

Supplementary Table 1. **Lag times, elongation rates and fibril yield for  $\alpha$ Syn variants.**

The rates of aggregation in each condition were measured in at least triplicate. The errors show the standard deviation of the mean of the replicates. No aggregation after 100 h incubation is indicated by “-“. Given errors in estimating fibril yields via SDS PAGE subsequent to centrifugation (see Methods) gels, the values were rounded to the nearest 10%.

$\alpha$ Syn variant	WT				$\Delta$ P1			
pH	4.5		7.5		4.5		7.5	
Salt	20	200	20	200	20	200	20	200
Lag time [h]	4.0 $\pm$ 0.5	11.4 $\pm$ 1.9	49.7 $\pm$ 7.2	61.3 $\pm$ 9.8	4.1 $\pm$ 0.5	19.5 $\pm$ 3.0	-	-
Elongation rate [RFU/h]	35.6 $\pm$ 4.8	33.2 $\pm$ 2.5	1.7 $\pm$ 0.2	3.6 $\pm$ 0.2	30.1 $\pm$ 9.4	16.4 $\pm$ 3.4	-	-
Fibril yield [% insoluble]	90	90	100	100	100	100	0	0
$\alpha$ Syn variant	$\Delta$ P2				$\Delta\Delta$			
pH	4.5		7.5		4.5		7.5	
Salt	20	200	20	200	20	200	20	200
Lag time [h]	4.8 $\pm$ 0.4	14.2 $\pm$ 0.5	36.2 $\pm$ 1.7	45.4 $\pm$ 16.3	57.3 $\pm$ 3.6	-	-	-
Elongation rate [RFU/h]	44.2 $\pm$ 8.8	6.8 $\pm$ 1.8	2.3 $\pm$ 0.6	5.8 $\pm$ 0.7	22.9 $\pm$ 5.5	-	-	-
Fibril yield [% insoluble]	100	100	80	100	90	30	20	30
$\alpha$ Syn variant	$\Delta$ C1				P1P2-GS			
pH	4.5		7.5		4.5		7.5	
Salt	20	200	20	200	20	200	20	200
Lag time [h]	0.47 $\pm$ 0.07	3.1 $\pm$ 0.1	20.5 $\pm$ 0.7	43.2 $\pm$ 4.3	11.4 $\pm$ 3.0	82.8 $\pm$ 12.7	-	-
Elongation rate [RFU/h]	28.8 $\pm$ 11.0	38.3 $\pm$ 1.3	12.6 $\pm$ 1.4	19.6 $\pm$ 4.9	0.12 $\pm$ 0.03	0.06 $\pm$ 0.01	-	-
Fibril yield [% insoluble]	90	90	80	70	70	20	0	0
$\alpha$ Syn variant	Seeding with WT				Liposome			
Condition	pH 7.5, 200 mM NaCl				pH 6.5			
Monomer	WT	$\Delta$ P1	$\Delta$ P2	$\Delta\Delta$	WT	$\Delta\Delta$	P1P2-GS	
Lag time [h]	-0.89 $\pm$ 0.47	-	24.5 $\pm$ 1.8	-	4.9 $\pm$ 0.3	93.0 $\pm$ 2.6	-	
Elongation rate [RFU/h]	24.0 $\pm$ 4.3	-	7.2 $\pm$ 0.7	-	5.7 $\pm$ 0.2	4.8 $\pm$ 0.3	-	
$\alpha$ Syn variant	V40C		V52C		A140C			
Condition	pH 4.5, 200 mM NaCl		pH 4.5, 200 mM NaCl		pH 4.5, 200 mM NaCl			
State	monomer	dimer	monomer	dimer	monomer	dimer		
Lag time [h]	17.1 $\pm$ 0.9	-	6.9 $\pm$ 1.3	27.9 $\pm$ 2.7	12.7 $\pm$ 1.1	11.2 $\pm$ 2.0		
Elongation rate [RFU/h]	18.1 $\pm$ 2.5	-	10.2 $\pm$ 0.4	5.7 $\pm$ 1.7	10.0 $\pm$ 1.4	9.0 $\pm$ 0.2		