

## Supplementary Information for

Study of protein folding under native conditions by rapidly switching the hydrostatic pressure inside an NMR sample cell

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**Fig. S1.** Time dependence of the averaged NMR intensity of a set of representative well-resolved resonances in the HSQC spectra recorded at different temperatures and pressures with the scheme of Fig. 2A. (A) Intensities recorded for the folded and unfolded species as a function of time after the pressure drop from 2.5 kbar to 1 bar, at three different temperatures. Intensities at 25 °C are more sensitive to changes in line shape after a pressure jump, and folding rates were too fast to be fitted adequately with the scheme of Fig. 2A. Instead, they required the experiment of Fig. 3 to measure the kinetics of the folding process. (B) Intensities recorded for the folded and unfolded species as a function of time after the pressure is jumped from 1 bar to 2.5 kbar, at three different temperatures. (C) Kinetics of unfolding after the sample pressure is switched from 1 bar to the pressure indicated in the panel at 15 °C. Fitted rate constants are shown in Figure 4.



**Fig. S2.** Superposition of an expanded region of the 800 MHz  ${}^{1}\text{H}{}^{-15}\text{N}$  HSQC spectra of V17A/V26A ubiquitin, recorded at 15 °C, 25 mM sodium phosphate, pH 6.4, 2.5 kbar pressure, at sample concentrations of 50  $\mu$ M (black) and 2  $\mu$ M (red). Indistinguishable resonance positions and uniformly (25-fold) weaker intensities at 2 *versus* 50  $\mu$ M confirm the absence of interprotein interactions.



Fig. S3. Deviations of ubiquitin chemical shifts and  ${}^{3}J_{HNH\alpha}$  couplings from random coil values. (A) Deviations of ubiquitin chemical shifts from random coil values for the pressure denatured state,  $\Delta \delta_{PDS}$  (green bars), after applying the standard pressure corrections (1) for disordered polypeptides, and for the folded structure at 1 bar,  $\Delta \delta_{\text{FOLDED}}$ , scaled down five-fold (blue dots). Chemical shifts were measured on a sample of 700 uM <sup>13</sup>C/<sup>15</sup>N/<sup>2</sup>H V17A/V26A ubiquitin dissolved in 25 mM potassium phosphate buffer, pH 6.4, 25 °C, and <sup>2</sup>H isotope shift corrections (2) were applied to all values shown. Random coil chemical shift values, corrected for the effect of neighboring residues, pH, and temperature, were obtained from the POTENCI webserver (3). Note that increased dissociation of the phosphate buffer corresponds to a pH drop by  $\sim 0.9$  units at 2.5 kbar relative to 1 bar, but effects of this pH drop on disordered chemical shifts as calculated by POTENCI are minimal. (B) Difference between  ${}^{3}J_{HN-H\alpha}$  (in Hz) measured for wild type folded ubiquitin, and random coil values,  $\Delta J_{FOLDED}$ , scaled down five-fold (blue points) and between the pressure denatured state at 2.5 kbar of V17A/V26A ubiquitin and random coil values,  $\Delta^3 J_{PDS}$  (green bars). Random coil values are from (4). (C) Correlation between  $\Delta \delta_{PDS}$  of residues 2 to 18 (after correction for the effect of pressure (1)) and  $\Delta \delta_{\text{FOLDED}}$  for four types of backbone nuclei. The Pearson's correlation coefficient, R, and slope, S of a linear regression fit are marked in each panel. (D) Correlation between  $\Delta J_{PDS}$  and  $\Delta J_{FOLDED}$  for residues 2 to 18.



**Fig. S4.** Overlay of the unfolded ubiquitin NMR spectrum with that of the intrinsically unstructured ubiquitin peptide fragment P19-G76 (carrying the same V26A mutation as used for the full length protein). (A) Spectral overlay at 2.5 kbar, 19 °C. (B) Overlay of the experimental P19-G76 HSQC spectrum at 1 bar, with the synthetic full length ubiquitin spectrum, generated using the chemical shifts obtained with the pressure jump measurements of Figure 6, main text. (C) <sup>1</sup>H and <sup>15</sup>N chemical shift differences between full length unfolded ubiquitin and the P19-G76 fragment, at 1 bar (left) and 2.5 kbar (right).



**Fig. S5.** <sup>15</sup>N transverse relaxation rates in the pressure-denatured state at 2.5 kbar, 22 °C. The same pulse scheme as used for the data of Fig. 7 was used, but at static high pressure. <sup>15</sup>N  $R_{1\rho}$  rates were measured at three strengths of the RF spin lock field, and corrected for offset and R<sub>1</sub> contributions.



**Fig. S6.** Overlay of the static pressure 2D HSQC spectrum measured at 2.5 kbar (red) and the pressure-jump HSQC spectrum with <sup>15</sup>N evolution taking place at 1 bar, but <sup>1</sup>H detection at 2.5 kbar (blue). Spectra were recorded back-to-back for a sample containing 300  $\mu$ M ubiquitin at 15 °C. Note that the <sup>15</sup>N shift evolution in the pressure jump spectrum takes place at 12 °C, and therefore includes a small effect ( $\leq 0.1$  ppm) from the temperature dependence of the <sup>15</sup>N chemical shift.



**Fig. S7.** Pressure dependence of <sup>1</sup>H and <sup>15</sup>N chemical shifts in the unfolded state. Chemical shifts are fitted to  $\delta(p) = \delta(p_o) + B_1(p-p_o) + B_2(p-p_o)^2$ , with  $p_o = 1$  bar = 0.1 MPa. (A) Correlation between <sup>1</sup>H chemical shifts at 1 bar obtained from extrapolation of unfolded chemical shift values observed at pressures ranging from 1000-2500 bar, using a second order polynomial in the standard manner (5). The outlier corresponds to His-68, whose protonation state is pressure dependent. (B) Analogous correlation for unfolded <sup>15</sup>N shifts at 1 bar. (C) Best fitted B<sub>1</sub> and B<sub>2</sub> coefficients as a function of residue number for <sup>1</sup>H. (D) Best fitted B<sub>1</sub> and B<sub>2</sub> coefficients as a function of residue (6).

Folded (1 Bar) Pressure Denatured States (2.5 kbar) Unfolded (1 Bar) C Res ΗN Ν Cα C' ΗN Ν Cα C' ΗN Ν Сα 54.01 170.56 54.72 172.79 M1 Q2 174.99 175.15 8.88 122.65 55.11 55.23 175.09 8.66 123.9 55.39 13 8.44 118.65 58.67 172.77 8.48 123.85 60.21 175.67 8.58 122.68 60.16 175.46 F4 8.62 119.88 55.10 175.06 8.61 125.57 57.05 175.40 8.66 124.45 57.01 175.79 V5 59.95 174.81 8.31 123.99 61.23 175.43 122.93 61.22 175.43 9.33 121.17 8.61 К6 9.01 127.67 54.24 177.14 8.50 126.00 55.87 176.75 8.63 125.38 55.61 177.2 Τ7 8.77 115.31 60.17 176.97 8.43 117.22 61.23 174.57 8.59 116.06 60.95 175.59 L8 9.15 121.26 57.11 178.90 8.61 54.99 177.72 8.78 55.87 178.28 125.31 123.61 Т9 7.66 105.83 61.08 175.51 8.30 114.36 61.26 175.19 111.25 61.35 175.59 G10 7.86 109.20 44.93 173.97 8.42 45.03 174.03 8.43 110.65 45.16 111.68 174.3 55.85 8.25 55.58 176.86 K11 7.31 121.88 175.76 121.51 8.12 120.97 55.82 176.82 120.43 61.96 174.34 8.49 117.62 61.66 174.44 8.61 117.9 62.09 174.71 T12 8.66 127.80 59.57 175.15 8.50 124.65 60.38 175.97 113 9.63 176.19 8.8 124.9 60.1 T14 8.76 120.86 61.60 173.54 8.48 120.04 61.18 174.20 8.5 119.1 60.89 174.38 174.96 9.02 125.52 52.48 8.53 125.96 54.63 177.15 8.71 125.71 54.46 177.02 L15 E16 8.05 121.42 54.21 175.04 8.52 122.38 55.73 175.95 8.58 121.83 55.78 176.15 A17 8.90 126.27 50.21 175.10 8.42 125.40 51.77 177.49 8.54 125.53 51.76 177.56 121.92 8.82 119.66 8.51 53.79 8.66 121.83 E18 P19 64.94 175.54 62.92 177.25 63.19 177.47 7.10 103.18 57.23 174.76 8.63 116.70 58.00 174.64 8.62 115.68 58.24 174.91 S20 55.07 176.11 8.55 122.64 54.02 176.50 122.5 54.39 D21 8.06 123.73 8.58 176.84 T22 7.98 108.51 59.56 176.66 8.26 114.77 61.68 175.07 8.31 113.95 61.94 175.42 8.50 121.14 8.29 123.62 8.36 123 61.22 176.94 123.05 179.10 E24 60.16 8.60 124.23 56.65 176.98 57.19 177.39 121.32 178.02 8.53 120.06 8.02 55.88 53.32 175.58 8.55 119.5 53.64 175.99 N25 123.13 179.30 178.42 A26 8.17 55.35 8.30 124.06 52.79 8.38 123.74 53.23 178.79 K27 8.52 116.37 58.61 180.51 8.23 120.04 56.17 176.96 8.3 119.13 56.59 177.27 123.97 54.84 180.40 124.43 52.24 177.99 8.27 178.28 A28 8.05 8.20 123.77 52.57 К29 7.91 119.81 59.21 180.33 8.28 120.88 55.92 176.97 8.31 120.07 56.25 177.25 130 8.22 121.48 65.52 178.20 8.25 122.72 60.71 176.48 8.28 122.07 61.13 176.78 8.58 123.33 59.47 178.82 124.72 55.42 175.86 124.27 55.74 Q31 8.58 8.64 176.11 D32 8.05 119.72 57.01 177.34 8.51 122.51 54.22 176.39 8.55 122.11 54.51 176.78 7.45 115.35 57.74 177.84 8.41 121.66 56.00 8.48 121.21 56.39 177.12 K33 176.82 54.95 56.16 E34 8.73 114.43 177.91 8.49 121.58 177.09 8.59 120.94 56.57 177.42 G35 108.84 45.59 173.90 8.44 110.38 44.96 173.85 8.54 109.58 45 174.09 8.56 120.23 122.26 58.05 136 6.21 8.14 8.21 121.85 P37 178.28 63.47 63.82 177.79 P38 65.66 177.46 D39 8.55 113.50 55.42 177.06 8.59 118.62 54.45 176.88 8.68 117.9 54.87 177.34 Q40 7.87 116.88 55.17 175.35 8.23 120.33 55.96 176.73 8.3 119.78 56.29 177.08 118.02 56.13 120.74 8.39 7.52 176.15 8.33 56.37 176.62 120.06 56.54 176.92 Q41 R42 8.55 122.97 54.69 173.88 8.27 120.98 56.22 176.70 8.3 120.12 56.6 176.92 124.10 122.69 L43 8.80 52.71 175.33 8.15 55.14 177.56 8.17 121.95 55.42 177.8 144 9.16 122.26 58.59 175.77 8.10 121.64 60.87 176.48 8.13 120.98 61.3 176.75 174.69 8.41 F45 8.85 124.65 56.05 124.03 57.31 175.72 8.46 123.43 57.63 175.98 A46 9.04 132.88 52.11 177.34 8.35 125.97 52.17 178.07 8.43 125.47 52.43 178.35 G47 8.15 102.42 44.89 173.71 7.94 108.00 45.11 174.22 8.09 107.26 45.16 174.44 7.98 121.92 54.20 8.21 121.35 55.76 176.63 8.28 56.04 K48 174.61 120.82 176.83 8.66 122.78 55.49 175.56 8.56 121.94 55.44 176.12 8.63 121.43 55.71 176.41 Q49 L50 8.57 125.49 53.93 176.71 8.45 123.95 54.88 177.63 8.51 123.38 54.98 178 123.10 175.50 8.55 56.04 E51 8.42 55.51 121.88 176.42 8.62 121.48 56.55 176.71 D52 8.19 120.32 8.48 121.47 54.11 177.06 8.5 120.87 44.75 174.85 8.49 109.81 45.44 45.4 175.07 G53 174.73 R54 7.48 119.39 53.98 175.26 8.15 120.82 55.80 176.75 8.24 120.26 56.23 176.99 8.85 T55 108.69 59.51 176.47 8.46 115.85 61.54 174.83 8.52 114.93 61.8 175.19 L56 8.33 118.57 58.67 180.99 8.48 124.96 55.15 177.75 8.53 124.24 55.52 178.06 S57 8.77 113.28 60.70 178.31 8.44 116.61 58.24 174.59 8.46 115.78 58.66 174.88 54.68 D58 7.98 124.47 57.00 177.33 8.35 122.12 54.27 176.32 8.39 121.74 176.7 Y59 7.30 115.73 57.76 174.74 8.17 120.71 58.05 175.96 8.23 120.18 58.45 176.2

N60

8.22

115.63

53.87

174.16

8.40

120.48

53.15

175.40

8.45

119.79

**Table S1.** Chemical shifts (in ppm) measured for the  ${}^{2}\text{H}/{}^{15}\text{N}/{}^{13}\text{C}$ -enriched V17A/V26A ubiquitin double mutant at 25°C, pH 6.4 (at 1 bar).

175.73

53.54

161	7.23	119.00	62.14	174.33	8.10	121.37	61.28	176.73	8.14	120.85	61.82	176.99
Q62	7.67	124.78	53.21	175.32	8.46	123.82	55.71	176.45	8.52	123.3	55.92	176.77
K63	8.43	119.99	57.59	176.13	8.39	122.95	56.32	177.07	8.45	122.29	56.63	177.36
E64	9.29	115.23	57.98	175.39	8.50	121.78	56.36	176.98	8.59	121.33	56.75	177.3
S65	7.91	115.60	60.72	172.01	8.52	117.28	58.36	175.39	8.57	116.54	58.64	175.68
T66	8.71	117.11	62.10	173.60	8.33	116.51	62.05	174.83	8.37	115.83	62.42	175.25
L67	9.50	127.73	53.48	175.22	8.17	123.93	55.28	177.33	8.21	123.22	55.8	177.65
H68	9.28	119.09	55.74	173.77	8.52	119.27	55.00	174.56	8.45	118.61	55.95	175.32
L69	8.29	123.57	53.40	175.44	8.28	123.58	55.08	177.33	8.23	122.75	55.5	177.66
V70	9.19	126.28	60.12	174.07	8.35	122.28	62.08	176.30	8.32	121.27	62.67	176.71
L71	8.13	122.85	53.67	177.86	8.41	126.31	54.87	177.32	8.43	125.28	55.23	177.72
R72	8.63	123.60	55.28	175.34	8.45	122.73	55.61	176.40	8.44	121.94	55.79	176.79
L73	8.38	124.38	54.42	177.45	8.42	123.89	54.81	177.60	8.47	123.18	54.96	177.92
R74	8.47	121.92	56.17	176.90	8.47	121.93	55.88	176.90	8.51	121.23	56.3	177.14
G75	8.51	111.00	44.80	173.63	8.46	110.99	45.01	173.88	8.56	110.41	45.07	173.99
G76	7.97	115.05	45.58		8.08	115.62	45.80		8.17	115.09		

**Table S2.** Time constants (in seconds) of folding and unfolding, derived from the temperature and pressure dependence of resonance intensities in the folded and unfolded states. For the joint analysis, the appearance of the folded state and disappearance of the unfolded state were fitted jointly.

	remperature dependence of folding (r = 2.5kbar)													
Observed state		5 °C			15 °C			25 °C						
Appearance of Folded state	1.3	+/-	0.1	0.31	+/-	0.03	0.15	+/-	0.01					
Disappearance of Unfolded state	1.06	+/-	0.05	0.25	+/-	0.02	0.07	+/-	0.01					

## Temperature dependence of folding (P = 2.5kbar)

Temperature depende	nce of unfolding (P = 2.5kb	ar)
F %C	45.90	21

	-										
		5 °C			15 °C		25 °C				
Joint analysis	7.5	+/-	0.1	4.1	4.1 +/- 0.1			2.5 +/- 0.1			

Pressure dependence of unfolding (T = 15 °C)														
	1	8 kbaı	-	2 kbar				2.2 kbar			2.5kbar			
1														
Joint analysis	8.7	+/-	0.2	7.4	+/-	0.1	5.5	+/-	0.1	4.1	+/-	0.1		

**Table S3.**  ${}^{3}J_{HNH\alpha}$  (Hz) of the pressure denatured state of the V17A/V26A double mutant of ubiquitin measured at 600 MHz, 2.5 kbar, 22 °C, pH 6.4 (at 1 bar). The  ${}^{3}J_{HNH\alpha}$  random coil values shown in the second column were obtained from <u>https://spin.niddk.nih.gov/bax/nmrserver/rc\_3Jhnha/</u>

	2.5 kbar 2.5 kbar				1 Ba	bar / 8 M	Urea				
	<u>Shen <i>et al .</i>(4)</u>		2			2			2		-
Res	³JHnHa		³JHnHa	9		³JHnHa			³JHnHa		_
M1	6.5										
Q2	6.8										
13	7.5	7.8	+/-	0.1							
F4	7.1	7.5	+/-	0.1	6.9	+/-	0.3	6.9	+/-	0.2	
V5	7.7	8.0	+/-	0.2	8.0	+/-	0.2	7.8	+/-	0.2	
K6	6.5				6.8	+/-	0.1	6.4	+/-	0.1	
T7	7.2	7.4	+/-	0.1	7.6	+/-	0.2	7.1	+/-	0.1	
L8	6.5	6.7	+/-	0.2	7.9	+/-	0.1	7.5	+/-	0.1	
Т9	7.6	7.7	+/-	0.2	7.8	+/-	0.3	7.7	+/-	0.2	
G10											
K11	6.4	6.7	+/-	0.1	6.6	+/-	0.1	6.4	+/-	0.1	
T12	7.2	7.2	+/-	0.1	7.4	+/-	0.2	7.0	+/-	0.1	
113	7.3	7.6	+/-	0.1	8.1	+/-	0.1	7.5	+/-	0.1	
T14	7.6	7.8	+/-	0.1	8.0	+/-	0.1	7.6	+/-	0.2	
L15	6.5	7.0	+/-	0.1	7.2	+/-	0.2	6.8	+/-	0.2	
E16	6.6	6.6	+/-	0.1	6.7	+/-	0.1	6.4	+/-	0.1	
A17	5.4	5.8	+/-	0.1	5.8	+/-	0.1	5.5	+/-	0.1	
E18	6.3	6.5	+/-	0.1	6.1	+/-	0.1	5.8	+/-	0.2	
P19											
S20	6.4	6.4	+/-	0.1	6.7	+/-	0.1	6.4	+/-	0.1	
D21	6.5	6.7	+/-	0.1	6.9	+/-	0.1	6.7	+/-	0.1	
T22	7.4	7.1	+/-	0.1	7.5	+/-	0.1	7.4	+/-	0.1	
123	7.3	6.6	+/-	0.1	5.3	+/-	0.1	5.7	+/-	0.5	
E24	6.5	5.6	+/-	0.1	6.0	+/-	0.1	5.8	+/-	0.2	
N25	7.0	6.5	+/-	0.1	6.9	+/-	0.2	6.7	+/-	0.2	
A26	5.3	5.1	+/-	0.1	6.7	+/-	0.3	5.2	+/-	0.2	
K27	6.4	6.2	+/-	0.1				6.4	+/-	0.2	
A28	5.2	5.1	+/-	0.1	5.2	+/-	0.1	4.8	+/-	0.2	
K29	6.5	6.3	+/-	0.2	6.4	+/-	0.1	6.1	+/-	0.2	
130	7.0	6.9	+/-	0.2	7.3	+/-	0.1	6.9	+/-	0.2	
Q31	7.0	6.6	+/-	0.2	6.9	+/-	0.1	6.6	+/-	0.2	
D32	6.2	6.2	+/-	0.1	6.4	+/-	0.1	6.1	+/-	0.2	
K33	6.4	6.7	+/-	0.1	6.8	+/-	0.1	6.5	+/-	0.2	
E34	6.1	6.4	+/-	0.1	6.6	+/-	0.1	6.6	+/-	0.1	
635	7 5	7 5	. /	0.1	7.0	. /	0.1	7 2	. /	0.1	
130	7.5	7.5	+/-	0.1	7.6	+/-	0.1	7.2	+/-	0.1	
P37											
P38	6.2	F 0	. /	0.1	6.2	. /	0.1	6.0	. /	0.2	
040	0.3	5.9	+/-	0.1	0.2	+/-	0.1	6.0 6.7	+/-	0.2	
040	6.2	5.7	+/- +/	0.2	6.2	+/	0.2	5.0	+/-	0.5	
Q41 D42	0.5	5.7	+/-	0.2	0.5	+/-	0.2	5.9	+/-	0.5	
1/12	0.5	5.9	+/- +/	0.2	0.0	+/-	0.2	6.5	+/-	0.5	
14.5	8.0	0.4 7 2	+/-	0.5	8.0	+/-	0 1	7.6	+/-	0.5	
F45	7.2	6.9	+/-	0.2	7 9	+/-	0.1	7.0	+/-	0.1	
14J A46	6.0	5.9	+/-	0.3	5.0	+/-	0.1	5.8	+/-	0.2	
G47	0.0	5.5	1/-	0.5	5.4	1/-	0.5	5.0	17-	0.4	
K48	6.4	6.6	+/-	0 1	69	+/-	02	65	+/-	01	
0/10	6.6	6.4	+/-	0.1	6.7	+/-	0.2	6.1	+/-	0.1	
150	6.3	63	+/-	0.1	6.6	+/-	0.1	6.2	+/-	0.2	
E30	6.6	6.4	+/-	0.1	65	+/-	0.1	6.4	+/-	0.2	
D52	6.5	6 3	+/-	0.1	65	•/- +/-	0.1	6.4	•/- +/-	0.2	
G53	0.5	0.5	-7-	0.1	0.0	•/-	0.1	0.4	•/-	0.1	
R54	6.6	6.6	+/-	0 1	67	+/-	01	65	+/-	01	
T55	7 2	72	+/-	0.1	76	+/-	0.1	0.5 7 0	+/-	0.1	
			·7-	0.1	7.0	•7-	0.1	1.2	·/-	0.2	

6.6 6.9 6.9	6.2 5.9 6.5	+/- +/-	0.2 0.3	6.8 6.6	+/-	0.1	6.5	+/-	0.2
6.9 6.9	5.9 6.5	+/-	0.3	6.6	. /	~ 1			
6.9	6.5	,		0.0	+/-	0.1	6.4	+/-	0.2
69		+/-	0.1	6.8	+/-	0.1	6.6	+/-	0.2
0.5	6.1	+/-	0.1	6.6	+/-	0.1	6.3	+/-	0.2
7.6	7.0	+/-	0.2	7.4	+/-	0.2	7.1	+/-	0.3
7.2	6.5	+/-	0.1	7.1	+/-	0.1	6.7	+/-	0.1
6.7	6.4	+/-	0.2	6.7	+/-	0.1	6.3	+/-	0.2
6.2	5.9	+/-	0.2	6.2	+/-	0.1	6.1	+/-	0.2
6.1	5.7	+/-	0.2	7.1	+/-	0.1	6.7	+/-	0.1
6.3				6.3	+/-	0.3	6.0	+/-	0.4
7.4	7.0	+/-	0.3	7.7	+/-	0.3	7.5	+/-	0.4
6.6	6.0	+/-	0.2	6.3	+/-	0.1	6.1	+/-	0.2
7.3							6.2	+/-	0.8
6.5	6.3	+/-	0.2	7.1	+/-	0.1	6.8	+/-	0.1
7.8	7.2	+/-	0.1	7.9	+/-	0.1	7.4	+/-	0.2
6.4	6.4	+/-	0.2	7.0	+/-	0.1	6.6	+/-	0.2
7.0	6.7	+/-	0.2	7.2	+/-	0.1	6.8	+/-	0.2
6.3	6.6	+/-	0.1	7.0	+/-	0.1	6.5	+/-	0.1
7.0	6.5	+/-	0.1	6.7	+/-	0.1			
	6.9 7.6 7.2 6.7 6.2 6.1 6.3 7.4 6.6 7.3 6.5 7.8 6.4 7.0 6.3 7.0	$\begin{array}{rrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrrr$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	6.9 $6.1$ $+/ 0.1$ $6.6$ $7.6$ $7.0$ $+/ 0.2$ $7.4$ $7.2$ $6.5$ $+/ 0.1$ $7.1$ $6.7$ $6.4$ $+/ 0.2$ $6.7$ $6.2$ $5.9$ $+/ 0.2$ $6.2$ $6.1$ $5.7$ $+/ 0.2$ $7.1$ $6.3$ $6.3$ $-1/ 0.3$ $7.7$ $6.6$ $6.0$ $+/ 0.2$ $6.3$ $7.3$ $7.2$ $+/ 0.1$ $7.9$ $6.4$ $6.4$ $+/ 0.2$ $7.0$ $7.0$ $6.7$ $+/ 0.2$ $7.2$ $6.3$ $6.6$ $+/ 0.1$ $7.0$ $7.0$ $6.5$ $+/ 0.1$ $7.0$ $7.0$ $6.5$ $+/ 0.1$ $6.7$	6.9 $6.1$ $+/ 0.1$ $6.6$ $+/ 7.6$ $7.0$ $+/ 0.2$ $7.4$ $+/ 7.2$ $6.5$ $+/ 0.1$ $7.1$ $+/ 6.7$ $6.4$ $+/ 0.2$ $6.7$ $+/ 6.2$ $5.9$ $+/ 0.2$ $6.2$ $+/ 6.1$ $5.7$ $+/ 0.2$ $6.2$ $+/ 6.1$ $5.7$ $+/ 0.2$ $7.1$ $+/ 6.3$ $-/ 0.2$ $7.1$ $+/ 6.3$ $-/ 0.2$ $6.3$ $+/ 7.4$ $7.0$ $+/ 0.2$ $6.3$ $+/ 7.4$ $7.0$ $+/ 0.2$ $7.1$ $+/ 7.3$ $-/ 0.2$ $7.1$ $+/ 7.8$ $7.2$ $+/ 0.1$ $7.9$ $+/ 7.0$ $6.7$ $+/ 0.2$ $7.2$ $+/ 7.0$ $6.7$ $+/-$	6.9 $6.1$ $+/ 0.1$ $6.6$ $+/ 0.1$ $7.6$ $7.0$ $+/ 0.2$ $7.4$ $+/ 0.2$ $7.2$ $6.5$ $+/ 0.1$ $7.1$ $+/ 0.1$ $6.7$ $6.4$ $+/ 0.2$ $6.7$ $+/ 0.1$ $6.2$ $5.9$ $+/ 0.2$ $6.2$ $+/ 0.1$ $6.1$ $5.7$ $+/ 0.2$ $6.2$ $+/ 0.1$ $6.3$ $-/ 0.2$ $7.1$ $+/ 0.3$ $7.4$ $7.0$ $+/ 0.3$ $7.7$ $+/ 0.3$ $6.6$ $6.0$ $+/ 0.2$ $6.3$ $+/ 0.1$ $7.3$ $$	6.9 $6.1$ $+/ 0.1$ $6.6$ $+/ 0.1$ $6.3$ $7.6$ $7.0$ $+/ 0.2$ $7.4$ $+/ 0.2$ $7.1$ $7.2$ $6.5$ $+/ 0.1$ $7.1$ $+/ 0.1$ $6.7$ $6.7$ $6.4$ $+/ 0.2$ $6.7$ $+/ 0.1$ $6.3$ $6.2$ $5.9$ $+/ 0.2$ $6.2$ $+/ 0.1$ $6.1$ $6.1$ $5.7$ $+/ 0.2$ $6.2$ $+/ 0.1$ $6.7$ $6.3$ $-/ 0.3$ $7.7$ $+/ 0.3$ $6.0$ $7.4$ $7.0$ $+/ 0.3$ $7.7$ $+/ 0.3$ $7.5$ $6.6$ $6.0$ $+/ 0.2$ $6.3$ $+/ 0.1$ $6.1$ $7.3$ $6.26.56.3+/ 0.16.87.87.2+/ 0.17.9+/ 0.16.67.06.7+/ 0.27.2+/ 0.16.67.06.7+/ 0.27.2+/ 0.16.57.06.5+/ 0.17.0+/ 0.16.5$	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$

		κHz		1.25 kHz								0.8	kHz							
		1 bar			2.5 kba	r		1 bar		2	2.5 kba	r		1 bar			2.5 kba	r		
M1																				
Q2																				
13	6.4	+/-	0.1	2.7	+/-	0.04	7.2	+/-	0.1	2.6	+/-	0.03	8.8	+/-	0.1	2.6	+/-	0.03		
F4	7.3	+/-	0.1	2.8	+/-	0.04	8.4	+/-	0.1	2.7	+/-	0.04	10.6	+/-	0.1	2.9	+/-	0.04		
V5	7.9	+/-	0.1	3.1	+/-	0.04	8.9	+/-	0.1	2.8	+/-	0.04	11.9	+/-	0.1	3	+/-	0.04		
K6	7.2	+/-	0.1	3.2	+/-	0.04	8	+/-	0.1	3.2	+/-	0.04	9.9	+/-	0.1	3.2	+/-	0.04		
T7	7.8	+/-	0.1	3.2	+/-	0.04	8.8	+/-	0.1	3.2	+/-	0.04	10.9	+/-	0.1	3	+/-	0.04		
L8	7.6	+/-	0.1	3.3	+/-	0.05	8.3	+/-	0.1	3.2	+/-	0.04	10.3	+/-	0.1	3.2	+/-	0.04		
Т9	17	+/-	0.3	4.2	+/-	0.05	19.2	+/-	0.3	4.1	+/-	0.04	25.3	+/-	0.4	4.3	+/-	0.05		
G10	5.8	+/-	0.1	3.1	+/-	0.04	5.7	+/-	0.1	3	+/-	0.04	6.5	+/-	0.1	3.1	+/-	0.04		
K11	5.4	+/-	0.1	3.3	+/-	0.04	5.4	+/-	0.1	3.2	+/-	0.04	5.6	+/-	0.1	3.1	+/-	0.04		
T12	6.6	+/-	0.1	3.2	+/-	0.04	6.8	+/-	0.1	3.1	+/-	0.04	8.0	+/-	0.1	3.1	+/-	0.04		
113	6.9	+/-	0.1	3.6	+/-	0.04	7.9	+/-	0.1	3.5	+/-	0.04	8.9	+/-	0.1	3.4	+/-	0.04		
T14	7.1	+/-	0.1	3.7	+/-	0.05	7.3	+/-	0.1	3.5	+/-	0.04	8.5	+/-	0.1	3.6	+/-	0.05		
L15	5.9	+/-	0.1	3.5	+/-	0.04	5.9	+/-	0.1	3.4	+/-	0.04	6.9	+/-	0.1	3.5	+/-	0.04		
E16																				
A17	6.3	+/-	0.1	3.5	+/-	0.04	7	+/-	0.1	3.6	+/-	0.04	8.6	+/-	0.1	3.5	+/-	0.04		
E18																				
P19																				
S20	10.3	+/-	0.1	3.9	+/-	0.04	13.8	+/-	0.2	3.7	+/-	0.04	18.4	+/-	0.3	3.8	+/-	0.04		
D21	5.4	+/-	0.1	3.9	+/-	0.03	5.8	+/-	0.1	3.8	+/-	0.03	6.5	+/-	0.1	3.8	+/-	0.03		
T22	6.3	+/-	0.1	4.2	+/-	0.04	7.4	+/-	0.1	4.1	+/-	0.04	9.3	+/-	0.1	4	+/-	0.04		
123	5.9	+/-	0.1	4.4	+/-	0.05	6.4	+/-	0.1	4.2	+/-	0.05	6.4	+/-	0.1	4.3	+/-	0.05		
E24																				
N25	7	+/-	0.1	4.6	+/-	0.05	5.7	+/-	0.1	4.5	+/-	0.04	6	+/-	0.1	4.5	+/-	0.05		
A26	5.7	+/-	0.1	4.5	+/-	0.04	5.7	+/-	0.1	4.5	+/-	0.04	5.9	+/-	0.1	4.6	+/-	0.04		
K27	6.2	+/-	0.1	4.4	+/-	0.05	6.6	+/-	0.1	4.6	+/-	0.04	7.7	+/-	0.1	4.4	+/-	0.04		
A28	6.0	+/-	0.1	4.7	+/-	0.04	6.1	+/-	0.1	4.5	+/-	0.04	6.5	+/-	0.1	4.6	+/-	0.04		
K29																				
130	6.1	+/-	0.1	4.5	+/-	0.05	6.5	+/-	0.1	4.6	+/-	0.05	6.9	+/-	0.1	4.3	+/-	0.05		
Q31	6.1	+/-	0.1	4.6	+/-	0.06	6.5	+/-	0.1	4.5	+/-	0.05	6.7	+/-	0.1	4.5	+/-	0.05		
D32																				
K33	7	+/-	0.1	4.2	+/-	0.05	7.9	+/-	0.1	4.1	+/-	0.05	9.7	+/-	0.1	4.1	+/-	0.05		
E34																				
G35	4.9	+/-	0.1	3.9	+/-	0.05	4.7	+/-	0.1	3.7	+/-	0.04	5	+/-	0.1	3.9	+/-	0.05		
136	6.1	+/-	0.1	4.5	+/-	0.05	6.3	+/-	0.1	4.4	+/-	0.05	6.9	+/-	0.1	4.4	+/-	0.05		
P37																				
P38																				
D39	7.5	+/-	0.1	5.6	+/-	0.05	8.9	+/-	0.1	5.5	+/-	0.05	11	+/-	0.1	5.5	+/-	0.05		
Q40	7.2	+/-	0.1	5.3	+/-	0.07	7	+/-	0.1	5.3	+/-	0.06	8	+/-	0.1	5.2	+/-	0.07		
Q41	6.4	+/-	0.1	5.2	+/-	0.06	6.7	+/-	0.1	5.2	+/-	0.06	7.2	+/-	0.1	4.9	+/-	0.06		
R42																				
L43	7.9	+/-	0.1	5.9	+/-	0.07	8.4	+/-	0.1	5.5	+/-	0.07	10.1	+/-	0.1	5.6	+/-	0.07		
144	7.4	+/-	0.1	5.0	+/-	0.06	7.7	+/-	0.1	5.2	+/-	0.06	8.4	+/-	0.1	5.2	+/-	0.06		
F45	8.6	+/-	0.2	6.1	+/-	0.08	8.5	+/-	0.2	5.6	+/-	0.08	9.8	+/-	0.2	5.5	+/-	0.08		
A46	8.0	+/-	0.1	5.5	+/-	0.06	9.5	+/-	0.1	5.3	+/-	0.06	10.5	+/-	0.1	5.8	+/-	0.06		
G47	6.5	+/-	0.1	4.4	+/-	0.06	7.1	+/-	0.1	4.3	+/-	0.06	7.5	+/-	0.1	4.7	+/-	0.06		
K48	5.8	+/-	0.1	4.6	+/-	0.05	6.1	+/-	0.1	4.5	+/-	0.05	6.3	+/-	0.1	4.2	+/-	0.05		
Q49																				

**Table S4**.  $R_1\rho$  values (s<sup>-1</sup>) measured at spin lock-fields of 2 kHz, 1.25 kHz and 0.8 kHz, at indicated pressures of 1 bar and 2.5kbar, after correction for the  $R_1$  contribution and offset effects.

L50

E51																		
D52																		
G53																		
R54	6.2	+/-	0.1	4.9	+/-	0.05	6.7	+/-	0.1	4.9	+/-	0.05	7	+/-	0.1	4.7	+/-	0.05
T55	6.9	+/-	0.1	4.7	+/-	0.05	6.8	+/-	0.1	4.5	+/-	0.05	7.7	+/-	0.1	4.6	+/-	0.05
L56	6.5	+/-	0.1	4.7	+/-	0.05	6.8	+/-	0.1	4.6	+/-	0.05	7.5	+/-	0.1	4.6	+/-	0.05
S57	7.2	+/-	0.1	4.7	+/-	0.05	7.6	+/-	0.1	4.6	+/-	0.04	9.2	+/-	0.1	4.5	+/-	0.05
D58	6.8	+/-	0.1	4.9	+/-	0.05	6.7	+/-	0.1	4.7	+/-	0.05	7.4	+/-	0.1	5	+/-	0.05
Y59	7.5	+/-	0.1	5.1	+/-	0.05	8.5	+/-	0.1	4.9	+/-	0.05	10.1	+/-	0.1	5	+/-	0.05
N60	7.3	+/-	0.1	5.1	+/-	0.06	7.6	+/-	0.1	4.9	+/-	0.05	8.3	+/-	0.1	5.1	+/-	0.05
161	7.2	+/-	0.1	5.1	+/-	0.05	7.3	+/-	0.1	4.8	+/-	0.05	7.8	+/-	0.1	4.7	+/-	0.05
Q62																		
K63	7.3	+/-	0.1	4.8	+/-	0.05	7.8	+/-	0.1	4.8	+/-	0.05	9.2	+/-	0.1	4.7	+/-	0.05
E64																		
S65	6.7	+/-	0.1	5	+/-	0.06	7.1	+/-	0.1	4.9	+/-	0.05	7.6	+/-	0.1	4.9	+/-	0.06
T66	7.1	+/-	0.1	4.5	+/-	0.05	7.1	+/-	0.1	4.3	+/-	0.05	7.9	+/-	0.1	4.3	+/-	0.05
L67	7.7	+/-	0.1	4.7	+/-	0.05	8.4	+/-	0.1	4.5	+/-	0.05	9.8	+/-	0.1	4.3	+/-	0.05
H68	6.9	+/-	0.2	4.5	+/-	0.07	6.9	+/-	0.2	4.2	+/-	0.07	8.3	+/-	0.2	4.1	+/-	0.08
L69	6.2	+/-	0.1	4.0	+/-	0.05	6.7	+/-	0.1	3.8	+/-	0.05	7.5	+/-	0.1	4.1	+/-	0.05
V70	7	+/-	0.1	3.9	+/-	0.05	7.5	+/-	0.1	4	+/-	0.05	8.6	+/-	0.1	3.9	+/-	0.05
L71	7.9	+/-	0.1	4.8	+/-	0.06	9	+/-	0.1	4.6	+/-	0.06	10.3	+/-	0.1	4.4	+/-	0.06
R72	6	+/-	0.1	3.7	+/-	0.04	6.7	+/-	0.1	3.5	+/-	0.04	7.7	+/-	0.1	3.4	+/-	0.04
L73																		
R74																		
G75	3.5	+/-	0.1	2.6	+/-	0.03	3.7	+/-	0.1	2.5	+/-	0.03	4	+/-	0.1	2.4	+/-	0.03
G76	2.7	+/-	0.0	2.2	+/-	0.02	2.5	+/-	0.0	2.1	+/-	0.02	3	+/-	0.0	2.1	+/-	0.02

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