

Description of Additional Supplementary Files

File Name: Supplementary Movie 1

Description: Atomistic molecular dynamics simulation of cage **2** at room temperature in explicit water. The movie is available for downloading at <https://www.dropbox.com/s/ogmnrp27y71buh3/2.mov>.

File Name: Supplementary Movie 1

Description: Atomistic molecular dynamics simulation of cage **4** at room temperature in explicit water. The movie is available for downloading at <https://www.dropbox.com/s/sa41typlu0j6all/4.mov>.