$	$8.87 \pm 0.45$	$0.89 \pm 0.04$
12	$5.32 \pm 0.54 \times 10^{-7}$	$9.78 \pm 0.49$	$0.81 \pm 0.04$
14	$6.40 \pm 0.65 \times 10^{-7}$	$10.70 \pm 0.54$	$0.76 \pm 0.04$
16	$7.37 \pm 0.74 \times 10^{-7}$	$11.50 \pm 0.58$	$0.72 \pm 0.03$

**Table S2. Time-dependence of the  $\mu_{\text{eff}}$  values per iron atom of iron-loaded ferritin at different degrees of metallation, observed by Evans measurements at 298 K**

Number of iron atoms per ferritin subunit	$t_{\text{stab}}$ (hours)	$\mu_{\text{eff}}$ per iron atom ( $\mu_B$ ) $t = 0$	$\mu_{\text{eff}}$ per iron atom ( $\mu_B$ ) $t = t_{\text{stab}}$
2	1.5	$2.36 \pm 0.12$	$2.24 \pm 0.11$
4	24	$1.56 \pm 0.08$	$1.40 \pm 0.07$
6	24	$1.24 \pm 0.06$	$1.14 \pm 0.06$
8	24	$1.05 \pm 0.05$	$0.98 \pm 0.05$
10	24	$0.93 \pm 0.05$	$0.89 \pm 0.04$
12	24	$0.85 \pm 0.04$	$0.81 \pm 0.04$
14	24	$0.78 \pm 0.04$	$0.76 \pm 0.04$
16	24	$0.74 \pm 0.04$	$0.72 \pm 0.03$