

Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided
Only common tests should be described solely by name; describe more complex techniques in the Methods section.
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
Give P values as exact values whenever suitable.
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection	For building molecular constructs for computational experiments, we used modeller version 9v1 and VMD version 1.9.1. To carry out atomistic molecular dynamics simulations, we used NAMD version 2.11 and ACEMD version 2. Commercial software (Labview 2019) was used for acquisition of smFRET data.
Data analysis	Analysis of smFRET data was performed with publicly-available software (SPARTAN). For data analysis and display of transport studies we used SigmaPlot 13. For data analysis and display of binding experiments we used GraphPad Prism 6.0. For the analysis of crystallography data we used: XXDS VERSION Oct 15, 2015 BUILT=20151231 CCP4 SUITE 6.5.008 (BLEND) AIMLESS 0.5.8 PHASER-2.5.6 COOT 0.8.1 NAMDINATOR v1 PyMOL 1.7.4.4 MORPHINATOR v2 PHENIX SUITE 1.9-1692 (PHENIX.REFINE, PHENIX.MR)

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors/reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

The data sets generated during and/or analysed during the current study are available from the corresponding author on reasonable request.

The following figures have associated raw data: Fig. 1 and Fig. 3.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences Behavioural & social sciences Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	For smFRET experiments, sample sizes of 1,500-2,000 selected molecules per condition/repeat were determined by the normal throughput of the instrumentation and were found to adequately sample the distribution of behaviors in the ensemble. Individual transport experiments were performed in duplicate (N=2). Individual binding experiments (3H-Phe and 3H-Leu) were performed in triplicates or quadruplicates. These sample sizes ensured reproducible effect sizes in the different experimental set-ups.
Data exclusions	Exclusion criteria to remove clear artifacts in single molecule traces (see Methods section) were predefined and uniformly applied. We did not exclude data from the transport experiments. Clear artifacts (e.g. failed samples) were excluded from the binding experiments.
Replication	Transport experiments depicted in Fig. 3a and b were repeated 3 times (n=3). Binding experiments were repeated 3-5 times.
Randomization	Samples were not randomized.
Blinding	Experiments were not blinded.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
<input type="checkbox"/>	<input type="checkbox"/> Antibodies
<input type="checkbox"/>	<input type="checkbox"/> Eukaryotic cell lines
<input type="checkbox"/>	<input type="checkbox"/> Palaeontology
<input type="checkbox"/>	<input type="checkbox"/> Animals and other organisms
<input type="checkbox"/>	<input type="checkbox"/> Human research participants
<input type="checkbox"/>	<input type="checkbox"/> Clinical data

Methods

n/a	Involved in the study
<input type="checkbox"/>	<input type="checkbox"/> ChIP-seq
<input type="checkbox"/>	<input type="checkbox"/> Flow cytometry
<input type="checkbox"/>	<input type="checkbox"/> MRI-based neuroimaging

Antibodies

Antibodies used

Describe all antibodies used in the study; as applicable, provide supplier name, catalog number, clone name, and lot number.

Validation

Describe the validation of each primary antibody for the species and application, noting any validation statements on the manufacturer's website, relevant citations, antibody profiles in online databases, or data provided in the manuscript.

Eukaryotic cell lines

Policy information about [cell lines](#)

Cell line source(s)	<i>State the source of each cell line used.</i>
Authentication	<i>Describe the authentication procedures for each cell line used OR declare that none of the cell lines used were authenticated.</i>
Mycoplasma contamination	<i>Confirm that all cell lines tested negative for mycoplasma contamination OR describe the results of the testing for mycoplasma contamination OR declare that the cell lines were not tested for mycoplasma contamination.</i>
Commonly misidentified lines (See ICLAC register)	<i>Name any commonly misidentified cell lines used in the study and provide a rationale for their use.</i>

Palaeontology

Specimen provenance	<i>Provide provenance information for specimens and describe permits that were obtained for the work (including the name of the issuing authority, the date of issue, and any identifying information).</i>
Specimen deposition	<i>Indicate where the specimens have been deposited to permit free access by other researchers.</i>
Dating methods	<i>If new dates are provided, describe how they were obtained (e.g. collection, storage, sample pretreatment and measurement), where they were obtained (i.e. lab name), the calibration program and the protocol for quality assurance OR state that no new dates are provided.</i>

Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.

Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

Laboratory animals	<i>For laboratory animals, report species, strain, sex and age OR state that the study did not involve laboratory animals.</i>
Wild animals	<i>Provide details on animals observed in or captured in the field; report species, sex and age where possible. Describe how animals were caught and transported and what happened to captive animals after the study (if killed, explain why and describe method; if released, say where and when) OR state that the study did not involve wild animals.</i>
Field-collected samples	<i>For laboratory work with field-collected samples, describe all relevant parameters such as housing, maintenance, temperature, photoperiod and end-of-experiment protocol OR state that the study did not involve samples collected from the field.</i>
Ethics oversight	<i>Identify the organization(s) that approved or provided guidance on the study protocol, OR state that no ethical approval or guidance was required and explain why not.</i>

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Human research participants

Policy information about [studies involving human research participants](#)

Population characteristics	<i>Describe the covariate-relevant population characteristics of the human research participants (e.g. age, gender, genotypic information, past and current diagnosis and treatment categories). If you filled out the behavioural & social sciences study design questions and have nothing to add here, write "See above."</i>
Recruitment	<i>Describe how participants were recruited. Outline any potential self-selection bias or other biases that may be present and how these are likely to impact results.</i>
Ethics oversight	<i>Identify the organization(s) that approved the study protocol.</i>

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the ICMJE [guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration	<i>Provide the trial registration number from ClinicalTrials.gov or an equivalent agency.</i>
Study protocol	<i>Note where the full trial protocol can be accessed OR if not available, explain why.</i>
Data collection	<i>Describe the settings and locales of data collection, noting the time periods of recruitment and data collection.</i>

Outcomes

Describe how you pre-defined primary and secondary outcome measures and how you assessed these measures.

ChIP-seq

Data deposition

- Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).
- Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links

May remain private before publication.

For "Initial submission" or "Revised version" documents, provide reviewer access links. For your "Final submission" document, provide a link to the deposited data.

Files in database submission

Provide a list of all files available in the database submission.

Genome browser session

(e.g. [UCSC](#))

Provide a link to an anonymized genome browser session for "Initial submission" and "Revised version" documents only, to enable peer review. Write "no longer applicable" for "Final submission" documents.

Methodology

Replicates

Describe the experimental replicates, specifying number, type and replicate agreement.

Sequencing depth

Describe the sequencing depth for each experiment, providing the total number of reads, uniquely mapped reads, length of reads and whether they were paired- or single-end.

Antibodies

Describe the antibodies used for the ChIP-seq experiments; as applicable, provide supplier name, catalog number, clone name, and lot number.

Peak calling parameters

Specify the command line program and parameters used for read mapping and peak calling, including the ChIP, control and index files used.

Data quality

Describe the methods used to ensure data quality in full detail, including how many peaks are at FDR 5% and above 5-fold enrichment.

Software

Describe the software used to collect and analyze the ChIP-seq data. For custom code that has been deposited into a community repository, provide accession details.

Flow Cytometry

Plots

Confirm that:

- The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- All plots are contour plots with outliers or pseudocolor plots.
- A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation

Describe the sample preparation, detailing the biological source of the cells and any tissue processing steps used.

Instrument

Identify the instrument used for data collection, specifying make and model number.

Software

Describe the software used to collect and analyze the flow cytometry data. For custom code that has been deposited into a community repository, provide accession details.

Cell population abundance

Describe the abundance of the relevant cell populations within post-sort fractions, providing details on the purity of the samples and how it was determined.

Gating strategy

Describe the gating strategy used for all relevant experiments, specifying the preliminary FSC/SSC gates of the starting cell population, indicating where boundaries between "positive" and "negative" staining cell populations are defined.

- Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

Magnetic resonance imaging

Experimental design

- Design type
- Design specifications
- Behavioral performance measures

Acquisition

- Imaging type(s)
- Field strength
- Sequence & imaging parameters
- Area of acquisition
- Diffusion MRI Used Not used

Preprocessing

- Preprocessing software
- Normalization
- Normalization template
- Noise and artifact removal
- Volume censoring

Statistical modeling & inference

- Model type and settings
- Effect(s) tested
- Specify type of analysis: Whole brain ROI-based Both
- Statistic type for inference (See [Eklund et al. 2016](#))
- Correction

Models & analysis

- n/a Involved in the study
- Functional and/or effective connectivity
- Graph analysis
- Multivariate modeling or predictive analysis
- Functional and/or effective connectivity
- Graph analysis

