

Supporting information

Title:

A suite of ^{19}F based relaxation dispersion experiments to assess biomolecular motions.

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Supplementary Table 1 Parameters of chemical exchange for TmCsp

	p _F [%]	k _{ex} [s ⁻¹]	Δω _{W7} [ppm]	Δω _{W29} [ppm]	R ₂ ^{W7} [s ⁻¹]	R ₂ ^{W29} [s ⁻¹]	R ₁ ^{W7} [s ⁻¹]	R ₁ ^{W29} [s ⁻¹]
CPMG	95.2 ± 0.1	1966 ± 485	2.46 ± 0.27	0.47 ± 0.05	10.7 ± 1.6	7.2 ± 0.6	-	-
R _{1p} on-resonance	96.6 ± 0.4	2286 ± 268	2.62 ± 0.18	0.51 ± 0.02	11.2 ± 0.7	8.6 ± 0.2	-	-
R _{1p} 100 Hz off-resonance	94.3 ± 0.3	1818 ± 280	-2.33 ± 0.55*	-	1.4 ± 16.7	-	1.5 ± 0.2	-
R _{1p} 200 Hz off-resonance	94.7 ± 0.3	1544 ± 219	-2.25 ± 0.30*	-	18.9 ± 11.3	-	1.9 ± 0.3	-
R _{1p} 300 Hz off-resonance	94.8 ± 0.5	1795 ± 395	-2.31 ± 0.37*	-	12.1 ± 16.6	-	1.9 ± 0.5	-
R _{1p} 400 Hz off-resonance	87.0 ± 7.4	724 ± 461	-2.37 ± 0.53*	-	37.7 ± 8.8	-	0.8 ± 0.4	-
R _{1p} off-resonance (all)	95.0 ± 0.2	1922 ± 137	-2.33 ± 0.18*	-	7.5 ± 4.6	-	1.8 ± 0.2	-
Global fit (CPMG + R _{1p})	94.8 ± 0.1	1737 ± 54	-2.31 ± 0.14*	0.43 ± 0.01	11.5 ± 1.7 (CPMG) 10.9 ± 0.9 (R _{1p})	7.4 ± 0.1 (CPMG) 8.7 ± 0.2 (R _{1p})	1.9 ± 0.1	
T1 (Inversion Recovery)	-	-	-	-	-	-	1.53	1.22

* For these values the sign of the chemical shift difference has been determined.

Supplementary Table 2 Parameters of chemical exchange for the $\alpha 7\alpha 7$ half-proteasome

	p _A [%]	k _{ex} [s ⁻¹]	Δω [ppm]	R ₂ ^{18C} [s ⁻¹] (CPMG)	R ₂ ^{18C} [s ⁻¹] (R _{1ρ})
293 K	94.1 ± 1.4	8314 ± 1153	0.57 ± 0.08	234.0 ± 0.8	250.1 ± 0.6
303 K	96.7 ± 0.7	4102 ± 366		170.8 ± 0.5	174.8 ± 0.4
313 K	97.3 ± 0.4	1767 ± 281		130.3 ± 0.5	124.6 ± 0.6
323 K	97.6 ± 0.3	1503 ± 215		90.0 ± 0.4	90.5 ± 0.2

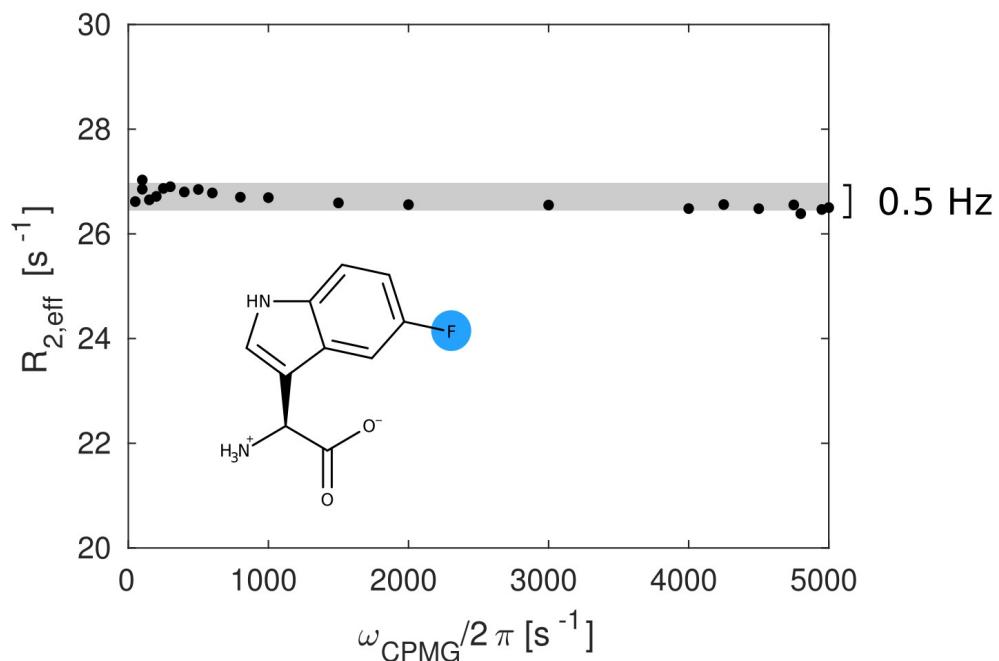


Figure S1: ^{19}F CPMG experiment CPMG experiment of 5-fluoroindole in glycerol at 298 K

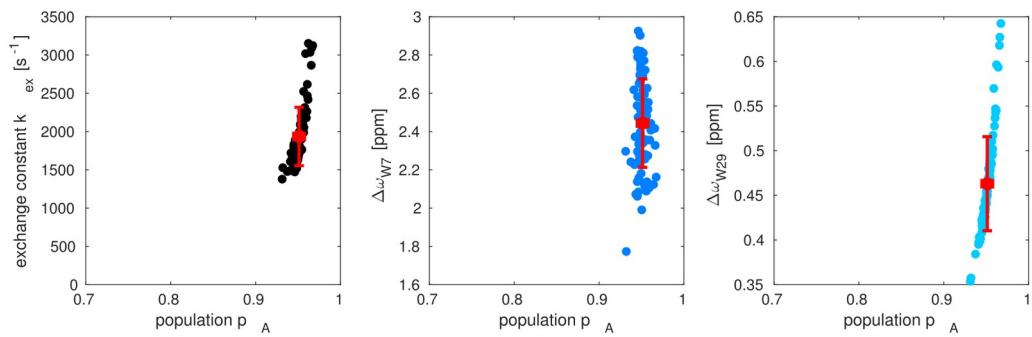


Figure S2: Monte Carlo simulation for CPMG experiments of 5FW-labeled TmCsp at 344 K at 500 MHz

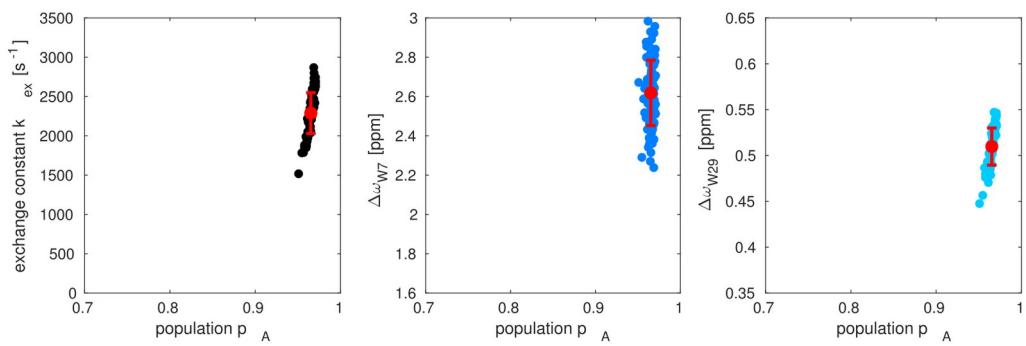


Figure S3: Monte Carlo simulation for on-resonance R_{1p} experiments of 5FW-labeled TmCsp at 344 K at 500 MHz

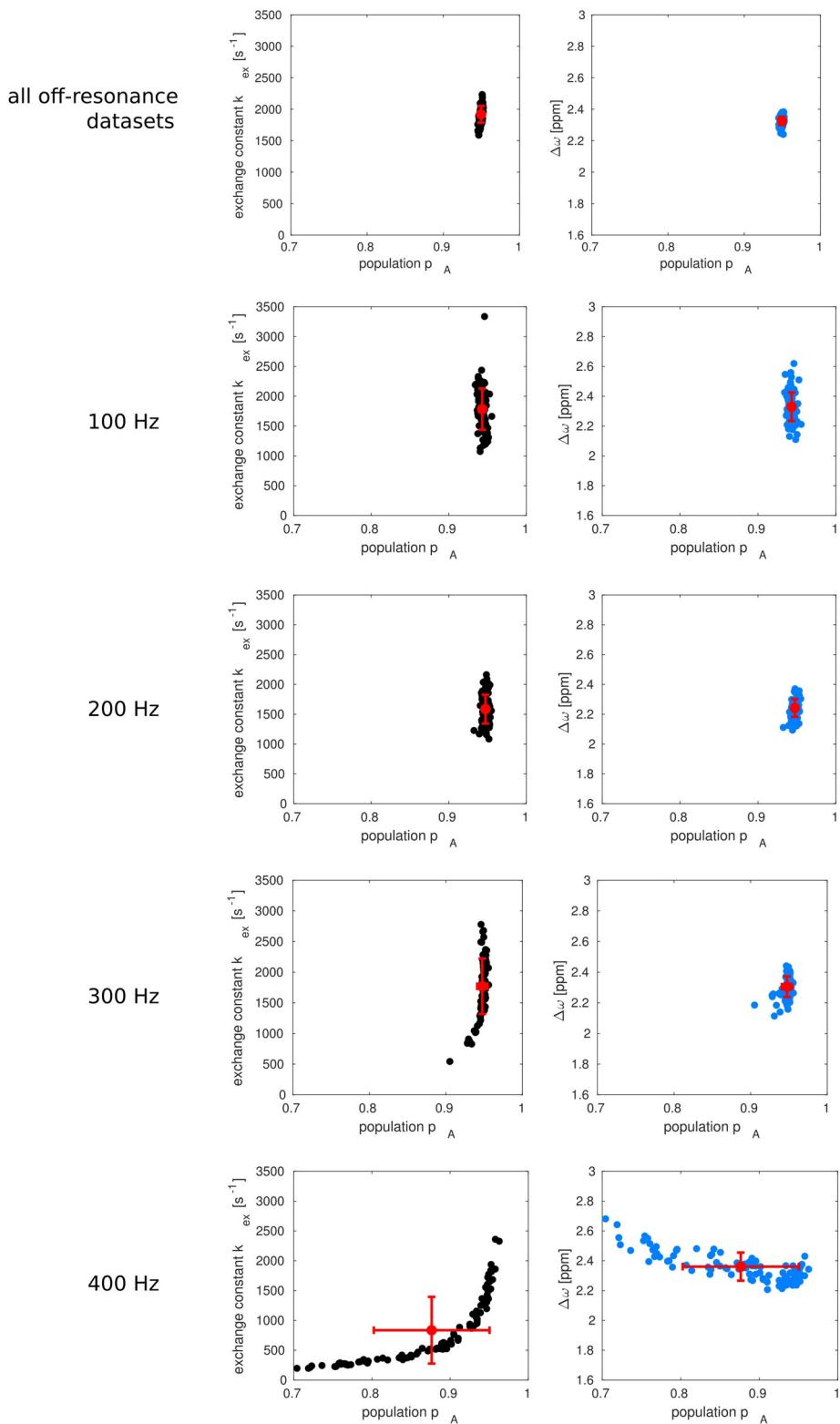


Figure S4: Monte Carlo simulation for off-resonance R_{1p} experiments of 5FW-labeled TmCsp at 344 K and spin lock powers of 100 Hz, 200 Hz, 300 Hz and 400 Hz at 500 MHz.

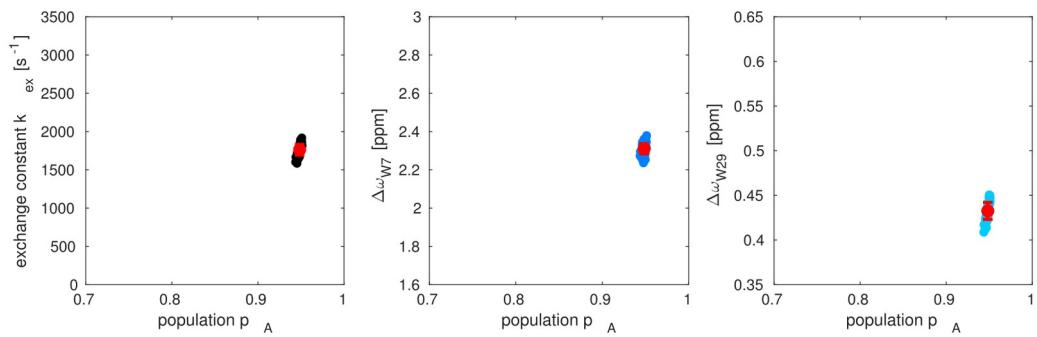


Figure S5: Monte Carlo simulation for global fit of CPMG, on-resonance $R_{1\rho}$ and off-resonance $R_{1\rho}$ experiments of 5FW-labeled TmCsp at 344 K.

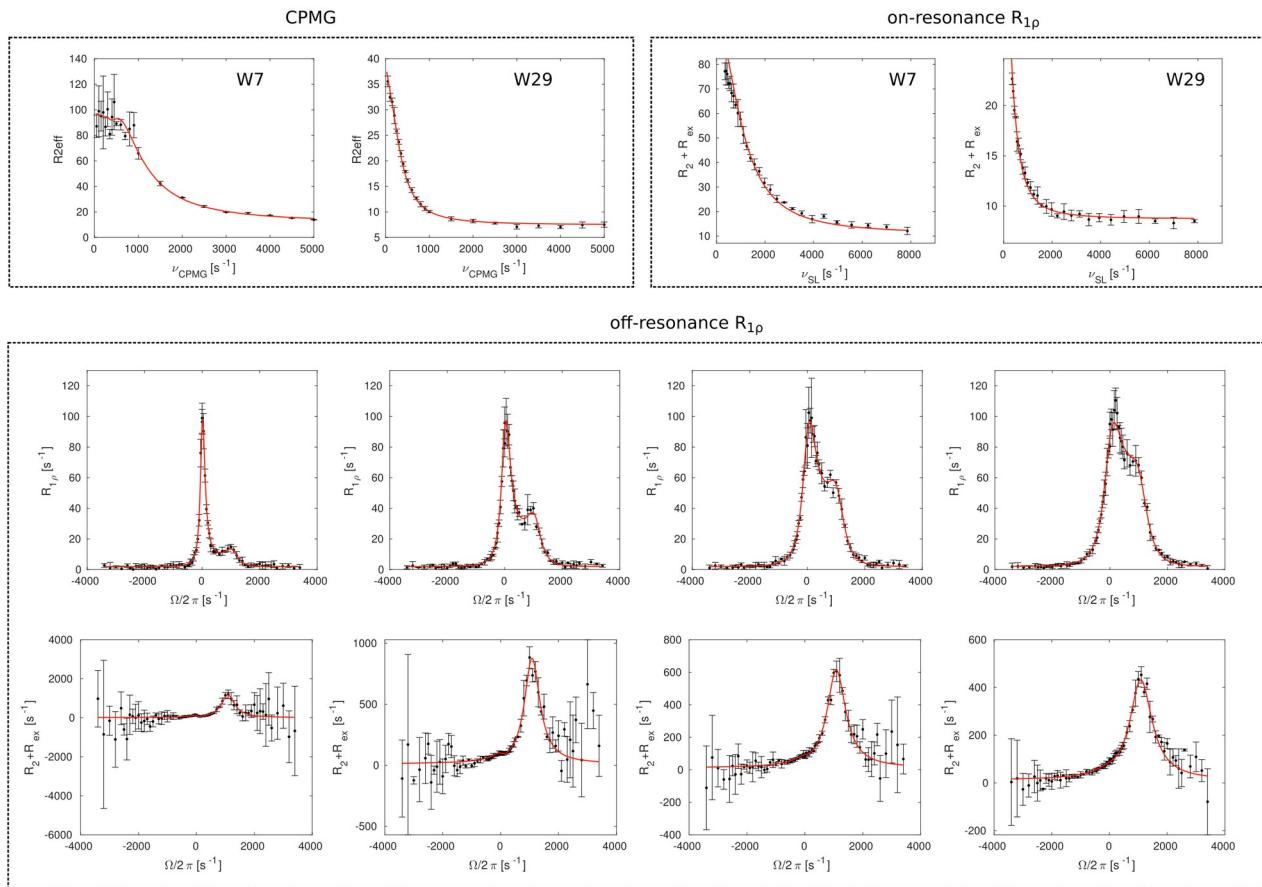


Figure S6: Global fit of CPMG, on-resonance $R_{1\rho}$ and off-resonance $R_{1\rho}$ experiments for TmCsp

6 point-exponential fit	2 point-exponential fit
$p_A = 96.6 \pm 0.4 \%$	$p_A = 96.1 \pm 1.0 \%$
$k_{ex} = 2286 \pm 268 \text{ s}^{-1}$	$k_{ex} = 2129 \pm 447 \text{ s}^{-1}$
$ \Delta\omega_{W7} = 2.62 \pm 0.18 \text{ ppm}$	$ \Delta\omega_{W7} = 2.36 \pm 0.24 \text{ ppm}$
$ \Delta\omega_{W29} = 0.51 \pm 0.02 \text{ ppm}$	$ \Delta\omega_{W29} = 0.47 \pm 0.04 \text{ ppm}$

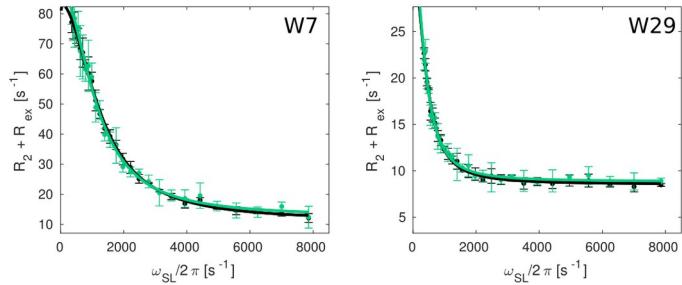


Figure S7: Comparison of on-resonance $R_{1\rho}$ data for TmCsp derived from exponential fits with 6 points (black) and 2 points (green). The spin lock times for 6 points were 0 ms, 4 ms, 8 ms, 16 ms, 32 ms and 48 ms. The spin lock times for 2 points were 0 ms and 16 ms (W7) and 0 ms and 32 ms (W29)

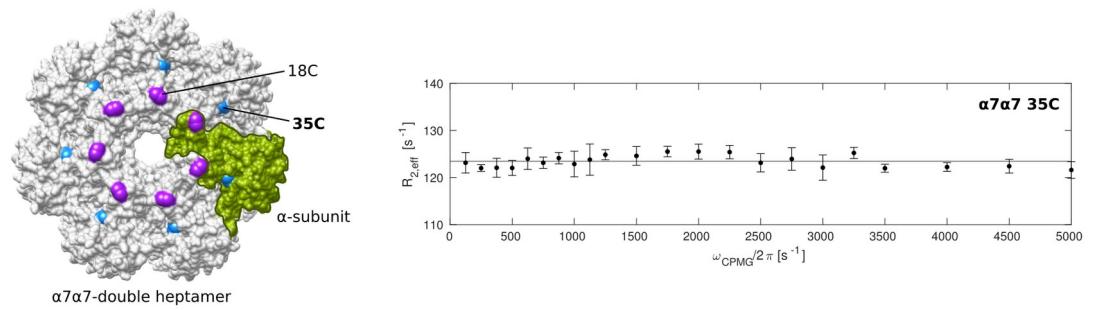


Figure S8: ^{19}F CPMG experiment for BTFA-labeled 35C mutant of the $\alpha 7\alpha 7$ half-proteasome

CPMG pulse sequence

```
/*
|
|  pulse sequence for 19F CPMG
|  including an anti-ringing sequence
|  Time_T2 (d15) is the length of the relaxation delay
|  tau_cpmg = Time_T2/4*ncyc is the time between two 180C pulses, where ncyc is the entry in the
| vclist
|  CPMG frequency = ncyc/Time_T2 (number of 360C 19F rotations per second)
|  CPMG frequency should not go over 5 kHz (or 2 kHz on BBO)
|  Jan Overbeck 2020
|
*/



/*-----
;      Parameters to set
; -----
;p1 = 90 degree fluorine hard pulse
;plw1 = watt power for hard fluorine

#include <Avance.incl>
#include <rs.incl>
#include <Grad.incl>

/*-----
;      define loop counter
; -----
define list<loopcounter> ncyc_cp = <$VCLIST>

;l2=0"                                ; loopcounter for CPMG experiments in vclist
;l5=0"                                ; counter for number of pi pulses in actual CPMG
;l6=0"                                ; counter for number of pi pulses during compensation
;l7=0"                                ; maximal number in vclist

"p2=p1*2"
"d11=30m"
"d13=4u"
"Time_T2=d15"

1 ze

; --- get largest entry in vclist ---
30m
;l7 = ncyc_cp.max"

/* -----
;      calculation of delay
; -----
2 30m
;"l5 = ncyc_cp[12]"
```

```

"l5 = trunc(ncyc_cp[12]+0.3)"

3 30m
if "l5 > 0"
{
"Tau_cpmg_a = (Time_T2/(4*l5)) - p1"
}
; -----*

/* -----
; calculation number of
; heating compensation pulses
; for the next experiment
; -----*/
"l6 = l7 - l5"
;
; -----*

/* -----
;      heating compensation
; -----*/
;

if "l6 > 0"
{
"Tau_cpmg_c = (Time_T2/(4*l6)) - p1"

4 Tau_cpmg_c
(p1*2 ph2):f1
Tau_cpmg_c
lo to 4 times 16

5 Tau_cpmg_c
(p1*2 ph2):f1
Tau_cpmg_c
lo to 5 times 16
}

else ; the recycle delay should stay constant
{
    Time_T2
}
100u

/* -----
;      add extra pi pulses
; to avoid starting magnetization
; -----*/
extral,100u
(p1*2 ph2):f1
100u
lo to extral times 20

```

```
/* -----
;      this is the start
; -----*/
```

```
6 d1
50u UNBLKGRAD
p16:gp1
d16
```

```
p1 ph1
```

```
/* -----
;      CPMG block
; -----*/
```

```
;   d20
;   (p1*2 ph2):f1
;   d20
```

```
if "l5 > 0"
{
7  Tau_cpmg_a
  (p1*2 ph2):f1
  Tau_cpmg_a
lo to 7 times l5
}
```

```
if "l5 > 0"
{
8  Tau_cpmg_a
  (p1*2 ph2):f1
  Tau_cpmg_a
lo to 8 times l5
}
```

```
;   d20
;   (p1*2 ph2):f1
;   d20
```

```
/* -----
;      anti-ringing
; -----*/
```

```
p1 ph3
```

```
d13
p1 ph1
d13
```


R1rho on-resonance pulse sequence

```
/*
|
| On-resonance 19F R1rho as pseudo-3D
| with different SL lengths read in via VPLIST
| and different SL powers read in via VALIST
|
| this pulse sequence can be used with hard pulses (default)
| or with adiabatic passages to the spin lock angle
|
| adiabatic_flg: use adiabatic passage to SL angle
|
| Pseudo-3D
| Jan Overbeck
| 2020
|
*/
/*-----
;      Parameters to set
; -----
;p11 : adiabatic pulse length, 4ms
;spnam4 : adiabatic ramp = tanhtan90
;sp4 : adiabatic ramp power, = pl25
;cnst28 : offset of SL in ppm
;p30 : maximum SL length
;p31 : heating compensation SL length
;p32 : spin lock lenght T_ex
;pl25 : spin lock power, = sp4
;VPLIST : list of spin lock lengths
;VALIST : list of spin lock powers !in dB!

#include <Avance.incl>
#include <Grad.incl>

define list<pulse> plength = <$VPLIST>
define list<power> list1 = <$VALIST>

"p2=p1*2"
"d11=30m"
"l2=0"
"l3=0"

aqseq 312

1 ze
"p30 = plength.max"

2 30m
/*-----
;      calculate SL delays
```

```

; -----*/
"p32=plength[12]"
"p31=p30-p32"
; -----*/

/* -----
;      heating compensation
; -----*/
if "p31 > 0.0"
{
 1u fq=100(bf ppm):f1
 1u list1:f1
 (p31 ph1):f1
}
; -----*/

d1
;50u UNBLKGRAD

/* -----
; transfer to theta and SL
; -----*/
30m
1u fq=cnst28(bf ppm):f1

if "p32 == 0.0"
{
#ifdef adiabatic_flg
 1u list1:f1
 (p11:sp4(currentpower) ph1):f1
#else
 1u pl1:f1
 p1 ph4
#endif
}
else
{
#ifdef adiabatic_flg
 1u list1:f1
 (p11:sp4(currentpower) ph1):f1
#else
 1u pl1:f1
 p1 ph4
#endif
 1u list1:f1
 (p32 ph1):f1
; <- this is the Spin Lock
}
; -----*/

/* -----

```

```

; transfer back to z
; -----
#endif adiabatic_flg
    1u list1:f1
    (p11:sp5(currentpower) ph1):f1
#else
    1u pl1:f1
    p1 ph5
#endif
;-----

/* -----
;      anti-ringing
; -----
    1u pl1:f1
    p1 ph1
    d13
    p1 ph2
    d13
    p1 ph3
;-----

; 4u BLKGRAD
go=2 ph31
30m mc #0 to 2
F1QF(calclc(l2,1))
F2QF(calclist(list1,1))
;exit

HaltAcqu, 1m
exit

ph1=0
ph2=2 0
ph3=0 0 2 2 1 1 3 3
ph4=1
ph5=3
ph31=0 2 2 0 1 3 3 1
;ph31 = 0

;pl1 : f1 channel - power level for pulse (default)
;p1 : f1 channel - 90 degree high power pulse
;p2 : f1 channel - 180 degree high power pulse
;d1 : relaxation delay; 1-5 * T1
;d11: delay for disk I/O                      [30 msec]
;ns: 8 * n
;ds: 128

```

R1rho off-resonance pulse sequence

```
/*
|
| Off-resonance 19F R1rho as pseudo-3D
|
| with different SL lenghts read in via VPLIST
| and different SL offsets read in via FQ1LIST
|
| VPLIST: spin lock lengths
| FQ1LIST: offsets in Hz
|
| adiabatic_flg: use adiabatic passage to SL angle
|
| Pseudo-3D
| Jan Overbeck
| 2020
|
*/
/*-----
;      Parameters to set
; -----
;p11 = adiabatic pulse length, 4ms
;spnam4: adiabatic ramp = tanhtan90
;sp4: adiabatic ramp power, = pl25
;pl25: spin lock power, = sp4
;p32: spin lock lenght Tex
;VPLIST: list of spin lock lengths
;FQ1LIST: list of spin lock offsets !bf hz!

#include <Avance.incl>
#include <Grad.incl>

define list<pulse> plength = <$VPLIST>
define list<frequency> fqlist = <$FQ1LIST>

"p2=p1*2"
"d11=30m"
"l2=0"
"l3=0"

"cnst28=fqlist"
"p3 = p1*pow(10,(10*log10(plw1) - 10*log10(plw25))/20)" ;90 degree SL pulse
"p6 = ((cnst28)/((1/(p3*4))))" ; spin lock offset / spin lock power
;p7 = atan(p6)" ; arc tan from this ratio = angle in rad
;p8 = p7*360/(2*PI)" ; angle in degree
"p4 = p1*(1-p8/90)" ; new pulse length

aqseq 312

1 ze
```

```

/*
; calculate hard pulse for offset
; dependent tip angle theta
;
2 30m
"p30 = plength.max"
"p32=plength[12]"
"p31=p30-p32"

"cnst28=fqlist"

"p6 = ((cnst28)/((1/(p3*4))))" ; spin lock offset / spin lock power
"p7 = atan(p6)" ; arc tan from this ratio = angle in rad
"p8 = p7*360/(2*PI)" ; angle in degree
"p4 = p1*(1-p8/90)" ; new pulse length
;

/*
;      heating compensation
;
if "p31 > 0.0"
{
  1u fq=100(bf ppm):f1
  1u pl25:f1
  (p31 ph1):f1
  ;print "heating compensation on"
}
;

d1
;50u UNBLKGRAD

/*
; transfer to theta and SL
;

/*
;      cycle above&below plane      */
1u fq=cnst29(bf ppm):f1
1u pl1:f1
p1 ph7
p1 ph8

if "p32 == 0.0"
{
  30m
#endif adiabatic_flg
  1u fq=fqlist:f1
  1u pl25:f1
  (p11:sp4(currentpower) ph1):f1

```

```

#else
    1u fq=cnst29(bf ppm):f1
    1u pl1:f1
    p4 ph4
#endif
}
else
{
    30m

#ifndef adiabatic_flg
    1u fq=fqlist:f1
    1u pl25:f1
    (p11:sp4(currentpower) ph6):f1
#else
    1u fq=cnst29(bf ppm):f1
    1u pl1:f1
    p4 ph4
#endif
    1u fq=fqlist:f1
    1u pl25:f1
    (p32 ph6):f1
; <-- this is the Spin Lock
}
; -----
/* -----
; transfer back to z
; -----*/
#ifndef adiabatic_flg
    1u fq=fqlist:f1
    1u pl25:f1
    (p11:sp5(currentpower) ph6):f1
#else
    1u fq=cnst29(bf ppm):f1
    1u pl1:f1
    p4 ph5
#endif
; -----
/* cycle above&below plane BACK */
    1u fq=cnst29(bf ppm):f1
    1u pl1:f1
    p1 ph7
    p1 ph8

/* -----
;      anti-ringing
; -----*/
    1u pl1:f1
    1u fq=cnst29(bf ppm):f1
    p1 ph1

```

```

d13
p1 ph2
d13
p1 ph3
; -----
; 4u BLKGRAD
go=2 ph31
30m mc #0 to 2
F1QF(calclc(l2,1))
F2QF(calclist(fqlist,1))
exit

HaltAcqu, 1m
exit

ph1=0
ph2=2 2 0 0
ph3=0 0 0 0 2 2 2 2 1 1 1 1 3 3 3 3
ph4=1 3
ph5=3 1
ph6=0 2
ph7=0
ph8=0 2
ph31=0 0 2 2 2 2 0 0 1 1 3 3 3 3 1 1

;pl1 : f1 channel - power level for pulse (default)
;p1 : f1 channel - 90 degree high power pulse
;p2 : f1 channel - 180 degree high power pulse
;d1 : relaxation delay; 1-5 * T1
;d11: delay for disk I/O                               [30 msec]
;ns: 16 * n
;ds: > 128

```