## Supporting Information

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## SI Text

The Chemical Shift Tensor. The electronic environment surrounding the nucleus gives rise to the CST. In the presence of an external magnetic field, $B_{0}$, the electrons in the orbitals surrounding these nuclei orient themselves either with the field or against the field, shifting the observed frequency of precession. The chemical shift, $\delta^{\mathrm{CS}}$, is typically represented as a Cartesian tensor composed of three orthogonal axes.

$$
\delta^{\mathrm{CS}}=\left(\begin{array}{lll}
\delta_{11} & \delta_{12} & \delta_{13}  \tag{S1}\\
\delta_{21} & \delta_{22} & \delta_{23} \\
\delta_{31} & \delta_{32} & \delta_{33}
\end{array}\right)
$$

where $\delta_{i i}$ are the nine components of the CST. In solution, isotropic molecular tumbling averages this tensor and the familiar isotropic "chemical shift" ( $\delta_{\text {iso }}$ ) is one third the trace of the above tensor:

$$
\begin{equation*}
\delta_{\mathrm{iso}}=\frac{1}{3}\left(\delta_{11}+\delta_{22}+\delta_{33}\right) \tag{S2}
\end{equation*}
$$

Here, $\delta_{11}$ is the most downfield tensor element, $\delta_{33}$ the furthest upfield, with $\delta_{22}$ between these two extremes. The orientation of these elements to the molecular frame can be described by a series of angles. Often, these are a set of Euler angles in a common coordinate system. In the convention presented, here these angles are defined as $\alpha_{n}$, the angle between the nth tensor element and the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ or ${ }^{15} \mathrm{~N}-\mathrm{H}$ vector, and $\beta_{n}$, the orientation of the nth tensor element and the ${ }^{13} \mathrm{C} \alpha-{ }^{15} \mathrm{~N}$ vector, illustrated in Fig. 1. An alternate description of the CST was popularized by Haeberlen, Merhing, and Waugh. In this convention, very convenient for conversion from a Cartesian to spherical tensor basis set, labels the three axes $\delta_{x x}, \delta_{y y}, \delta_{z z}$. They are then ordered by their deviation from the isotropic chemical shift, with $\delta_{z z}$ having the greatest deviation, followed by $\delta_{x x}$ and $\delta_{y y}$ closest to the $\delta_{\text {iso }}$. In this convention tensor magnitude and rhombicity are defined by two parameters $\delta\left(\right.$ or $\left.\delta_{\text {aniso }}=\delta_{z z}-\delta_{\text {iso }}\right)$ and $\eta\left(\eta=\left(\delta_{x x}-\delta_{y y}\right) / \delta\right)$.

Order Parameters. The experimentally determined ${ }^{1} \mathrm{H}-{ }^{-15} \mathrm{~N}$ and ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ vector orientation report upon both bond distances as well as molecular motion. The assumption is that if the ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ bond length is approximately $1.04 \AA$ and the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ bond length is approximately $1.12 \AA$, in the presence of fast rigid motions, the order parameter $S$ is the ratio of the measured dipolar coupling to the ideal dipolar coupling. This approach is the same as that used in recent studies of both ubiquitin (1) and thioredoxin (2). The order parameters for both NH and CH are presented in Fig. S3. The values of $S$ measured from the $\mathrm{H} \alpha-\mathrm{C} \alpha$ dipole (Fig. S3 $A$ ) reveal a rigid backbone, where $S \sim 0.95$ for most sites, comparable to values measured in solid thioredoxin (2) but larger than the $S$ values observed in solid ubiquitin (1). It is known that L12 and G41 in GB1 experience significant motional averaging; however, L12 is not labeled in this sample and the glycine ${ }^{1} \mathrm{H}^{13} \mathrm{C}$ trajectories were not fit because of the high degeneracy of solu-

[^0]tions arising from the presence of two directly bound protons; however, the residues adjacent to these sites (T11, K13, D40) do exhibit motional averaging greater than 1 standard deviation from the other sites. Based upon a recent study by Case et al., (3) dipolar averaging of this magnitude would result only a very small motional averaging of the ${ }^{13} \mathrm{C}$ and ${ }^{15} \mathrm{~N}$ CSTs. For example, this study revealed that a Lipari-Szabo order parameter, $S^{2}$, determined for F52 in GB3 using HN dipolar terms would be 0.897 , however when CSA is considered the value rises to 0.975 , this is largely attributed to the motion of the lighter proton relative to the heavier peptide backbone. This indicates there is only small motional averaging of CST magnitudes at sites away from the loop containing G41 in GB1 at ambient temperatures. The order parameters measured from the backbone ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ couplings (Fig. S3B) follow a nearly identical pattern to that seen in the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ results. Here, the $\mathrm{G} 41{ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ tensor dipole can be measured, and reveals significant motional averaging, comparable to that reported by Barchi et al. (4). The main differences relative to the ${ }^{1} \mathrm{H}-{ }^{-13} \mathrm{C}$ scalings are in the turn near A20, and the turn near T49, due most likely to slightly elongated intermolecular and intramolecular hydrogen bonds. However, in the ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ recoupling experiment, A20 is overlapped with N 8 , and the sig-nal-to-noise ratio at E19 is poor, so this cannot be confirmed. Overall, however, these measurements reveal a relatively rigid, well-ordered backbone.

Data Analysis and Fitting. The data that was acquired resulted in a total of six trajectories for each fit site in the ${ }^{13} \mathrm{C}$ correlation experiments and five trajectories for each set of ${ }^{15} \mathrm{~N}$ correlation experiments. During the fitting first the CST magnitudes were fixed (in the case of ${ }^{13} \mathrm{C}$ previously reported values were used). Following this the $R 18{ }_{1}{ }^{7}$ trajectory was fit for both effective bond length and relaxation. In the next step angles are fit holding all magnitudes and relaxation fixed. In the fourth step all magnitudes, relaxation parameters, and angles are allowed to vary. It was found during this procedure that modeling of cross polarization helped improve the fit quality, especially in the case of ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ trajectories and $\left[{ }^{1} \mathrm{H}^{-13} \mathrm{C}\right]:\left[{ }^{13} \mathrm{CCST}\right]$ correlation spectra.

While powerful, these experiments possess a few complexities that needed to be addressed. Tensor correlation experiments in SSNMR are most accurate when the correlated vectors are oriented at $30^{\circ}$ or less. To partially overcome this shortcoming, each CST orientation was constrained relative to two different vectors, resulting in an improvement in the fit quality for these near orthogonal orientations. Unlike the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ dipolar tensor, the C $\alpha$ CST deviates significantly from axial symmetry, and a single correlation of one tensor to another can be ambiguous in isolated regions of conformational space. To address this, we acquired several different ratios of ROCSA to $R 18{ }_{1}{ }^{7}$ evolution times. This allowed for tighter constraints on the $\mathrm{C} \alpha$ tensor, and also alleviated errors arising from ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ distance measurements. Using this approach we found that varying the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ dipolar coupling by up to 1 kHz resulted in minimal perturbation $\left(x-y^{\circ}\right)$ in the fitted orientations.

[^1]

Fig. S1. Orientation of the ${ }^{15} \mathrm{~N}$ and ${ }^{13} \mathrm{C} \alpha$ chemical shift tensors to the molecular frame. Typically the tensor may be described using sets of angles to orient each tensor element to the molecular bonds. Tensor elements are ordered by furthest downfield (11) to furthest upfield (33). In the text presented here these angles are defined as $\alpha_{n}$, the angle between the nth tensor element and the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ or ${ }^{15} \mathrm{~N}$ dipole, and $\beta_{n}$, the orientation of the nth tensor element to the ${ }^{13} \mathrm{C} \alpha{ }^{-15} \mathrm{~N}$ dipole. This convention was used because it was the most convenient to compare measured CST information to ab initio surfaces. Figure was made using SIMMOL package.


Fig. S2. ROCSA:R1817 CST-dipole correlation sequence. Polarization is created on ${ }^{1} \mathrm{H}$ and transferred to ${ }^{15} \mathrm{~N}$ by adiabatic cross-polarization with a 1-ms contact time. Following a ${ }^{15} \mathrm{~N}$ chemical shift evolution period $\left(t_{1}\right)$, polarization is transferred to ${ }^{13} \mathrm{C}$ using SPECIFIC cross polarization. The ${ }^{13} \mathrm{C} \alpha$ CST is recoupled under ROCSA followed by a $z$-filter and a synchronously evolved R1817 period that recouples the ${ }^{1} \mathrm{H}-{ }^{-13} \mathrm{C}$ dipolar interaction. This is followed by a second $z$-filter and acquisition. Phase cycle is as follows: $\phi_{3}=0,180,0,180,0,180,0,180 ; \phi_{4}=0,0,180,180,0,0,180,180 ; \phi_{5}=270,270,90,90,90,90,270,270 ; \phi_{6}=90,90,270$, $270,270,270,90,90 ; \phi_{7}=0,180,90,270,270,90,180,0 ; \phi_{8}=270,270,90,90 ; \phi_{9}=0,0,90,90,180,180,270,270$. The following receiver cycle was used: $0,2,3$, 1, 0, 2, 3, 1, 2, 0, 1, 3, 0, 2, 3, 1.


Fig. S3. Order parameters (S) measured from backbone ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}(A)$ and ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}(B)$ effective dipolar couplings. Equilibrium bond lengths for ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ and ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ were assumed to be $1.12 \AA$ and $1.04 \AA$, respectively. Dipolar interaction was recoupled using $R 18_{1}{ }^{7}$ pulse sequence element applied at 11.111 kHz spinning ( $100 \mathrm{kHz} B_{1}$ field). ${ }^{1} \mathrm{H}-{ }^{-13} \mathrm{C}$ and ${ }^{1} \mathrm{H}-{ }^{-15} \mathrm{~N}$ couplings were read from the third dimension of a 3D experiment implementing NCA 2D plane to provide site resolution. Data were acquired at VT set temperature of $0^{\circ} \mathrm{C}$ and ${ }^{1} \mathrm{H}$ Larmor frequency of 500 MHz .


Fig. S4. Analysis of ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ dipole: ${ }^{13} \mathrm{C}$ CST correlation spectra. Fit lineshapes for $\left[{ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}\right]:\left[{ }^{13} \mathrm{C}\right.$ CST $]$ correlation spectra for alanine and valine with different secondary structures are presented. Experimental data are presented in black and best fit are in red. Ratios correspond to ratio of dipolar evolution time to CST evolution time. A20 is located in a turn with $\beta$-sheet geometry, A26 and A34 are located in the $\alpha$-helix, and A48 is in a turn with $\alpha$-helical geometry. V21 is in a turn with near helical geometry, V29 is in a helix, V39 is in a turn with mixed geometry, and V54 is $\beta$-sheet.


Fig. S5. Analysis of ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ dipole: ${ }^{13} \mathrm{C}$ CST correlation spectra. Fit lineshapes for $\left[{ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}\right]:\left[{ }^{13} \mathrm{C} C S T\right]$ correlation spectra for threonine, tyrosine, and aspartic acid residues with different secondary structures are presented. Experimental data are presented in black and best fit are in red. Ratios correspond to ratio of dipolar evolution time: CST evolution time. In the examples provided, T18 and T51 have $\beta$-sheet geometry. T25 is located in the $\alpha$-helix and T49 is in the turn between $\beta 3$ and $\beta 4$. Y3 is $\beta$-sheet and Y33 is $\alpha$-helical. D36 is located at the end of the $\alpha$-helix and D47 is at the end of $\beta 3$ leading into a $\beta$-turn.


Fig. S6. Amide chemical shift tensor analysis for protein GB1. Fit ensemble of $\left[{ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}\right]:\left[{ }^{15} \mathrm{~N} \mathrm{CST}\right]$ correlation spectra. Data is presented in black with best fit in red. The ratio is the ratio of dipolar:CST evolution time for each lineshape. Typical rmsd between theory and experiment is less than $2 \%$.


Fig. S7. Expanded view of Fig. 2. Analysis of ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ dipolar: ${ }^{13} \mathrm{C}$ CST correlation spectra. In the left column, fit $\alpha$ angles, defining orientation of each tensor element to the HC dipole, as a function of residue number. All angels over $180^{\circ}$ were converted to their $<90^{\circ}$ compliment for clarity. Clear trends are observed where $\delta_{11}$ is oriented within $20^{\circ}$ of dipole in $\beta$-strands but moves within $30^{\circ}$ of bond normal in the $\alpha$-helix. $\delta_{22}$ and $\delta_{33}$ are near perpendicular to the HC bond in the $\beta$-sheet, while $\delta_{22}$ reorients up to $80^{\circ}$ in the $\alpha$-helix. In the right column, fit $\beta$ angles defining the orientation of each tensor element to the NC bond vector. While overall variation of orientation is not as pronounced, there is a strong shift in the $\beta_{2}$ angle between helical and sheet conformations with a concerted, smaller adjustment of $\beta_{1}$ and $\beta_{3}$.



Fig. S8. ${ }^{15} \mathrm{~N}$ tensor data compared to solution NMR studies and ab initio calculations. ( $A$ ) Theoretical chemical shielding tensor calculations of helical residues 26-33 in GB3 plotted against measured chemical shift tensor measurements. Calculations presented are from Cai and Fushaman. Overall statistical agreement is good, $R^{2}=0.993, \mathrm{rmsd}=6.5 \mathrm{ppm}$. Least squares fit slope of -0.944 with y intercept of 235.7 ppm . Once E27 outlier is removed agreement improves to $R^{2}=0.997, \mathrm{rmsd}=4.3 \mathrm{ppm}$, with a least squares slope of -0.938 , and y intercept of 236.6 ppm . Statistical agreement is within combined experimental and computational error for all sites but E27. For comparison, the recent solution NMR study of Yao et al. shows $R^{2}=0.986$, rmsd $=9.1$ ppm, least squares slope of -0.916 , with y intercept of 233.5 ppm . (B) Chemical Shift Tensor Principal elements measured by Yao et al. plotted against our measured values. Overall statistical agreement is good when considering the full tensor. Overall rmsd is 8.1 ppm , with $R^{2}$ of 0.989 and a slope near unity with y offset of 1.5 ppm .

Table S1. ${ }^{13} \mathrm{C}$ CST orientation to ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ and ${ }^{15} \mathrm{~N}-{ }^{13} \mathrm{C}$ dipoles

| Residue | $\alpha_{1}\left( \pm 10^{\circ}\right)$ | $\alpha_{2}\left( \pm 10^{\circ}\right)$ | $\alpha_{3}\left( \pm 10^{\circ}\right)$ | $\beta_{1}\left( \pm 15^{\circ}\right)$ |
| :--- | :--- | :--- | :--- | :--- |
| 仵 | $\left( \pm 15^{\circ}\right)$ | $\beta_{3}\left( \pm 15^{\circ}\right)$ |  |  |


| M1 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Q2 | 10 | 100 | 89 | 116 | 36 | 66 |
| Y3 | 6 | 95 | 94 | 105 | 29 | 114 |
| K4 | 7 | 87 | 96 | 111 | 40 | 121 |
| L5 |  |  |  |  |  |  |
| 16 | 175 | 85 | 89 | 67 | 26 | 103 |
| L7 |  |  |  |  |  |  |
| N8 | 176 | 86 | 91 | 69 | 26 | 76 |
| G9 |  |  |  |  |  |  |
| K10 | 53 | 138 | 73 | 110 | 32 | 66 |
| T11 | 173 | 96 | 86 | 69 | 148 | 112 |
| L12 |  |  |  |  |  |  |
| K13 | 7 | 84 | 86 | 114 | 42 | 122 |
| G14 |  |  |  |  |  |  |
| E15 | 10 | 89 | 80 | 116 | 57 | 136 |
| T16 | 17 | 102 | 101 | 103 | 147 | 60 |
| T17 | 4 | 87 | 87 | 112 | 151 | 72 |
| T18 | 16 | 91 | 106 | 105 | 148 | 62 |
| E19 | 15 | 100 | 100 | 105 | 32 | 118 |
| A20 | 7 | 97 | 93 | 113 | 117 | 37 |
| V21 | 158 | 91 | 112 | 119 | 40 | 115 |
| D22 | 23 | 68 | 95 | 114 | 67 | 34 |
| A23 | 117 | 148 | 106 | 120 | 68 | 142 |
| A24 | 120 | 150 | 94 | 112 | 51 | 133 |
| T25 | 83 | 173 | 91 | 29 | 66 | 106 |
| A26 | 120 | 150 | 94 | 115 | 55 | 134 |
| E27 | 100 | 162 | 75 | 127 | 55 | 56 |
| K28 | 58 | 145 | 76 | 59 | 37 | 71 |
| V29 | 95 | 160 | 109 | 30 | 62 | 102 |
| F30 | 77 | 161 | 76 | 47 | 71 | 49 |
| K31 | 79 | 163 | 79 | 52 | 71 | 44 |
| Q32 | 105 | 154 | 69 | 137 | 72 | 52 |
| Y33 | 93 | 149 | 59 | 45 | 55 | 65 |
| A34 | 87 | 169 | 101 | 122 | 65 | 43 |
| N35 | 119 | 141 | 66 | 108 | 34 | 62 |
| D36 | 128 | 136 | 71 | 95 | 39 | 52 |
| N37 | 175 | 85 | 89 | 69 | 147 | 66 |
| G38 |  |  |  |  |  |  |
| V39 | 167 | 86 | 102 | 65 | 28 | 77 |
| D40 | 177 | 87 | 89 | 69 | 29 | 71 |
| G41 |  |  |  |  |  |  |
| E42 | 7 | 97 | 89 | 99 | 27 | 65 |
| W43 | 1 | 89 | 89 | 108 | 147 | 64 |
| T44 | 12 | 84 | 101 | 119 | 133 | 57 |
| Y45 | 175 | 86 | 93 | 68 | 30 | 70 |
| D46 | 6 | 88 | 84 | 109 | 34 | 117 |
| D47 | 142 | 128 | 90 | 104 | 37 | 56 |
| A48 | 136 | 128 | 109 | 83 | 45 | 46 |
| T49 | 170 | 95 | 81 | 64 | 148 | 107 |
| K50 | 172 | 98 | 93 | 68 | 95 | 157 |
| T51 | 6 | 84 | 92 | 113 | 27 | 76 |
| F52 | 17 | 104 | 100 | 90 | 31 | 121 |
| T53 | 12 | 97 | 100 | 119 | 140 | 64 |
| V54 | 6 | 88 | 95 | 118 | 34 | 108 |
| T55 | 12 | 91 | 102 | 112 | 155 | 77 |
| E56 |  |  |  |  |  |  |

E56
The angles $\alpha_{(11,22,33)}$ define the angle between each tensor element and the ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ dipole. The angles $\beta_{(11,22,33)}$ define the angle between each tensor element and the ${ }^{15} \mathrm{~N}-{ }^{13} \mathrm{C}$ dipole.

Table S2. ${ }^{15} \mathrm{~N}$ CST elements and orientation to ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ dipole

| Res. | $\delta( \pm 2.5 \mathrm{ppm})$ | $\eta( \pm 0.03)$ | $\delta_{11}( \pm 2.5 \mathrm{ppm})$ | $\delta_{22}( \pm 3.0 \mathrm{ppm})$ | $\delta_{33}( \pm 4.0 \mathrm{ppm})$ | $\alpha_{1}\left( \pm 5^{\circ}\right.$ ) | $\alpha_{2}\left( \pm 12^{\circ}\right)$ | $\alpha_{33}\left( \pm 12^{\circ}\right)$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| M1 |  |  |  |  |  |  |  |  |
| Q2 | 109.0 | 0.29 | 234.2 | 86.7 | 54.8 | 18 | 101 | 77 |
| Y3 | 103.0 | 0.26 | 226.3 | 85.4 | 58.3 | 18 | 90 | 72 |
| K4 | 106.0 | 0.25 | 228.7 | 82.8 | 56.6 | 19 | 101 | 80 |
| L5 |  |  |  |  |  |  |  |  |
| 16 | 104.6 | 0.28 | 230.9 | 88.8 | 59.2 | 9 | 95 | 82 |
| L7 90 ${ }^{\text {L }}$ |  |  |  |  |  |  |  |  |
| N8 | 92.3 | 0.24 |  |  |  |  |  |  |
| G9 | 108.6 | 0.22 | 218.2 | 67.5 | 43.1 | 22 | 102 | 73 |
| K10 | 109.6 | 0.25 | 230.7 | 80.0 | 52.6 | 16 | 98 | 76 |
| T11 | 109.7 | 0.15 | 216.1 | 60.0 | 43.1 | 17 | 95 | 74 |
| L12 |  |  |  |  |  |  |  |  |
| K13 | 104.4 | 0.29 | 227.7 | 86.2 | 55.9 | 16 | 92 | 75 |
| G14 | 105.7 | 0.32 | 211.3 | 69.5 | 36.0 | 22 | 95 | 69 |
| E15 | 109.7 | 0.23 | 230.8 | 79.0 | 53.5 | 17 | 93 | 73 |
| T16 | 105.0 | 0.23 | 220.2 | 74.9 | 50.5 |  |  |  |
| T17 | 107.0 | 0.26 | 223.1 | 76.5 | 48.7 |  |  |  |
| T18 | 105.8 | 0.26 | 222.1 | 77.3 | 49.5 | 16 | 102 | 80 |
| E19 | 103.8 | 0.32 | 229.2 | 90.0 | 57.0 | 6 | 96 | 88 |
| A20 | 107.9 | 0.22 | 233.8 | 84.0 | 60.0 |  |  |  |
| V21 | 107.2 | 0.22 | 223.5 | 74.7 | 50.7 | 23 | 92 | 67 |
| D22 | 117.5 | 0.16 | 233.0 | 66.3 | 47.2 | 24 | 93 | 66 |
| A23 | 112.7 | 0.25 | 235.5 | 80.5 | 52.3 |  |  |  |
| A24 | 114.9 | 0.25 | 235.7 | 77.8 | 48.9 | 16 | 94 | 74 |
| T25 | 114.2 | 0.19 | 231.6 | 70.9 | 49.7 | 21 | 105 | 77 |
| A26 | 116.3 | 0.26 | 240.3 | 81.0 | 50.7 | 16 | 96 | 75 |
| E27 | 112.5 | 0.23 | 228.9 | 72.8 | 47.4 | 19 | 97 | 73 |
| K28 | 112.5 | 0.25 | 229.9 | 75.2 | 47.1 | 14 | 95 | 77 |
| V29 | 109.4 | 0.22 | 228.7 | 76.5 | 52.8 | 14 | 99 | 80 |
| F30 | 112.3 | 0.25 | 231.0 | 76.6 | 48.5 | 19 | 98 | 73 |
| K31 | 116.7 | 0.20 | 237.5 | 74.3 | 50.6 | 18 | 98 | 74 |
| Q32 | 113.7 | 0.24 | 235.0 | 77.9 | 51.0 | 14 | 93 | 76 |
| Y33 | 113.7 | 0.23 | 234.7 | 76.9 | 51.3 | 19 | 98 | 73 |
| A34 | 118.0 | 0.22 | 240.7 | 76.5 | 50.9 | 21 | 105 | 77 |
| N35 | 113.1 | 0.20 | 231.3 | 73.2 | 50.1 | 18 | 98 | 74 |
| D36 | 112.2 | 0.21 | 233.3 | 76.6 | 53.4 | 20 | 97 | 72 |
| N37 | 105.3 | 0.28 | 220.3 | 76.9 | 47.9 | 22 | 99 | 71 |
| G38 | 116.7 | 0.17 | 225.1 | 60.1 | 40.0 | 22 | 110 | 81 |
| V39 | 115.9 | 0.15 | 237.7 | 72.3 | 55.4 | 18 | 98 | 74 |
| D40 | 102.6 | 0.19 | 233.7 | 89.3 | 70.3 | 13 | 100 | 83 |
| G41 | 84.1 | 0.30 | 192.2 | 78.7 | 53.4 | 20 | 94 | 71 |
| E42 | 104.5 | 0.31 | 223.5 | 83.1 | 50.4 | 20 | 100 | 73 |
| W43 | 105.4 | 0.24 | 230.4 | 84.9 | 59.7 | 20 | 100 | 73 |
| T44 | 104.4 | 0.29 | 213.6 | 72.3 | 41.7 | 18 | 98 | 74 |
| Y45 | 103.6 | 0.24 | 222.2 | 79.3 | 54.3 | 16 | 96 | 75 |
| D46 | 106.6 | 0.22 | 232.9 | 84.8 | 61.3 | 17 | 103 | 79 |
| D47 | 103.0 | 0.36 | 226.4 | 90.6 | 53.1 |  |  |  |
| A48 | 115.7 | 0.22 | 234.7 | 74.1 | 48.2 | 18 | 96 | 73 |
| T49 | 104.1 | 0.16 | 208.3 | 60.5 | 43.7 | 21 | 91 | 69 |
| K50 | 118.8 | 0.18 | 238.5 | 70.9 | 49.7 | 18 | 99 | 75 |
| T51 | 109.9 | 0.24 | 221.9 | 70.3 | 43.7 | 20 | 91 | 70 |
| F52 | 108.8 | 0.21 | 239.1 | 87.5 | 64.2 | 21 | 102 | 73 |
| T53 | 106.5 | 0.24 | 218.7 | 71.6 | 46.2 | 17 | 100 | 76 |
| V54 | 109.2 | 0.31 | 227.6 | 80.5 | 47.1 | 20 | 91 | 71 |
| T55 | 109.2 | 0.31 | 233.3 | 86.2 | 52.8 | 22 | 96 | 69 |
| E56 |  |  |  |  |  |  |  |  |

The angles $\alpha_{(11,22,33)}$ define the angle between each tensor element and the ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ dipole.

Table S3. Structural quality as assessed by Procheck

| Restraints Used |  |  |  |  |  |  | Ramachandran Quality \% |  | X-ray Structure Equivalence |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Structure | T | D | C | 0 | V | SE | Most Favored | Allowed | Rama | H-bondEnergy | $\chi 1$ | $\chi_{2}$ |
| 1 |  |  |  | X |  |  | 77.0 | 22.2 | 2.5 | 2.9 | 1.8 | 1.0 |
| 2 |  | X | X | X |  |  | 94.0 | 6.0 | 1.0 | 3.3 | 1.9 | 1.0 |
| 3 | X | X |  |  |  |  | 94.0 | 6.0 | 1.0 | 3.4 | 3.2 | 1.7 |
| 4 | X |  | X | X |  |  | 86.0 | 14.0 | 1.8 | 2.7 | 2.3 | 1.3 |
| 5 | X | X | X | X |  |  | 93.8 | 6.2 | 1.0 | 3.0 | 2.2 | 1.4 |
| 6 | X | X | X | X | X |  | 96.0 | 4.0 | 1.0 | 3.0 | 2.4 | 1.2 |
| 7 | X | X |  |  | X | X | 100.0 | 0.0 | 1.0 | 2.9 | 2.0 | 1.0 |
| 8 | X |  | X | X | X | X | 95.8 | 4.2 | 1.0 | 2.8 | 1.9 | 1.0 |
| 9 | X |  | X | X |  | X | 93.2 | 6.8 | 1.0 | 2.6 | 1.9 | 1.0 |
| 10 | X | X | X | X |  | X | 96.0 | 4.0 | 1.0 | 2.8 | 1.8 | 1.0 |
| 11 | X | X | X | X | X | X | 96.4 | 3.6 | 1.0 | 2.8 | 1.8 | 1.0 |
| 2QMT |  |  |  |  |  |  | 96.0 | 4.0 | 1.0 | 1.5 | 1.0 | 2.1 |
| 2GI9 |  |  |  |  |  |  | 94.0 | 6.0 | 1.0 | 1.2 | 1.0 | 1.9 |
| 1PGA |  |  |  |  |  |  | 92.0 | 8.0 | 1.0 | 1.4 | 1.4 | 2.1 |
| 1PGB |  |  |  |  |  |  | 90.0 | 10.0 | 1.0 | 1.0 | 1.5 | 2.1 |
| 2JSV |  | X |  |  | X |  | 92.0 | 8.0 | 1.0 | 4.0 | 3.2 | 1.6 |

Table S4. Agreement of CST magnitudes and orientations with theory for all structures

| Structure | T | D | C | 0 | V | SE | CST |  | $\alpha_{(1,2,3)}$ |  | $\beta_{(1,2,3)}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  | RMSD(ppm) | $R^{2}$ | RMSD ( ${ }^{\circ}$ ) | $R^{2}$ | RMSD ( ${ }^{\circ}$ ) | $R^{2}$ |
| 1 |  |  |  | X |  |  | 3.6 | 0.95 | 4.7 | 0.99 | 5.7 | 0.98 |
| 2 |  | X | X | X |  |  | 2.1 | 0.98 | 5.6 | 0.98 | 6.6 | 0.97 |
| 3 | X | X |  |  |  |  | 3.1 | 0.96 | 11.0 | 0.93 | 9.6 | 0.93 |
| 4 | X |  | X | X |  |  | 2.1 | 0.98 | 5.5 | 0.98 | 6.5 | 0.97 |
| 5 | X | X | X | X |  |  | 2.0 | 0.98 | 5.6 | 0.98 | 6.6 | 0.97 |
| 6 | X | X | X | X | X |  | 2.1 | 0.98 | 5.8 | 0.98 | 6.7 | 0.97 |
| 7 | X | X |  |  | X | X | 2.9 | 0.96 | 9.3 | 0.96 | 9.0 | 0.95 |
| 8 | X |  | X | X | X | X | 2.1 | 0.98 | 5.8 | 0.98 | 6.6 | 0.97 |
| 9 | X |  | X | X |  | X | 2.0 | 0.98 | 5.7 | 0.98 | 6.5 | 0.97 |
| 10 | X | X | X | X |  | X | 2.0 | 0.98 | 5.6 | 0.98 | 6.6 | 0.97 |
| 11 | X | X | X | X | X | X | 2.1 | 0.98 | 5.5 | 0.98 | 6.7 | 0.97 |
| 2QMT |  |  |  |  |  |  | 2.5 | 0.97 | 8.0 | 0.97 | 8.5 | 0.95 |

Table S5. Agreement of structures with measured pseudodihedral angles

| Restraints Used |  |  |  | VEAN |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Structure | T | D | C | 0 | V | SE | rmsd ( ${ }^{\circ}$ )* | dev. $>5^{\circ}$ * | dev. $>10^{\circ}$ * |
| 1 |  |  |  | X |  |  | 11.5 | 40 | 21 |
| 2 |  | X | X | X |  |  | 7.4 | 27 | 12 |
| 3 | X | X |  |  |  |  | 8.1 | 41 | 17 |
| 4 | X |  | X | X |  |  | 9.1 | 31 | 16 |
| 5 | X | X | X | X |  |  | 6.7 | 26 | 11 |
| 6 | X | X | X | X | X |  | 3.5 | 11 | 2 |
| 7 | X | X |  |  | X | X | 3.0 | 12 | 4 |
| 8 | X |  | X | X | X | X | 3.0 | 11 | 2 |
| 9 | X |  | X | X |  | X | 8.6 | 33 | 14 |
| 10 | X | X | X | X |  | X | 8.6 | 34 | 14 |
| 11 | X | X | X | X | X | X | 3.0 | 13 | 2 |
| 2QMT ${ }^{\dagger}$ |  |  |  |  |  |  | 6.1 | 28 | 13 |

[^2]Table S6. Agreement of experimental isotropic chemical shifts with shifts predicted by SPARTA for each structure

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Structure | N | T | D | C | O | V | SE | $\mathrm{RMSD}(\mathrm{ppm})$ | $R^{2}$ | $\mathrm{RMSD}\left({ }^{\circ}\right)$ | $R^{2}$ | $\mathrm{RMSD}\left({ }^{\circ}\right)$ | $R^{2}$ |
| 1 | X |  |  |  | X |  |  | 1.08 | 0.95 | 1.35 | 0.99 | 1.23 | 0.8 |
| 2 | X |  | X | X | X |  |  | 1.06 | 0.95 | 1.28 | 0.99 | 1.15 | 0.8 |
| 3 | X | X | X |  |  |  |  | 1.04 | 0.96 | 1.25 | 0.99 | 1.14 | 0.8 |
| 4 | X | X |  | X | X |  |  | 1.01 | 0.96 | 1.13 | 0.99 | 1.13 | 0.8 |
| 5 | X | X | X | X | X |  |  | 1.02 | 0.96 | 1.13 | 0.99 | 1.16 | 0.8 |
| 6 | X | X | X | X | X | X |  | 1.04 | 0.96 | 1.15 | 0.99 | 1.19 | 0.8 |
| 7 | X | X | X |  |  | X | X | 1.04 | 0.96 | 1.27 | 0.99 | 1.16 | 0.8 |
| 8 | X | X |  | X | X | X | X | 1.01 | 0.96 | 1.13 | 0.99 | 1.13 | 0.8 |
| 9 | X | X |  | X | X |  | X | 1.01 | 0.96 | 1.13 | 0.99 | 1.13 | 0.8 |
| 10 | X | X | X | X | X |  | X | 1.01 | 0.96 | 1.13 | 0.99 | 1.13 | 0.8 |
| 11 | X | X | X | X | X | X | X | 1.03 | 0.96 | 1.14 | 0.99 | 1.14 | 0.8 |
| 2QMT |  |  |  |  |  |  |  | 0.93 | 0.97 | 0.99 | 0.99 | 1.12 | 0.8 |

Table S7. Backbone rmsd among crystal structures and SSNMR structure

| Structure | SSNMR | 2QMT | 2GI9 | 1PGA | 1PGB | Crystal Avg. |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| SSNMR | - | 0.51 | 0.58 | 0.54 | 0.53 | 0.54 |
| 2QMT | 0.51 | - | 0.47 | 0.39 | 0.28 | 0.39 |
| 2GI9 | 0.58 | 0.47 | - | 0.24 | 0.36 | 0.37 |
| 1PGA | 0.54 | 0.39 | 0.24 | - | 0.25 | 0.30 |
| 1PGB | 0.53 | 0.28 | 0.36 | 0.25 | - | 0.30 |
| Crystal Avg | 0.54 | 0.39 | 0.37 | 0.30 | 0.30 | - |

Table S8. Table of TALOS restraints that violated at some point during annealing and refinement

| Residue | Angle | TALOS Prediction $\left({ }^{\circ}\right)$ | Doubled TALOS error $\left({ }^{\circ}\right)$ |
| :--- | :---: | :---: | :---: |
| Q2 | $\phi$ | -109 | 34.0 |
| N8 | $\phi$ | -100 | 34.0 |
| T11 | $\phi$ | -94.0 | 34.0 |
| E19 | $\phi$ | -117.0 | 20.0 |
| A24 | $\phi$ | -65.0 | 24.0 |
| E27 | $\phi$ | -66.0 | 16.0 |
| N37 | $\phi$ | -105.0 | 32.0 |
| V39 | $\phi$ | -101.0 | 30.0 |
| W43 | $\phi$ | -122.0 | 32.0 |
| T49 | $\phi$ | -110.0 | 36.0 |
| T11 | $\psi$ | -6.0 | 28.0 |
| T18 | $\psi$ | 137.0 | 28.0 |
| A26 | $\psi$ | -41.0 | 10.0 |
| Y33 | $\psi$ | -37.0 | 18.0 |
| D36 | $\psi$ | -31.0 | 16.0 |
| W43 | $\psi$ | 160.0 | 20.0 |
| Y45 | $\psi$ | 126.0 | 48.0 |
| T49 | $\psi$ | 10.0 | 26.0 |
| T51 | $\psi$ | 134.0 | 32.0 |
| T53 | $\psi$ | 144.0 | 34.0 |

Table S9. Distances lengthened during structure calculations

| Residue | Resonance | Residue | Resonance | Distance | Low error | Upper Error |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| A23 | CB | Y3 | CZ | 2.75 | 1.75 | 3.00 |
| 16 | CG1 | T53 | CB | 3.05 | 2.05 | 3.05 |
| M1 | CE | E19 | CG | 3.55 | 2.55 | 3.55 |
| Q2 | CD | K50 | CA | 4.25 | 3.25 | 5.00 |
| 16 | CG1 | T53 | CB | 3.55 | 2.55 | 3.55 |
| T18 | C | Y3 | CZ | 4.25 | 3.25 | 4.25 |
| Y33 | C | L7 | $C D(1,2)$ | 3.55 | 2.55 | 4.55 |
| 16 | CG1 | T53 | CB | 3.70 | 2.70 | 3.70 |
| T53 | CB | L7 | $C D(1,2)$ | 3.70 | 2.70 | 5.00 |
| Y33 | C | L7 | $C D(1,2)$ | 3.83 | 2.83 | 4.00 |
| N8 | CA | L12 | CG | 4.25 | 3.25 | 4.25 |
| E42 | HN | V54 | HN | 4.75 | 3.75 | 5.75 |
| V54 | HN | E42 | HN | 3.25 | 2.25 | 3.25 |
| A26 | N | A20 | CB | 4.43 | 1.00 | 1.00 |
| F30 | N | Y33 | CB | 3.82 | 0.28 | 1.28 |
| G38 | N | L12 | CD1 | 4.31 | 2.00 | 2.00 |
| N37 | ND2 | L12 | CD1 | 3.06 | 1.00 | 1.00 |
| E15 | N | L7 | CD2 | 4.76 | 1.00 | 1.00 |
| K13 | N | L7 | CD2 | 4.79 | 1.00 | 1.00 |
| K13 | NZ | L7 | CD2 | 6.73 | 1.00 | 1.00 |
| A23 | N | M1 | CE | 4.20 | 1.04 | 2.10 |
| M1 | N | M1 | CE | 3.77 | 1.60 | 1.60 |
| K31 | N | E27 | CG | 4.19 | 1.60 | 2.60 |
| K28 | N | K28 | CG | 2.67 | 1.22 | 1.22 |
| Q2 | N | M1 | CG | 3.01 | 1.00 | 1.00 |
| F30 | N | V29 | CG1 | 2.81 | 1.00 | 1.00 |
| N37 | N | V39 | CG1 | 5.64 | 1.39 | 1.39 |
| Q32 | N | V54 | CG1 | 4.50 | 3.50 | 4.50 |
| G41 | N | V54 | CG2 | 3.05 | 0.10 | 1.00 |
| T18 | N | E19 | CD | 6.86 | 0.35 | 1.35 |
| G9 | N | K13 | CE | 3.65 | 1.38 | 1.38 |
| T11 | N | K13 | CE | 4.36 | 0.67 | 1.67 |
| T44 | N | W43 | CZ3 | 5.04 | 0.43 | 1.43 |
| Q2 | N | M1 | CG | 2.86 | 1.00 | 1.00 |
| T17 | N | T16 | CG2 | 3.90 | 1.10 | 1.10 |
| E19 | N | T17 | CG2 | 5.45 | 1.00 | 2.00 |
| W43 | N | T55 | CG2 | 5.72 | 1.10 | 2.10 |
| G41 | N | V54 | CG2 | 2.93 | 0.10 | 1.00 |
| N37 | N | Y33 | CG | 5.27 | 1.00 | 1.00 |


[^0]:    1. Lorieau JL, McDermott AE (2006) Conformational flexibility of a microcrystalline globular protein: Order parameters by solid-state NMR spectroscopy. J Am Chem Soc 128:11505-11512.
    2. Yang J, Tasayco ML, Polenova T (2009) Dynamics of reassembled thioredoxin studied by magic angle spinning NMR: Snapshots from different time scales. J Am Chem Soc 131:13690-13702.
[^1]:    3. Tang S, Case DA (2007) Vibrational averaging of chemical shift anisotropies in model peptides. J Biomol NMR 38:255-266.
    4. Barchi JJ, Grasberger B, Gronenborn AM, Clore GM (1994) Investigation of the backbone dynamics of the Igg-binding domain of streptococcal protein-G by heteronuclear 2-dimensional ${ }^{1} \mathrm{H}-{ }^{15} \mathrm{~N}$ nuclear magnetic resonance spectroscopy. Protein Sci 3:15-21.
[^2]:    *After accounting for experimental error.
    ${ }^{\dagger}$ Assuming canonical ${ }^{1} \mathrm{H}$ bond lengths, bond angles, and positions.

