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 ¹³C 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 ¹⁵N dimension along the x axis. Each strip is therefore a portion of a ¹³C-¹³C plane (*y*, *z*), centered at the ¹³C frequency reported in the bottom of each spectrum and extracted from a plane at the indicated ¹⁵N 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 ¹⁵N frequency in the NCACX permits the identification of intraresidue (*residue i*) *C* α , *C* β , and *C'*. Comparison with the following NCOCX strip allows the identification of the backbone ¹⁵N frequency, in the CANCO we can identify the *C* α of the (*i* + 1) residue.



Fig. S2. An example of a sequential walk for residues 40–43 through strips constructed from NCACX (red traces), NCOCX (blue traces), and CANCO (green traces) experiments. The type of spectrum from which strips are extracted is reported on the top of each strip, together with the ¹⁵N frequency of the plane from which they are extracted. Each strip is centered at the ¹³C frequency reported on the bottom. Strips in the CANCO and NCACX with the same ¹⁵N chemical shift and containing the same $C\alpha$ allow the sequential assignment through the C'. Peaks in the NCOCX connected to those of CANCO through dashed lines are sometimes observed, as reported by Oschkinat and coworkers (1).

1 Krabben L, et al. (2009) Loop 3 of short neurotoxin II is an additional interaction site with membrane-bound nicotinic acetylcholine receptor as detected by solid-state NMR spectroscopy. J Mol Biol 390:662–671.

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Fig. S3. Examples of the sequential walk connecting residues 71–78 (A), 89–93 (B), and 144–147 (C). The representation is the same as in Fig. S2, but for sake of clarity, only the NCOCX and CANCO strips are shown.

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

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

Table S2. Time-dependence of the μ_{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 _{stab} (hours)	μ_{eff} per iron atom (μ_B) $t=0$	μ_{eff} per iron atom (μ_B) $t = t_{stab}$
2	1.5	2.36 ± 0.12	2.24 ± 0.11
4	24	1.56 ± 0.08	1.40 ± 0.07
6	24	1.24 ± 0.06	1.14 ± 0.06
8	24	1.05 ± 0.05	0.98 ± 0.05
10	24	0.93 ± 0.05	0.89 ± 0.04
12	24	0.85 ± 0.04	0.81 ± 0.04
14	24	0.78 ± 0.04	0.76 ± 0.04
16	24	0.74 ± 0.04	0.72 ± 0.03

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