

## Supporting Information

# Peptide and Protein Dynamics and Low-Temperature/DNP Magic Angle Spinning NMR

Qing Zhe Ni<sup>1</sup>, Evgeny Markhasin<sup>1</sup>, Thach V. Can<sup>1</sup>, Björn Corzilius<sup>1,3</sup>, Kong Ooi Tan<sup>1</sup>, Alexander B. Barnes<sup>1,4</sup>, Eugenio Daviso<sup>1,2,5</sup>, Yongchao Su<sup>1,6</sup>, Judith Herzfeld<sup>2</sup>, and Robert G. Griffin<sup>1\*</sup>

<sup>1</sup> Department of Chemistry and Francis Bitter Magnet Laboratory, Massachusetts Institute of Technology, 77 Massachusetts Avenue, Cambridge, Massachusetts 02139, United States <sup>2</sup> Department of Chemistry, Brandeis University, Waltham, Massachusetts 02454, United States.

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### Notes:

1. GAMMA simulation parameters.

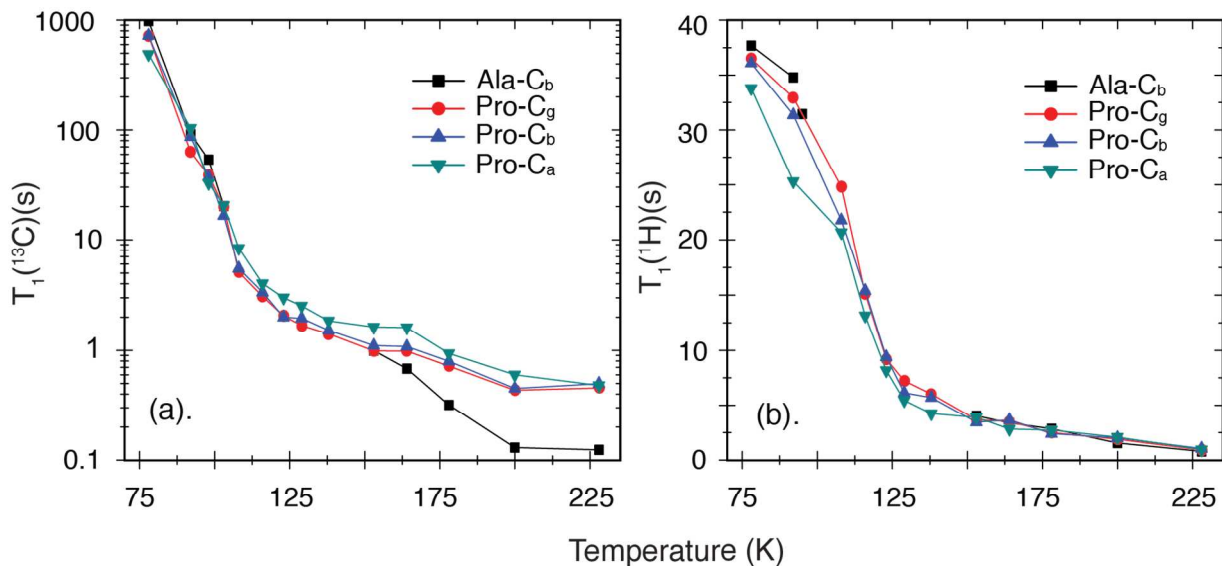


Figure S1:  $^{13}\text{C}$  CP MAS Spin lattice relaxation,  $T_1$  values at different temperatures for  $^{13}\text{C}$  (right) and  $^1\text{H}$  (left) measured with saturation recovery experiments. The  $T_1$  values were acquired with  $\omega_r/2\pi = 4.83$  kHz,  $\omega_{1\text{H}}/2\pi = 83$  kHz for TPPM decoupling and  $\omega_{0\text{H}}/2\pi = 400$  MHz.

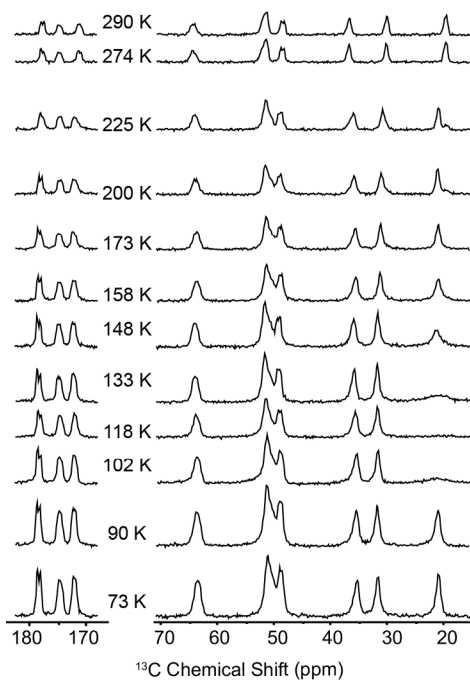


Figure S2. Temperature-dependent direct  $^{13}\text{C}$  spectra of  $[\text{U-}^{13}\text{C}, ^{15}\text{N}]$  APG. The spectral changes are plotted in **Figure 3c**. The spectra were acquired with  $\omega_r/2\pi = 4.83$  kHz,  $\omega_{1\text{H}}/2\pi = 83$  kHz for TPPM decoupling and  $\omega_{0\text{H}}/2\pi$   $\square\square\square\square\square$  Hz.

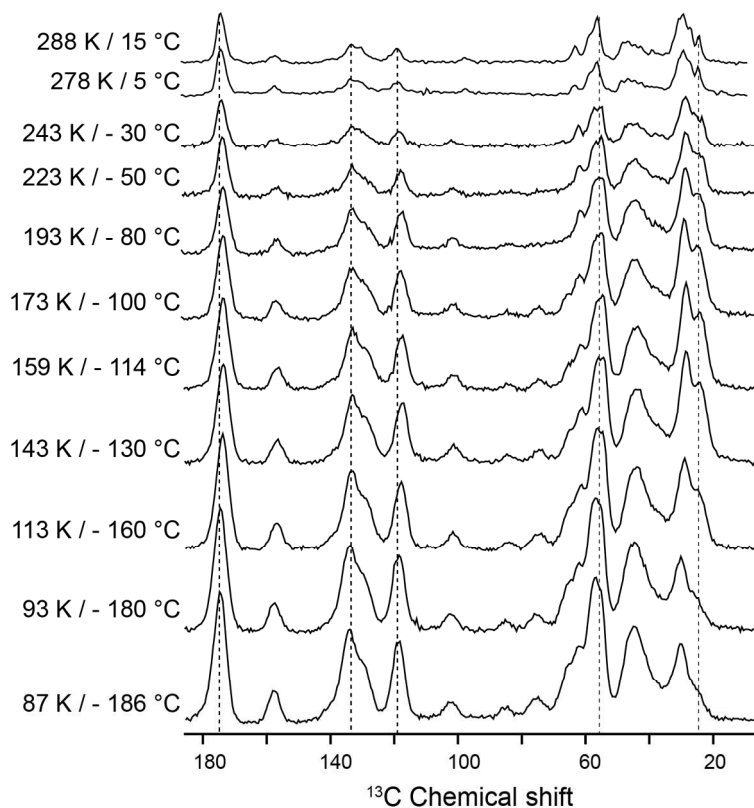


Figure S3. Temperature-dependent  $^1\text{H-}^{13}\text{C}$  CP spectra of  $[\text{FVYL-}^{13}\text{C}, ^{15}\text{N}]$ -PI3-SH3 amyloid fibrils. Sample was cryoprotected in  $\text{d}_8$ -glycerol/ $\text{D}_2\text{O}/\text{H}_2\text{O}$  (60/30/10 volume ratio).  $\omega_r/2\pi = 7$  kHz,  $\omega_{1\text{H}}/2\pi = 100$  kHz for TPPM decoupling and  $\omega_{0\text{H}}/2\pi$   $\square\square\square\square\square$  Hz.

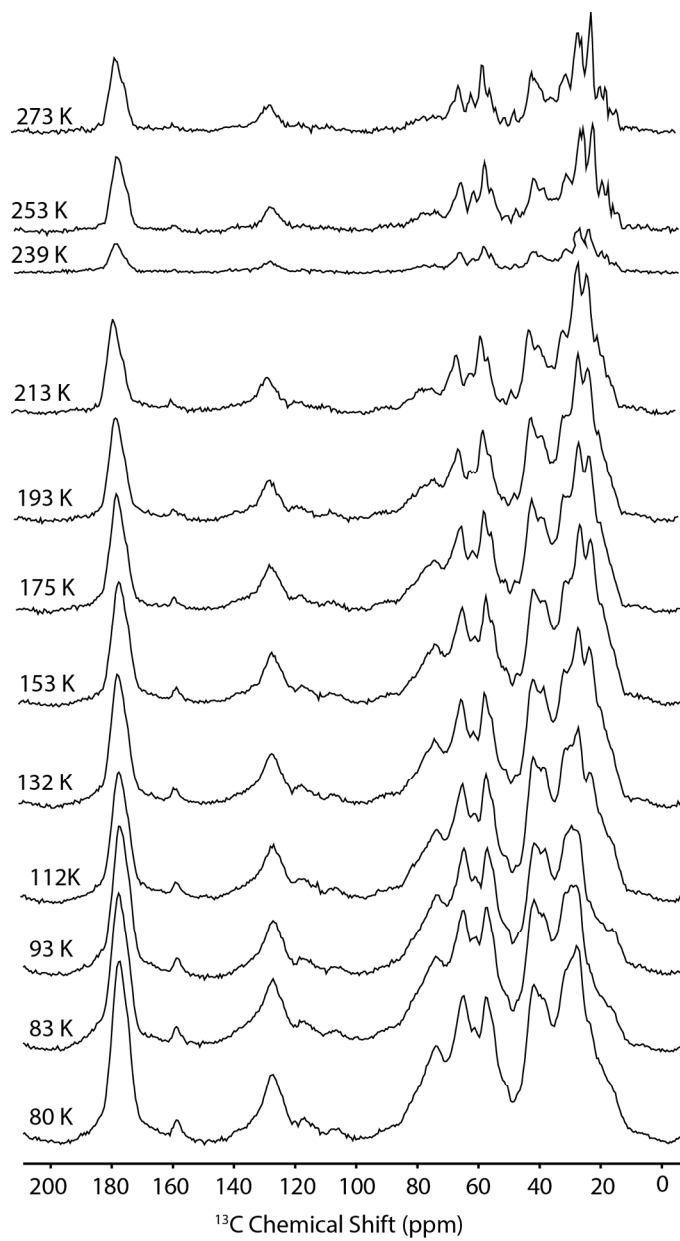


Figure S4. Temperature-dependent  $^1\text{H}$ - $^{13}\text{C}$  CP spectra of [ $^{13}\text{C}$ ,  $^{15}\text{N}$ ]- bacteriorhodopsin. Sample was cryoprotected in  $\text{d}_8$ -glycerol/ $\text{D}_2\text{O}$ / $\text{H}_2\text{O}$  (60/30/10 volume ratio).  $\omega_r/2\pi = 4.83$  kHz,  $\omega_{1\text{H}}/2\pi = 100$  kHz for TPPM decoupling and  $\omega_{0\text{H}}/2\pi = \square\square\square\square\square$  Hz.

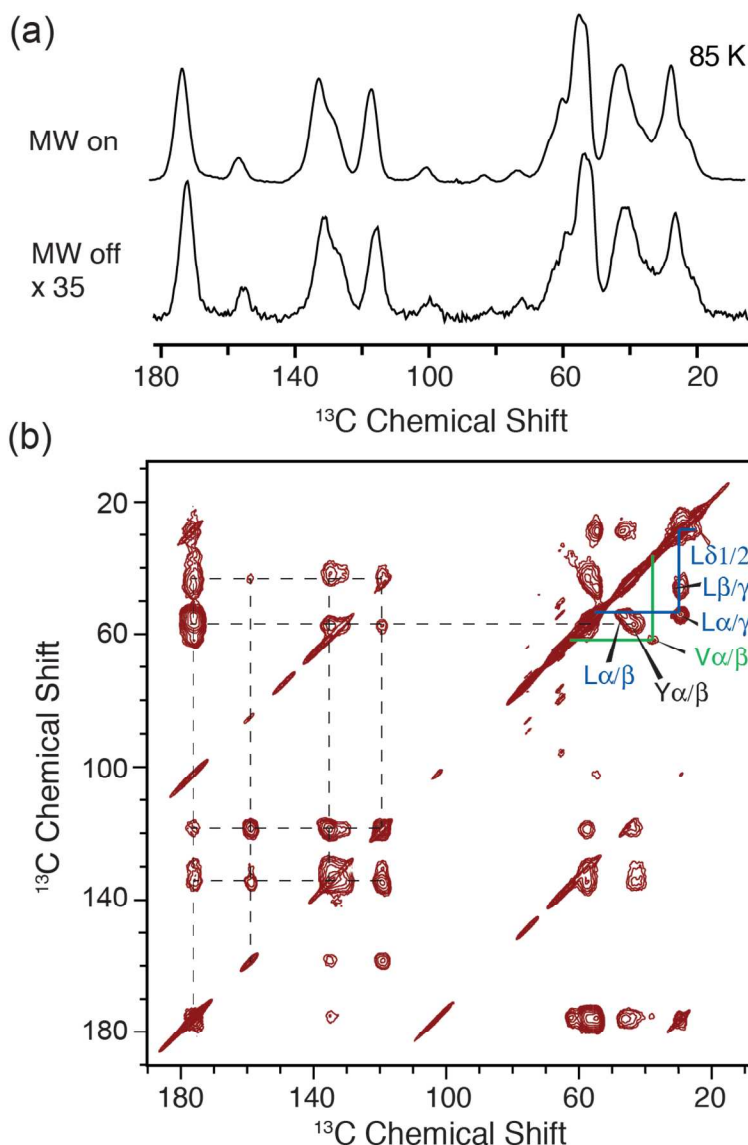


Figure S5. DNP-enhanced 1D and 2D spectra of [ $^{13}\text{C}$ ,  $^{15}\text{N}$ -FVYL]-PI3-SH3 fibrils. (a)  $^1\text{H}$ - $^{13}\text{C}$  CP MAS NMR spectra at 88 K measured with (top) and without (bottom) DNP, an enhancement of 35 was obtained. The fibril was hydrated in 60/30/10 volume ratio of  $d_8$ -glycerol/ $\text{D}_2\text{O}$ / $\text{H}_2\text{O}$  supplemented with 15 mM TOTAPOL. (b) DNP-enhanced 2D  $^{13}\text{C}$ - $^{13}\text{C}$  RFDR acquired with 1.6 ms of mixing time and a total experiment time of 4 hours. The dashed lines indicate the spin systems of tyrosine residues. The spectra were acquired with  $\omega_r/2\pi = 7$  kHz,  $\omega_{1\text{H}}/2\pi = 83$  kHz for TPPM decoupling, and  $\omega_{0\text{H}}/2\pi = 380$  MHz.

The enhanced intensity greatly accelerates the acquisition of multidimensional spectra and allows the investigation of low-temperature structural and dynamic behaviors such as conformational disorder, polymorphism, and backbone and side chain motions. In the 2D RFDR spectrum of [ $^{13}\text{C}$ ,  $^{15}\text{N}$ -FVYL]-PI3-SH3, methyl containing valine and leucine residues are recovered at 85 K.

## Notes: GAMMA Simulation of 3-Site Hopping Mechanism

The details of the simulation performed for the results in Figure 7 will be discussed here.

The equation of motion for the density operator  $\hat{\sigma}(t)$  is given as

$$\frac{d}{dt}\hat{\sigma}(t) = -i\hat{L}\hat{\sigma}(t) \quad (1)$$

with the solution

$$\hat{\sigma}(t) = \exp(-i\hat{L}t)\hat{\sigma}(0) \quad (2)$$

where

$$\hat{L} = \hat{H} - i\hat{K} \quad (3)$$

while  $\hat{L}$ ,  $\hat{H}$  and  $\hat{K}$  are the Liouvillian, Hamiltonian and exchange superoperators in the Liouville space. The Hamiltonian superoperator  $\hat{H}$  can be constructed from the Hamiltonian  $\hat{H}$  in the Hilbert space as follows

$$\hat{H} = \hat{H} \otimes \hat{1} - \hat{1} \otimes \hat{H} \quad (4)$$

In the context of this paper, the Hamiltonian  $\hat{H}$  contains information about dipolar couplings, chemical-shifts and more importantly, the parameters used in  $^1\text{H}$  decoupling. We have chosen a natural set of bases to represent the density operator  $\hat{\sigma}$  of the four-spins methyl group, namely

$$\hat{\sigma} = |m_S m_{I1} m_{I2} m_{I3}, m_S' m_{I1}' m_{I2}' m_{I3}' \rangle \quad (5)$$

where  $m_S = \pm 1/2$  for the  $^{13}\text{C}$  spin, and  $m_I = \pm 1/2$  for the  $^1\text{H}$  spin or  $m_I = 0, \pm 1$  for the  $^2\text{H}$  spin. The number of dimension  $N$  spanned by the density operator can be calculated easily, i.e.  $N = (2 \times 2^3)^2 = 2^8 = 256$  for the  $\text{CH}_3$  group and  $N = (2 \times 3^3)^2 = 2916$  for the  $\text{CD}_3$  group. The exchange superoperator  $\hat{K}$  in a hopping mechanism can be setup by considering all the possible permutations  $\hat{P}$  exhibited by the molecule.

$$\hat{K}\hat{\sigma}_0 = \frac{k_{\text{ex}}}{M}(-n\hat{\sigma}_0 + \sum_{i=1}^n \hat{P}_i \hat{\sigma}_0) \quad (6)$$

where  $\hat{P}$  is the permutation superoperator,  $M=3$  for three-site hopping,  $n$  is the number of possible permutations, and  $k_{\text{ex}}$  is the hopping rate. For instance, when spin 1 hops and exchanges with spin 2, the spin states  $m_{I1}$  and  $m_{I2}$  exchanges and can be formulated as

$$\hat{P}_{12}|m_S m_{I1} m_{I2} m_{I3}, m_S' m_{I1}' m_{I2}' m_{I3}' \rangle = |m_S m_{I2} m_{I1} m_{I3}, m_S' m_{I2}' m_{I1}' m_{I3}' \rangle \quad (7)$$

if  $m_{I1} \neq m_{I2}$  and  $m_{I1}' \neq m_{I2}'$ .