

## Slow Methyl Axes Motions in Perdeuterated Villin Headpiece Subdomain Probed by Cross-Correlated NMR Relaxation Measurements

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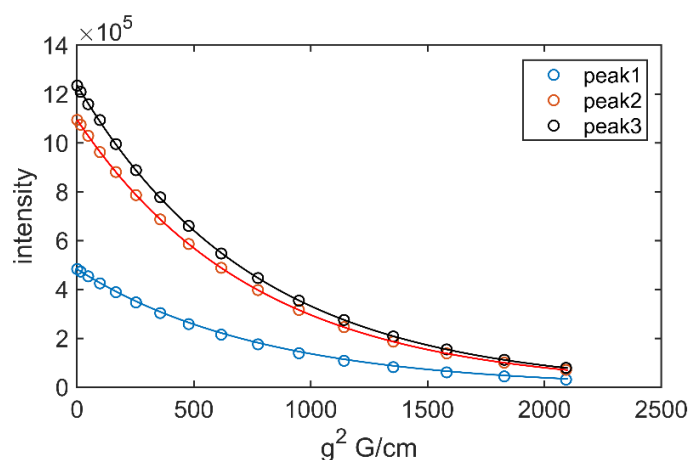
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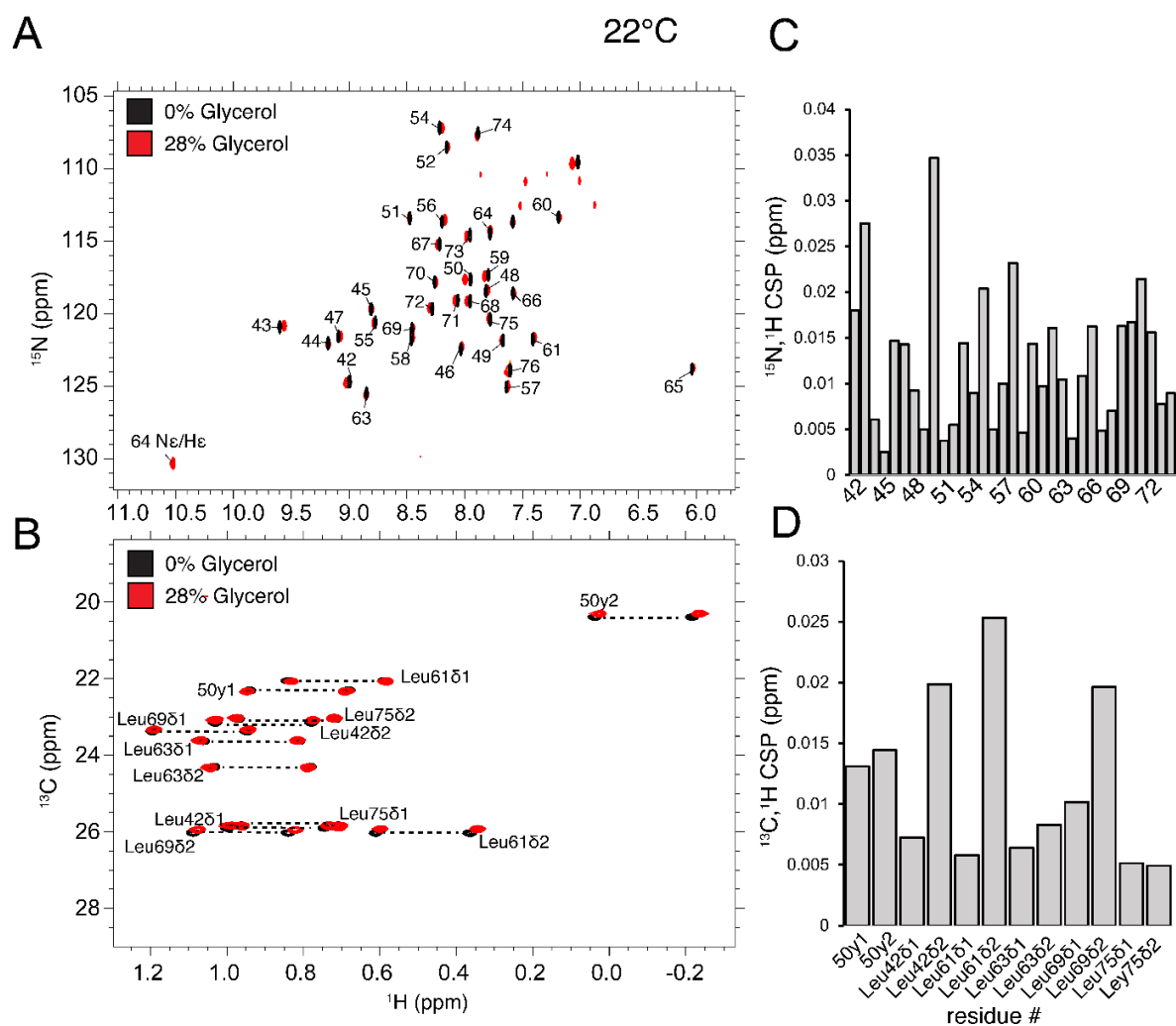
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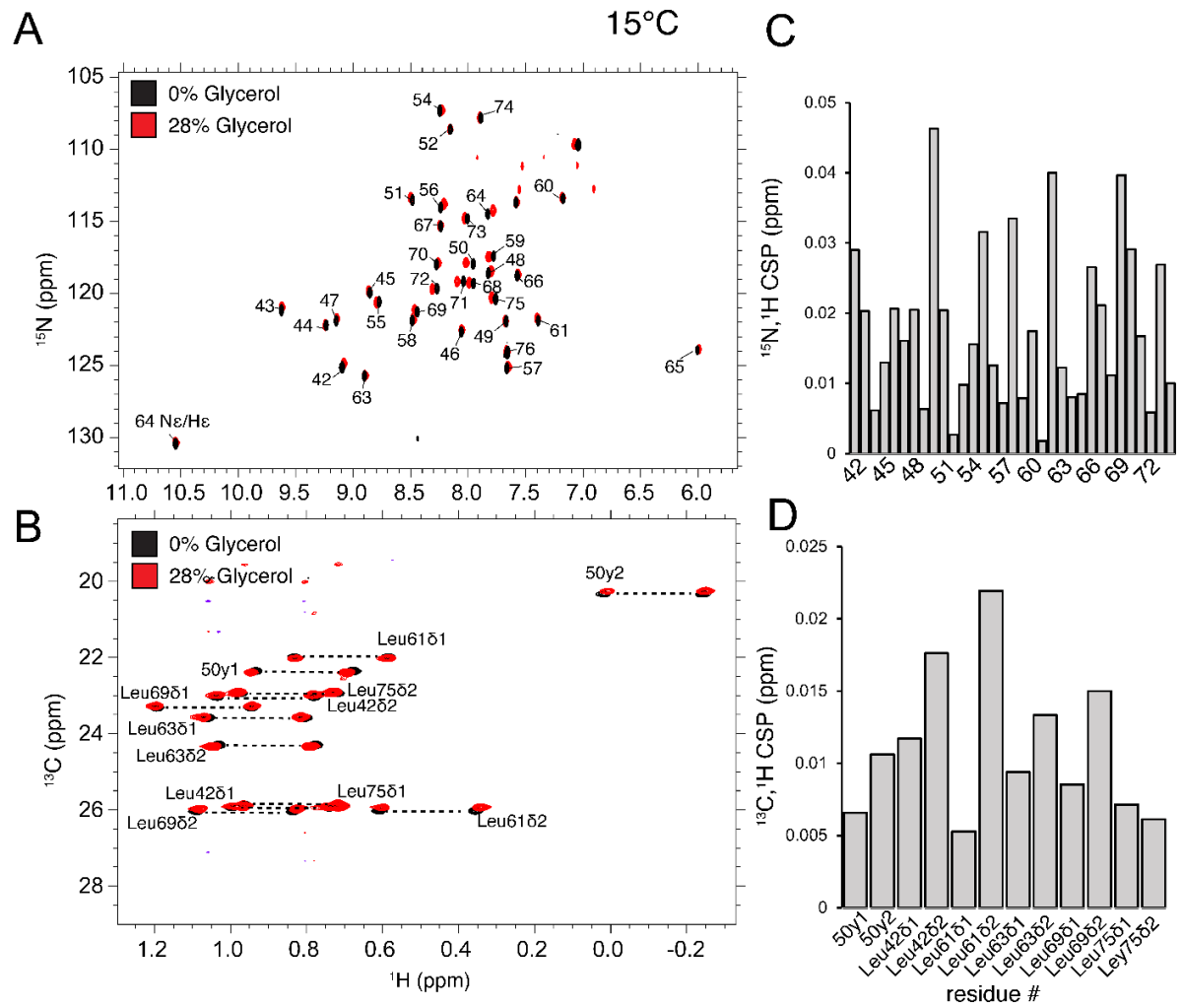
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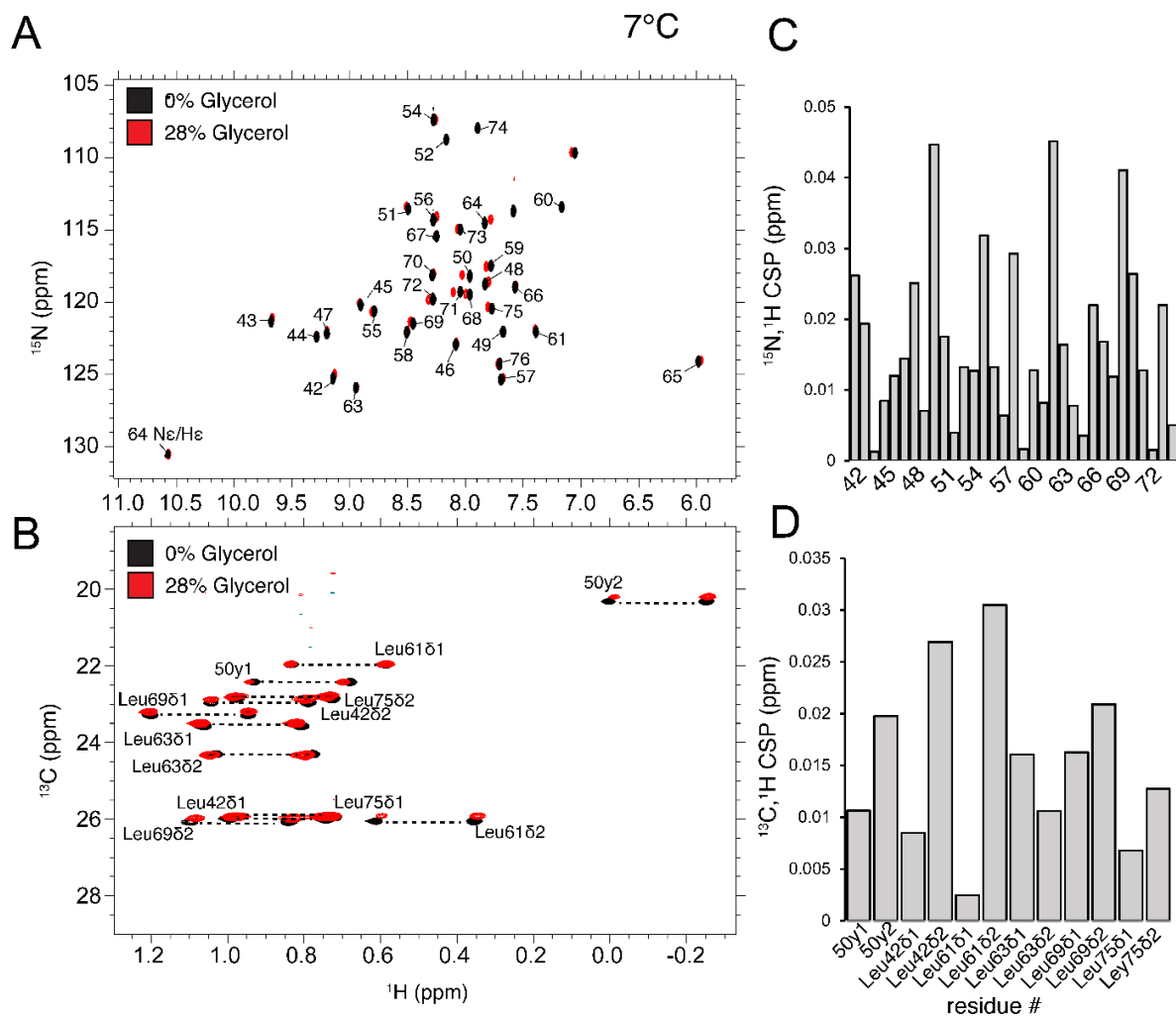
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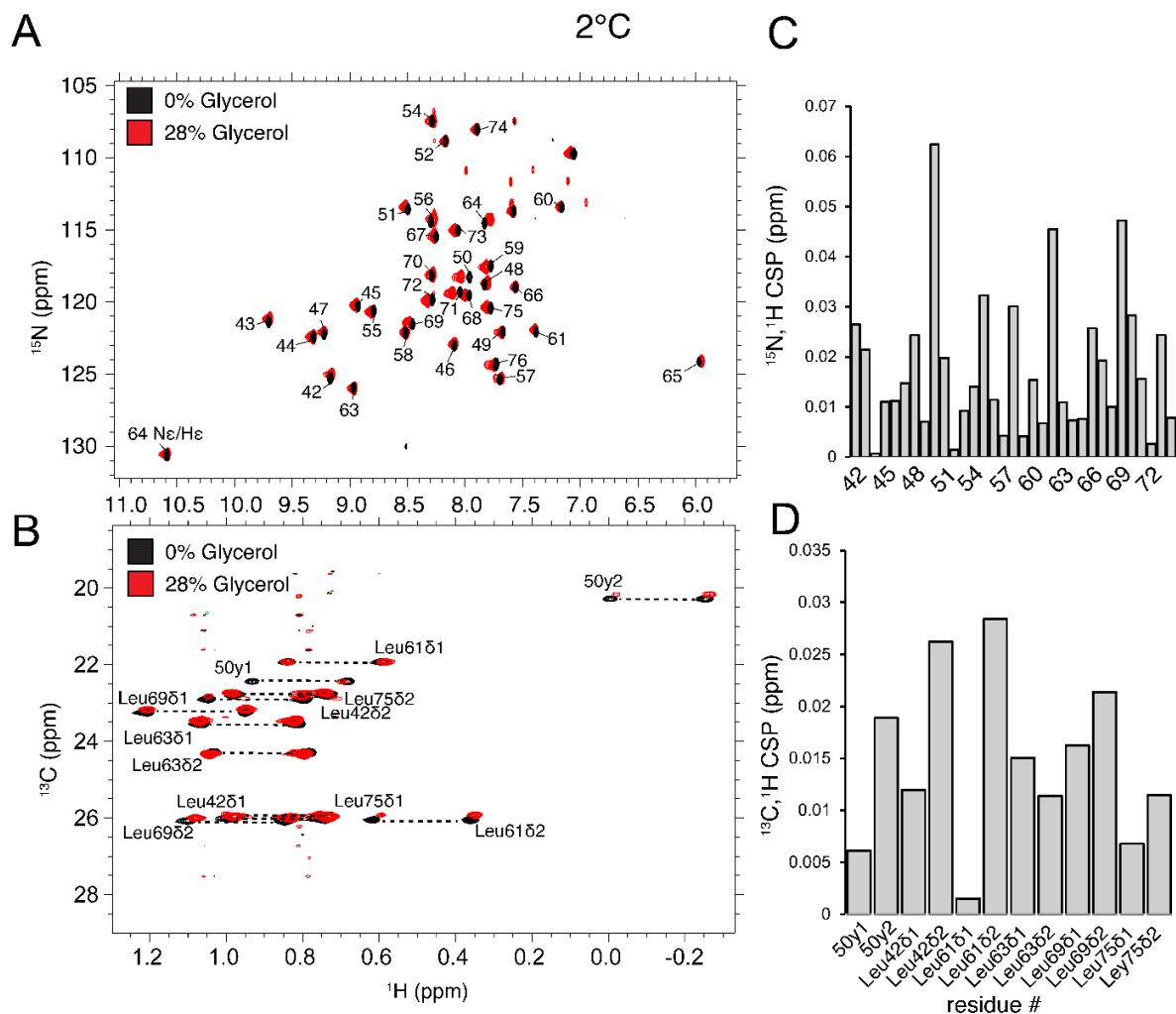


**Figure S1.** Sample DOSY decay curves (perdeuterated/LV protonated sample at 15 °C) for the residual proton peaks of glycerol-d8 (numbered from downfield to upfield positions). Intensity is given in arbitrary units versus gradient strength. The lines represent exponential fits to the data.

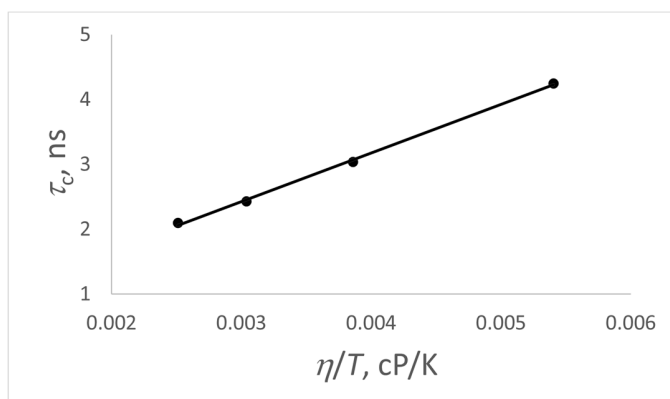




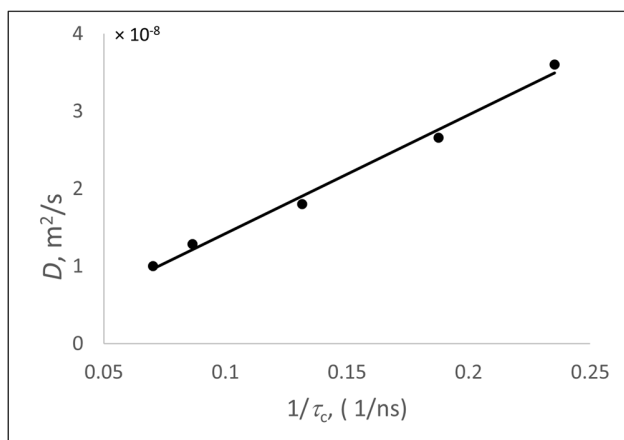




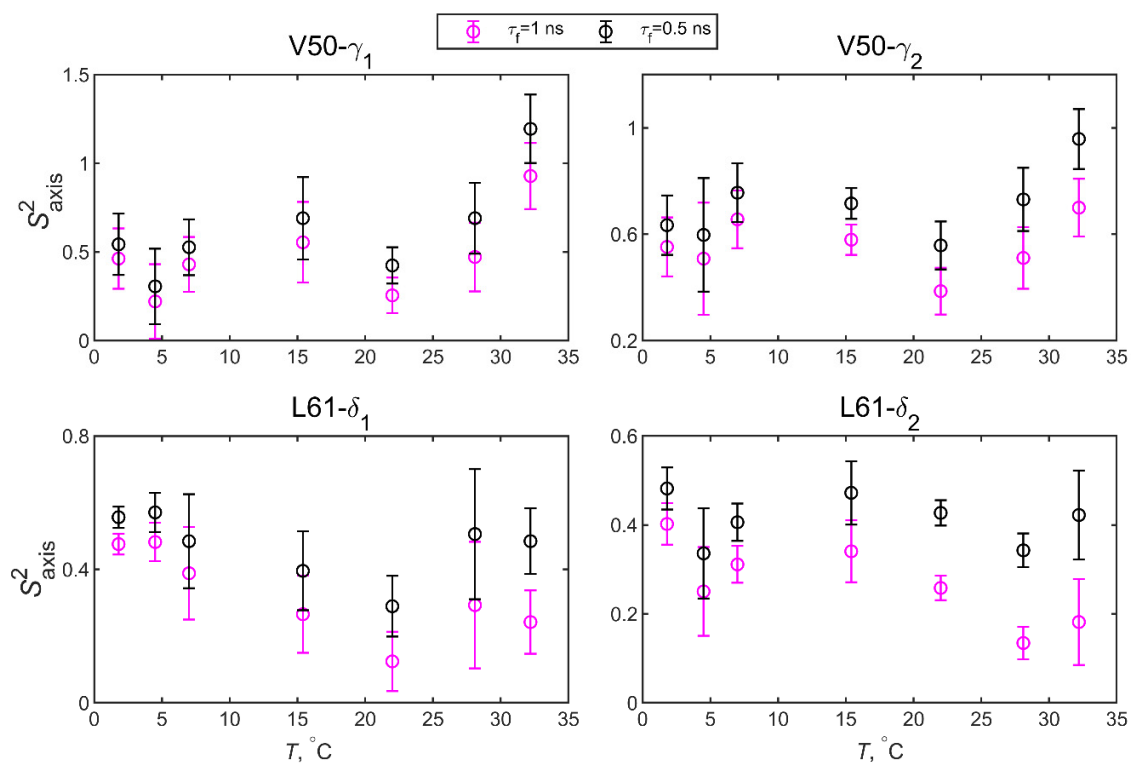
**Figure S2.** Additional backbone (A) and methyl (B) correlation spectra and corresponding differences in CSPs (C, D) in the presence and absence of glycerol, equivalent to Figure 4 of the main text for four additional temperatures, listed directly above the panels.



**Figure S3.**  $\tau_c$  versus  $\eta/T$  for different glycerol content in the 0 to 28% w/w range at 32 °C for the homogeneously  $^{15}\text{N}$ -labeled and perdeuterated HP36 protein. The line represents a linear fit to the data.



**Figure S4.** Inverse tumbling time  $\tau_c$  versus diffusion coefficient  $D$  from DOSY measurements for the for the homogeneously  $^{15}\text{N}$ -labeled and perdeuterated HP36 protein at 28 % w/w content obtained in 2 to 32 °C temperature range. The line represents linear fit to the data.



**Figure S5.** Methyl axis order parameters  $S^2_{axis}$  versus temperature for perdeuterated/LV protonated HP36 protein for V50 and L61 sites, obtained from the  $\text{H}_i\text{-H}_j/\text{H}_i\text{-C}$  dipole-dipole cross-correlated relaxation rates and fitted according to the spectral density of Eq. (6) of the main text, while fixing  $\tau_f$  at either 1 ns (magenta) or 0.5 ns (black).

**Table S1.** Diffusion coefficients  $D$  from DOSY measurements at 15, 22, and 32 °C for the perdeuterated LV protein and  $^{15}\text{N}$ -labeled proteins in the presence of 28% w/w glycerol. The analysis was performed for the three residual proton peaks of glycerol-d8 (see Figure S1) and the reported value represents the average between the three peaks. The average ratio of diffusion coefficients between the two samples for the three temperatures is 1.0, confirming very similar glycerol concentrations.

$T$ , °C	15		22		32	
	$D$	error	$D$	error	$D$	error
$D$ , LV protein ( $\text{m}^2/\text{s}$ )	$1.82 \cdot 10^{-8}$	$3.1 \cdot 10^{-11}$	$2.59 \cdot 10^{-8}$	$1.4 \cdot 10^{-10}$	$3.59 \cdot 10^{-8}$	$1.1 \cdot 10^{-10}$
$D$ , $^{15}\text{N}$ -labeled protein ( $\text{m}^2/\text{s}$ )	$1.80 \cdot 10^{-8}$	$4.5 \cdot 10^{-11}$	$2.66 \cdot 10^{-8}$	$7.1 \cdot 10^{-11}$	$3.60 \cdot 10^{-8}$	$1.2 \cdot 10^{-10}$
RATIO ( LV to $^{15}\text{N}$ -labeled)	1.0		0.97		1.0	

**Table S2.**  $^{15}\text{N}$   $R_1$  and  $R_{1\rho}$  values in the absence of glycerol and at 28% glycerol-d8 content, measured for the homogeneously  $^{15}\text{N}$ -labeled and perdeuterated HP36 protein.

**$R_1$  and  $R_{1\rho}$  at 32°C and 0% glycerol.**

Residue #	$R_1$ ( $\text{s}^{-1}$ )	$R_{1\rho}$ ( $\text{s}^{-1}$ )
42	$1.738 \pm 0.004$	$2.687 \pm 0.027$
43	$2.197 \pm 0.01$	$3.086 \pm 0.009$
44	$2.359 \pm 0.018$	$3.266 \pm 0.014$
45	$2.371 \pm 0.012$	$3.308 \pm 0.012$
46	$2.381 \pm 0.007$	$3.255 \pm 0.012$
47	$2.464 \pm 0.005$	$3.471 \pm 0.01$
48	$2.443 \pm 0.014$	$3.516 \pm 0.012$
49	$2.418 \pm 0.007$	$3.405 \pm 0.012$
50	$2.303 \pm 0.008$	$3.183 \pm 0.012$
51	$2.431 \pm 0.013$	$3.585 \pm 0.011$
52	$2.481 \pm 0.014$	$3.44 \pm 0.012$
54	$2.332 \pm 0.024$	$3.251 \pm 0.01$
55	$2.473 \pm 0.017$	$3.564 \pm 0.014$
56	$2.478 \pm 0.001$	$3.543 \pm 0.013$
57	$2.515 \pm 0.004$	$3.594 \pm 0.013$
58	$2.549 \pm 0.01$	$3.734 \pm 0.016$
59	$2.547 \pm 0.003$	$3.752 \pm 0.013$
60	$2.412 \pm 0.017$	$3.392 \pm 0.014$
61	$2.482 \pm 0.019$	$3.506 \pm 0.013$
63	$2.386 \pm 0.004$	$3.306 \pm 0.012$
64	$2.326 \pm 0.003$	$3.414 \pm 0.013$
65	$2.456 \pm 0.019$	$3.405 \pm 0.008$
66	$2.409 \pm 0.012$	$3.408 \pm 0.01$
67	$2.449 \pm 0.009$	$3.496 \pm 0.014$
68	$2.414 \pm 0.014$	$3.401 \pm 0.014$
69	$2.496 \pm 0.011$	$3.432 \pm 0.011$

70	$2.423 \pm 0.011$	$3.411 \pm 0.012$
71	$2.452 \pm 0.011$	$3.485 \pm 0.012$
72	$2.359 \pm 0.022$	$3.313 \pm 0.012$
73	$2.424 \pm 0.014$	$3.44 \pm 0.014$
74	$2.291 \pm 0.009$	$3.147 \pm 0.011$
76	$1.554 \pm 0.039$	$1.99 \pm 0.005$

**$R_1$  and  $R_{1\rho}$  at 32°C and 28% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.929 \pm 0.019$	$4.333 \pm 0.041$
43	$2.363 \pm 0.007$	$5.648 \pm 0.244$
44	$2.523 \pm 0.012$	$5.76 \pm 0.117$
45	$2.473 \pm 0.011$	$5.487 \pm 0.109$
46	$2.545 \pm 0.009$	$5.342 \pm 0.016$
47	$2.575 \pm 0.009$	$5.71 \pm 0.049$
48	$2.515 \pm 0.011$	$5.778 \pm 0.047$
49	$2.538 \pm 0.013$	$6.037 \pm 0.154$
50	$2.445 \pm 0.009$	$5.295 \pm 0.016$
51	$2.497 \pm 0.009$	$5.697 \pm 0.032$
52	$2.512 \pm 0.01$	$5.549 \pm 0.022$
54	$2.467 \pm 0.009$	$5.524 \pm 0.203$
55	$2.444 \pm 0.008$	$5.878 \pm 0.16$
56	$2.507 \pm 0.006$	$5.778 \pm 0.026$
57	$2.528 \pm 0.01$	$5.933 \pm 0.047$
58	$2.516 \pm 0.023$	$6.396 \pm 0.108$
59	$2.512 \pm 0.009$	$6.126 \pm 0.166$
60	$2.464 \pm 0.009$	$5.568 \pm 0.117$
61	$2.463 \pm 0.011$	$6.313 \pm 0.179$
63	$2.551 \pm 0.011$	$5.382 \pm 0.136$
64	$2.444 \pm 0.008$	$5.453 \pm 0.1$
65	$2.581 \pm 0.017$	$5.628 \pm 0.034$
66	$2.506 \pm 0.011$	$5.609 \pm 0.132$
67	$2.531 \pm 0.011$	$5.762 \pm 0.083$
68	$2.509 \pm 0.01$	$6.133 \pm 0.09$
69	$2.587 \pm 0.009$	$5.838 \pm 0.114$
70	$2.536 \pm 0.011$	$5.705 \pm 0.041$
71	$2.52 \pm 0.037$	$5.896 \pm 0.059$
72	$2.506 \pm 0.008$	$5.801 \pm 0.129$
73	$2.521 \pm 0.008$	$5.939 \pm 0.129$
74	$2.354 \pm 0.009$	$5.103 \pm 0.024$
76	$1.855 \pm 0.004$	$3.136 \pm 0.009$

**$R_1$  and  $R_{1\rho}$  values measured at 22°C and 0% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.816 \pm 0.014$	$2.804 \pm 0.01$
43	$2.305 \pm 0.061$	$3.452 \pm 0.208$
44	$2.429 \pm 0.079$	$3.598 \pm 0.197$
45	$2.429 \pm 0.063$	$4.135 \pm 0.227$



46	$2.471 \pm 0.094$	$3.616 \pm 0.221$
47	$2.533 \pm 0.087$	$4.292 \pm 0.095$
48	$2.537 \pm 0.084$	$4.352 \pm 0.141$
49	$2.534 \pm 0.09$	$4.224 \pm 0.219$
50	$2.398 \pm 0.081$	$3.915 \pm 0.237$
51	$2.52 \pm 0.111$	$3.892 \pm 0.188$
52	$2.595 \pm 0.165$	$4.018 \pm 0.225$
54	$2.412 \pm 0.05$	$4.214 \pm 0.201$
55	$2.571 \pm 0.047$	$4.593 \pm 0.162$
56	$2.522 \pm 0.154$	$4.348 \pm 0.197$
57	$2.601 \pm 0.174$	$4.467 \pm 0.145$
58	$2.637 \pm 0.089$	$4.13 \pm 0.138$
59	$2.623 \pm 0.239$	$4.545 \pm 0.221$
60	$2.465 \pm 0.07$	$4.343 \pm 0.158$
61	$2.54 \pm 0.093$	$4.457 \pm 0.051$
63	$2.418 \pm 0.044$	$4.11 \pm 0.157$
64	$2.421 \pm 0.087$	$4.26 \pm 0.176$
65	$2.632 \pm 0.071$	$3.772 \pm 0.225$
66	$2.529 \pm 0.171$	$4.287 \pm 0.184$
67	$2.527 \pm 0.131$	$4.376 \pm 0.191$
68	$2.486 \pm 0.066$	$4.342 \pm 0.247$
69	$2.551 \pm 0.088$	$4.325 \pm 0.218$
70	$2.504 \pm 0.112$	$4.263 \pm 0.156$
71	$2.512 \pm 0.051$	$3.869 \pm 0.273$
72	$2.436 \pm 0.064$	$4.178 \pm 0.215$
73	$2.558 \pm 0.049$	$4.468 \pm 0.253$
74	$2.372 \pm 0.113$	$3.497 \pm 0.221$
76	$1.661 \pm 0.016$	$2.169 \pm 0.005$

**$R_1$  and  $R_{1\rho}$  values measured at 22°C and 28% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.9 \pm 0.009$	$4.939 \pm 0.021$
43	$2.224 \pm 0.006$	$6.777 \pm 0.18$
44	$2.319 \pm 0.007$	$7.016 \pm 0.202$
45	$2.299 \pm 0.008$	$6.547 \pm 0.177$
46	$2.397 \pm 0.01$	$6.498 \pm 0.029$
47	$2.389 \pm 0.009$	$6.991 \pm 0.089$
48	$2.346 \pm 0.011$	$6.911 \pm 0.083$
49	$2.369 \pm 0.01$	$6.892 \pm 0.207$
50	$2.29 \pm 0.01$	$6.332 \pm 0.025$
51	$2.33 \pm 0.01$	$6.799 \pm 0.035$
52	$2.313 \pm 0.014$	$6.6 \pm 0.037$
54	$2.301 \pm 0.008$	$6.588 \pm 0.14$
55	$2.233 \pm 0.007$	$7.517 \pm 0.144$
56	$2.259 \pm 0.011$	$6.885 \pm 0.074$
57	$2.301 \pm 0.008$	$7.032 \pm 0.111$
58	$2.315 \pm 0.01$	$7.574 \pm 0.165$
59	$2.312 \pm 0.01$	$7.379 \pm 0.057$

60	$2.279 \pm 0.01$	$6.698 \pm 0.078$
61	$2.276 \pm 0.007$	$7.321 \pm 0.205$
63	$2.345 \pm 0.006$	$6.93 \pm 0.252$
64	$2.309 \pm 0.009$	$6.592 \pm 0.105$
65	$2.414 \pm 0.021$	$6.669 \pm 0.031$
66	$2.342 \pm 0.01$	$6.817 \pm 0.128$
67	$2.329 \pm 0.008$	$6.883 \pm 0.098$
68	$2.347 \pm 0.008$	$6.739 \pm 0.087$
69	$2.413 \pm 0.013$	$6.836 \pm 0.163$
70	$2.351 \pm 0.011$	$6.916 \pm 0.051$
71	$2.347 \pm 0.007$	$7.02 \pm 0.091$
72	$2.343 \pm 0.008$	$7 \pm 0.206$
73	$2.327 \pm 0.009$	$7.011 \pm 0.189$
74	$2.206 \pm 0.011$	$6.403 \pm 0.124$
76	$1.899 \pm 0.005$	$3.79 \pm 0.008$

**$R_1$  and  $R_{1\rho}$  values at 15°C and 0% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.939 \pm 0.004$	$3.744 \pm 0.063$
43	$2.426 \pm 0.024$	$4.599 \pm 0.154$
44	$2.519 \pm 0.065$	$4.763 \pm 0.175$
45	$2.547 \pm 0.056$	$4.901 \pm 0.14$
46	$2.602 \pm 0.146$	$4.83 \pm 0.024$
47	$2.648 \pm 0.007$	$5.051 \pm 0.098$
48	$2.632 \pm 0.064$	$5.14 \pm 0.104$
49	$2.619 \pm 0.094$	$5.363 \pm 0.184$
50	$2.506 \pm 0.007$	$4.76 \pm 0.048$
51	$2.593 \pm 0.043$	$5.043 \pm 0.109$
52	$2.632 \pm 0.133$	$4.827 \pm 0.059$
54	$2.544 \pm 0.017$	$5.035 \pm 0.213$
55	$2.545 \pm 0.01$	$5.413 \pm 0.159$
56	$2.565 \pm 0.061$	$5.356 \pm 0.117$
57	$2.625 \pm 0.159$	$5.114 \pm 0.089$
58	$2.642 \pm 0.068$	$5.566 \pm 0.125$
59	$2.652 \pm 0.137$	$5.455 \pm 0.046$
60	$2.563 \pm 0.01$	$4.967 \pm 0.049$
61	$2.589 \pm 0.006$	$5.459 \pm 0.146$
63	$2.532 \pm 0.008$	$4.689 \pm 0.134$
64	$2.528 \pm 0.068$	$4.975 \pm 0.069$
65	$2.663 \pm 0.009$	$4.696 \pm 0.098$
66	$2.619 \pm 0.092$	$5.233 \pm 0.089$
67	$2.62 \pm 0.006$	$5.219 \pm 0.09$
68	$2.59 \pm 0.05$	$4.983 \pm 0.089$
69	$2.65 \pm 0.074$	$5.248 \pm 0.096$
70	$2.605 \pm 0.052$	$5.128 \pm 0.054$
71	$2.603 \pm 0.078$	$5.003 \pm 0.047$
72	$2.577 \pm 0.006$	$4.874 \pm 0.11$
73	$2.583 \pm 0.074$	$5.036 \pm 0.094$
74	$2.462 \pm 0.005$	$4.671 \pm 0.104$

76	$1.882 \pm 0.037$	$3.067 \pm 0.244$
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**$R_1$  and  $R_{1\rho}$  values measured at 15°C and 28% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.645 \pm 0.007$	$6.513 \pm 0.088$
43	$1.832 \pm 0.007$	$8.371 \pm 0.13$
44	$1.837 \pm 0.007$	$8.669 \pm 0.091$
45	$1.838 \pm 0.007$	$8.771 \pm 0.145$
46	$1.95 \pm 0.009$	$8.618 \pm 0.225$
47	$1.904 \pm 0.008$	$8.543 \pm 0.359$
48	$1.846 \pm 0.006$	$9.341 \pm 0.236$
49	$1.9 \pm 0.009$	$8.927 \pm 0.199$
50	$1.855 \pm 0.012$	$8.542 \pm 0.246$
51	$1.828 \pm 0.008$	$9.568 \pm 0.415$
52	$1.847 \pm 0.009$	$8.825 \pm 0.48$
54	$1.868 \pm 0.006$	$8.075 \pm 0.061$
55	$1.738 \pm 0.008$	$9.609 \pm 0.049$
56	$1.762 \pm 0.01$	$9.274 \pm 0.463$
57	$1.815 \pm 0.006$	$9.309 \pm 0.465$
58	$1.778 \pm 0.006$	$9.349 \pm 0.358$
59	$1.787 \pm 0.007$	$9.263 \pm 0.341$
60	$1.798 \pm 0.008$	$8.565 \pm 0.287$
61	$1.801 \pm 0.009$	$9.459 \pm 0.158$
63	$1.852 \pm 0.006$	$8.691 \pm 0.122$
64	$1.845 \pm 0.01$	$8.783 \pm 0.244$
65	$1.965 \pm 0.019$	$9.822 \pm 0.359$
66	$1.872 \pm 0.007$	$9.215 \pm 0.454$
67	$1.862 \pm 0.009$	$9.263 \pm 0.373$
68	$1.885 \pm 0.007$	$8.63 \pm 0.405$
69	$1.922 \pm 0.007$	$8.365 \pm 0.371$
70	$1.886 \pm 0.008$	$9.149 \pm 0.276$
71	$1.879 \pm 0.01$	$8.913 \pm 0.355$
72	$1.909 \pm 0.007$	$8.534 \pm 0.301$
73	$1.848 \pm 0.009$	$9.129 \pm 0.091$
74	$1.771 \pm 0.011$	$8.282 \pm 0.239$
76	$1.812 \pm 0.005$	$5.275 \pm 0.37$

**$R_1$  and  $R_{1\rho}$  values measured at 7°C and 0% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.904 \pm 0.034$	$5.065 \pm 0.175$
43	$2.316 \pm 0.038$	$6.425 \pm 0.162$
44	$2.372 \pm 0.025$	$5.969 \pm 0.179$
45	$2.393 \pm 0.029$	$6.258 \pm 0.134$
46	$2.503 \pm 0.08$	$6.006 \pm 0.051$
47	$2.503 \pm 0.007$	$6.482 \pm 0.141$
48	$2.445 \pm 0.053$	$6.893 \pm 0.163$
49	$2.503 \pm 0.024$	$6.507 \pm 0.236$
50	$2.399 \pm 0.005$	$5.947 \pm 0.093$
51	$2.443 \pm 0.055$	$6.285 \pm 0.084$

52	$2.457 \pm 0.008$	$6.091 \pm 0.016$
54	$2.402 \pm 0.031$	$5.736 \pm 0.213$
55	$2.334 \pm 0.043$	$6.852 \pm 0.178$
56	$2.358 \pm 0.009$	$6.643 \pm 0.114$
57	$2.446 \pm 0.054$	$6.374 \pm 0.083$
58	$2.437 \pm 0.006$	$7.027 \pm 0.122$
59	$2.442 \pm 0.033$	$6.695 \pm 0.172$
60	$2.405 \pm 0.034$	$6.157 \pm 0.111$
61	$2.401 \pm 0.008$	$6.542 \pm 0.179$
63	$2.377 \pm 0.033$	$5.804 \pm 0.2$
64	$2.418 \pm 0.085$	$6.519 \pm 0.137$
65	$2.524 \pm 0.009$	$6.283 \pm 0.053$
66	$2.471 \pm 0.056$	$6.333 \pm 0.128$
67	$2.46 \pm 0.08$	$6.458 \pm 0.057$
68	$2.461 \pm 0.008$	$6.503 \pm 0.12$
69	$2.49 \pm 0.01$	$6.305 \pm 0.16$
70	$2.467 \pm 0.005$	$6.35 \pm 0.095$
71	$2.458 \pm 0.006$	$6.359 \pm 0.088$
72	$2.447 \pm 0.04$	$6.442 \pm 0.125$
73	$2.415 \pm 0.009$	$6.632 \pm 0.163$
74	$2.331 \pm 0.005$	$6.088 \pm 0.133$
76	$1.989 \pm 0.08$	$3.897 \pm 0.011$

**$R_1$  and  $R_{1\rho}$  values measured at 7°C and 28% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.381 \pm 0.007$	$9.469 \pm 0.147$
43	$1.413 \pm 0.008$	$12.178 \pm 0.478$
44	$1.384 \pm 0.008$	$11.482 \pm 0.843$
45	$1.386 \pm 0.007$	$12.058 \pm 1.037$
46	$1.474 \pm 0.01$	$12.876 \pm 0.284$
47	$1.435 \pm 0.01$	$14.264 \pm 0.467$
48	$1.383 \pm 0.009$	$15.116 \pm 0.513$
49	$1.442 \pm 0.008$	$12.027 \pm 0.973$
50	$1.393 \pm 0.01$	$12.839 \pm 0.406$
51	$1.367 \pm 0.009$	$12.855 \pm 0.333$
52	$1.374 \pm 0.009$	$12.626 \pm 0.107$
54	$1.405 \pm 0.007$	$11.288 \pm 0.362$
55	$1.296 \pm 0.006$	$12.474 \pm 0.818$
56	$1.305 \pm 0.009$	$14.533 \pm 0.536$
57	$1.352 \pm 0.009$	$13.519 \pm 0.395$
58	$1.334 \pm 0.008$	$13.672 \pm 0.153$
59	$1.319 \pm 0.01$	$15.45 \pm 0.421$
60	$1.329 \pm 0.01$	$13.744 \pm 0.315$
61	$1.344 \pm 0.009$	$14.844 \pm 0.473$
63	$1.39 \pm 0.006$	$12.138 \pm 0.334$
64	$1.394 \pm 0.007$	$13.656 \pm 0.462$
65	$1.476 \pm 0.018$	$14.09 \pm 0.478$
66	$1.404 \pm 0.011$	$13.031 \pm 0.28$
67	$1.387 \pm 0.008$	$14.268 \pm 0.41$

68	$1.405 \pm 0.01$	$14.427 \pm 0.348$
69	$1.403 \pm 0.016$	$13.41 \pm 0.159$
70	$1.412 \pm 0.012$	$13.243 \pm 0.332$
71	$1.411 \pm 0.01$	$14.344 \pm 0.354$
72	$1.45 \pm 0.011$	$14.041 \pm 0.459$
73	$1.379 \pm 0.01$	$14.799 \pm 0.679$
74	$1.346 \pm 0.01$	$13.03 \pm 0.402$
76	$1.616 \pm 0.005$	$8.291 \pm 0.14$

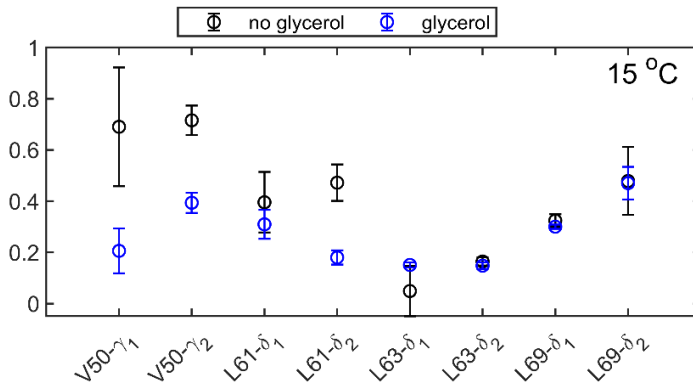
**$R_1$  and  $R_{1\rho}$  values measured at 2°C and 0% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.813 \pm 0.003$	$5.781 \pm 0.23$
43	$2.153 \pm 0.021$	$7.364 \pm 0.163$
44	$2.204 \pm 0.016$	$7.429 \pm 0.151$
45	$2.22 \pm 0.006$	$7.475 \pm 0.153$
46	$2.327 \pm 0.007$	$6.939 \pm 0.052$
47	$2.302 \pm 0.005$	$7.437 \pm 0.055$
48	$2.258 \pm 0.005$	$7.876 \pm 0.171$
49	$2.318 \pm 0.046$	$7.729 \pm 0.131$
50	$2.215 \pm 0.006$	$6.932 \pm 0.048$
51	$2.228 \pm 0.006$	$7.168 \pm 0.133$
52	$2.247 \pm 0.007$	$7.104 \pm 0.034$
54	$2.23 \pm 0.025$	$6.475 \pm 0.201$
55	$2.139 \pm 0.026$	$8.049 \pm 0.225$
56	$2.16 \pm 0.051$	$7.376 \pm 0.077$
57	$2.231 \pm 0.011$	$7.628 \pm 0.048$
58	$2.206 \pm 0.063$	$7.926 \pm 0.128$
59	$2.214 \pm 0.052$	$8.201 \pm 0.189$
60	$2.19 \pm 0.005$	$7.102 \pm 0.093$
61	$2.208 \pm 0.054$	$7.776 \pm 0.162$
63	$2.201 \pm 0.032$	$7.281 \pm 0.121$
64	$2.227 \pm 0.004$	$7.331 \pm 0.07$
65	$2.323 \pm 0.01$	$7.286 \pm 0.036$
66	$2.277 \pm 0.006$	$7.285 \pm 0.042$
67	$2.253 \pm 0.007$	$7.489 \pm 0.132$
68	$2.271 \pm 0.073$	$7.494 \pm 0.139$
69	$2.318 \pm 0.051$	$7.467 \pm 0.083$
70	$2.271 \pm 0.007$	$7.341 \pm 0.029$
71	$2.254 \pm 0.007$	$7.277 \pm 0.09$
72	$2.285 \pm 0.006$	$7.272 \pm 0.102$
73	$2.235 \pm 0.006$	$7.587 \pm 0.147$
74	$2.153 \pm 0.006$	$6.879 \pm 0.073$
76	$1.93 \pm 0.087$	$4.305 \pm 0.232$

**$R_1$  and  $R_{1\rho}$  values measured at 2°C and 28% glycerol.**

Residue #	$R_1$ ( $s^{-1}$ )	$R_{1\rho}$ ( $s^{-1}$ )
42	$1.238 \pm 0.008$	$12.689 \pm 0.041$
43	$1.162 \pm 0.009$	$14.999 \pm 0.075$
44	$1.13 \pm 0.008$	$15.889 \pm 0.062$

45	$1.133 \pm 0.012$	$16.225 \pm 0.081$
46	$1.2 \pm 0.011$	$15.656 \pm 0.115$
47	$1.165 \pm 0.01$	$16.837 \pm 0.099$
48	$1.126 \pm 0.008$	$17.051 \pm 0.109$
49	$1.176 \pm 0.012$	$16.144 \pm 0.081$
50	$1.127 \pm 0.009$	$15.722 \pm 0.088$
51	$1.108 \pm 0.009$	$16.309 \pm 0.137$
52	$1.118 \pm 0.011$	$15.934 \pm 0.176$
54	$1.141 \pm 0.01$	$13.984 \pm 0.064$
55	$1.051 \pm 0.005$	$17.007 \pm 0.08$
56	$1.055 \pm 0.008$	$18.777 \pm 0.153$
57	$1.093 \pm 0.011$	$17.336 \pm 0.123$
58	$1.073 \pm 0.011$	$7.245 \pm 0.156$
59	$1.071 \pm 0.009$	$19.436 \pm 0.129$
60	$1.071 \pm 0.012$	$16.166 \pm 0.125$
61	$1.083 \pm 0.011$	$17.23 \pm 0.138$
63	$1.121 \pm 0.006$	$15.166 \pm 0.063$
64	$1.142 \pm 0.011$	$15.883 \pm 0.085$
65	$1.192 \pm 0.017$	$16.322 \pm 0.097$
66	$1.138 \pm 0.015$	$16.636 \pm 0.096$
67	$1.124 \pm 0.01$	$16.921 \pm 0.125$
68	$1.127 \pm 0.012$	$18.572 \pm 0.113$
69	$1.167 \pm 0.01$	$6.902 \pm 0.207$
70	$1.14 \pm 0.007$	$16.826 \pm 0.13$
71	$1.136 \pm 0.013$	$17.061 \pm 0.137$
72	$1.186 \pm 0.009$	$16.276 \pm 0.112$
73	$1.107 \pm 0.007$	$16.541 \pm 0.116$
74	$1.112 \pm 0.01$	$15.122 \pm 0.098$
76	$1.458 \pm 0.006$	$10.808 \pm 0.03$



**Figure S6.** Comparison of methyl axis order parameters  $S_{axis}^2$  in the perdeuterated/LV protonated sample at 15 °C in absence of glycerol-d8 (black circles) and in the presence of 28% w/w glycerol (blue circles) versus site identity. The fits were done according to Eq. (4) with  $\tau_f$  fixed at 500 ps. L75- $\delta_2$  and L42- $\delta_2$  sites are not included due to spectral overlap in the presence of glycerol at this temperature. In similarity to the results at 22°C, differences are observed for the V50 and L61 residues, for which the better choice of spectral densities is Eq. (6) representing a direct coupling between overall and internal motions.