



**Supplementary Fig.1: Coomassie staining of 4E-BP, eIF4E and the complex eIF4E/ 4E-BP**

SDS denaturing polyacrylamid gel at 15%. Lanes were loaded with 1 $\mu$ l of each protein with a concentration of 7mg/ml, 1mg/ml and 1,8mg/ml respectively for (1), (2) and (3). 4E-BP(1) has been purified by Ni-sepharose column followed by a gel filtration. eIF4E(2) and the complex eIF4E/4E-BP(3) have been purified by m<sup>7</sup>GTP pull-down followed by a gel filtration.