

S2 Table. EXSY exchange rates for select $\beta 5/\beta 6$ residues

	k_{ab} (s^{-1})	StdDev	k_{ba} (s^{-1})	StdDev
Y536	2.29E+00	1.00E-02	2.36E+00	1.30E-02
	2.87E+00	6.00E-02	2.64E+00	4.00E-02
V532	2.23E+00	3.00E-02	2.43E+00	5.00E-02
	1.69E+00	7.00E-02	1.97E+00	5.00E-02
G530	2.83E+00	5.00E-02	2.77E+00	6.00E-02