**Table S2** Experimental parameters of the solid-state NMR spectra.[1]

| Sample | HET-s(218-289) fibril | HET-s(218-289) monomer + [13C,15N] HET-S monomer | HET-s(218-289) seeds + [13C,15N] HET-S monomer | HET-s monomer + [13C,15N] HET-S monomer | 15N HET-s(218-289) monomer + 13C HET-S monomer |
|---|---|---|---|---|---|
| Spectrum | NCA | NCA | NCA | NCA | PAIN |
| Reference | Fig. 4A,B,C | Fig. 4A | Fig. 4B | Fig. 4C | Fig. 4D |
| 1H freq. | 850 MHz | 850 MHz | 850 MHz | 850 MHz | 850 MHz |
| MAS rate | 18 kHz | 17 kHz | 18 kHz | 17.5 kHz | 17 kHz |
| t1 max | 10 ms | 10 ms | 10 ms | 8 ms | 9 ms |
| t2 max | 10 ms | 5 ms | 12 ms | 8 ms | 12 ms |
| 1H decoupling | 100 kHz | 100 kHz | 100 kHz | 100 kHz | 100 kHz |
| mixing 1 | 4 ms | 3.5 ms | 4 ms | 4 ms | 8 ms |

| Sample | HET-s(218-289) monomer + [13C,15N] HET-S monomer | HET-s(218-289) monomer + [13C,15N] HET-S monomer | HET-s(218-289) monomer + [13C,15N] HET-S monomer |
|---|---|---|---|
| Spectrum | NCACB | CANCO | NCOCX |
| 1H freq. | 850 MHz | 850 MHz | 850 MHz |
| MAS rate | 17 kHz | 18 kHz | 18 kHz |
| t1 max | 10 ms | 5.5 ms | 9.6 ms |
| t2 max | 5 ms | 9.6 ms | 6.5 ms |
| t3 max | 10 ms | 10 ms | 10 ms |
| 1H decoupling | 100 kHz | 100 kHz | 100 kHz |
| mixing 1 | 3.5 ms CP | 3.5 ms CP | 4 ms CP |
| mixing 2 | 1.2 ms DREAM | 4 ms CP | 50 ms DARR |

[1] Pulse sequences are given in [1]. The DREAM transfer is described in [2].

**References**

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2. Verel R, Ernst M, Meier BH (2001) Adiabatic dipolar recoupling in solid-state NMR: the DREAM scheme. J Magn Reson 150: 81-99.