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## Supporting Information Nanometric distance measurements between Mn(II)DOTA centers

H.Y. Vincent Ching,<sup>a</sup> Paul Demay-Drouhard,<sup>b,c,d</sup> Hélène C. Bertrand,<sup>b,c,d</sup> Clotilde Policar,<sup>b,c,d</sup> Leandro C. Tabares,<sup>a</sup> and Sun Un<sup>a\*</sup>

 <sup>a</sup> Institute for Integrative Biology of the Cell (I2BC), Department of Biochemistry, Biophysics and Structural Biology, Université Paris-Saclay, CEA, CNRS UMR 9198, Gif-sur-Yvette, F-91198, France
<sup>b</sup> Ecole Normale Supérieure-PSL Research University, Département de Chimie, Sorbonne Universités - UPMC Univ Paris 06, CNRS UMR 7203 LBM, 24, rue Lhomond, F-75005 Paris, France
<sup>c</sup> CNRS, UMR 7203, Laboratoire des Biomolécules, F-75005 Paris, France
<sup>d</sup> Sorbonne Universités, UPMC Univ Paris 06, UMR 7203, Laboratoire des Biomolécules, F-75005 Paris, France

\*Author to whom correspondence should be addressed: sun.un@cea.fr



**Fig. S1.** <sup>14</sup>N ELDOR-NMR spectrum of MnDOTA<sub>2</sub>P6 showing the single (SQ) and double (DQ) quantum associated with <sup>14</sup>N nuclei, centered at  $v_{14N}$  and  $2v_{14N}$ . The latter was a doublet with a splitting of 3.4 MHz corresponding to twice the manganese <sup>14</sup>N hyperfine interaction coupling.



**Fig. S2.** Full PELDOR time traces for  $MnDOTA_2P12$  (green) and MnDOTA (blue): **A.** the raw PELDOR time traces (arbitrarily offsetted) and **B**. The background divided PELDOR time traces. MnDOTA<sub>2</sub>P12 had no discernible modulations beyond 2800 ns except for spectrometer related artifacts that also appeared in MnDOTA.



Fig. S3. PELDOR measurements of MnDOTA<sub>2</sub>P6 with pump/detect frequency offset of 50 MHz (black), and 150 MHz (magenta): A) The background removed PELDOR time traces (solid line) with the inset showing raw data, the traces were arbitrarily offsetted; and B) the corresponding frequency-domain spectra (solid line); and C) the distance distributions obtained by Tikhonov analysis (solid line). The fits of the PELDOR time traces and frequency-domain spectra based on the Tikhonov analysis are also shown as blue dashed lines in panels A and B respectively. The discrepancy in the most probable distance between the two frequency offset experiment was 0.1 nm. The description of the dotted markers is discussed in the text. For the 150 MHz pump/detect frequency offset experiment, a 30 ns pump pulse, and 22 and 40 ns  $\pi/2$  and  $\pi$  detection pulses were used.

	+5/2,+5/2>	$+5/2g_{a}\beta B_{0}+5/2g_{b}\beta B_{0}+25/4D_{a}+25/4D_{b}+25/4\omega_{dd}$
	+5/2,+3/2>  +3/2,+5/2>	$\begin{array}{l} +5/2g_{a}\beta B_{0}+3/2g_{b}\beta B_{0}+25/4D_{a}+9/4D_{b}+15/4\omega_{dd} \\ +3/2g_{a}\beta B_{0}+5/2g_{b}\beta B_{0}+9/4D_{a}+25/4D_{b}+15/4\omega_{dd} \end{array}$
	+5/2,+1/2>  +3/2,+3/2>  +1/2,+5/2>	$\begin{split} +5/2g_{a}\beta B_{0} + 1/2g_{b}\beta B_{0} + 25/4D_{a} + 1/4D_{b} + 5/4\omega_{dd} \\ +3/2g_{a}\beta B_{0} + 3/2g_{b}\beta B_{0} + 9/4D_{a} + 9/4D_{b} + 9/4\omega_{dd} \\ +1/2g_{a}\beta B_{0} + 5/2g_{b}\beta B_{0} + 1/4D_{a} + 25/4D_{b} + 5/4\omega_{dd} \end{split}$
	+5/2,-1/2>  +3/2,+1/2>  +1/2,+3/2>  -1/2,+5/2>	$\begin{array}{l} +5/2g_{a}\beta B_{0}\text{-}1/2g_{b}\beta B_{0}\text{+}25/4D_{a}\text{+}1/4D_{b}\text{-}5/4\omega_{dd} \\ +3/2g_{a}\beta B_{0}\text{+}1/2g_{b}\beta B_{0}\text{+}9/4D_{a}\text{+}1/4D_{b}\text{+}3/4\omega_{dd} \\ +1/2g_{a}\beta B_{0}\text{+}3/2g_{b}\beta B_{0}\text{+}1/4D_{a}\text{+}3/4D_{b}\text{+}3/4\omega_{dd} \\ -1/2g_{a}\beta B_{0}\text{+}5/2g_{b}\beta B_{0}\text{+}1/4D_{a}\text{+}25/4D_{b}\text{-}5/4\omega_{dd} \end{array}$
<b>•</b>	+5/2,-3/2>  +3/2,-1/2>  +1/2,+1/2>  -1/2,+3/2>  -3/2,+5/2>	$\begin{split} +5/2g_{a}\beta B_{0}-3/2g_{b}\beta B_{0}+25/4D_{a}+9/4D_{b}-15/4\omega_{dd} \\ +3/2g_{a}\beta B_{0}-1/2g_{b}\beta B_{0}+9/4D_{a}+1/4D_{b}-3/4\omega_{dd} \\ +1/2g_{a}\beta B_{0}+1/2g_{b}\beta B_{0}+1/4D_{a}+1/4D_{b}+1/4\omega_{dd} \\ -1/2g_{a}\beta B_{0}+3/2g_{b}\beta B_{0}+1/4D_{a}+9/4D_{b}-3/4\omega_{dd} \\ -3/2g_{a}\beta B_{0}+5/2g_{b}\beta B_{0}+9/4D_{a}+25/4D_{b}-15/4\omega_{dd} \end{split}$
	+5/2,-5/2>  +3/2,-3/2>  +1/2,-1/2>  -1/2,+1/2>  -3/2,+3/2>  -5/2,+5/2>	$\begin{split} +5/2g_{a}\beta B_{0}-5/2g_{b}\beta B_{0}+25/4D_{a}+25/4D_{b}-25/4\omega_{dd} \\ +3/2g_{a}\beta B_{0}-3/2g_{b}\beta B_{0}+9/4D_{a}+9/4D_{b}-9/4\omega_{dd} \\ +1/2g_{a}\beta B_{0}-1/2g_{b}\beta B_{0}+1/4D_{a}+1/4D_{b}-1/4\omega_{dd} \\ -1/2g_{a}\beta B_{0}+1/2g_{b}\beta B_{0}+1/4D_{a}+1/4D_{b}-1/4\omega_{dd} \\ -3/2g_{a}\beta B_{0}+5/2g_{b}\beta B_{0}+9/4D_{a}+9/4D_{b}-9/4\omega_{dd} \\ -5/2g_{a}\beta B_{0}+5/2g_{b}\beta B_{0}+25/4D_{a}+25/4D_{b}-25/4\omega_{dd} \end{split}$
=	+3/2,-5/2>  +1/2,-3/2>  -1/2,-1/2>  -3/2,+1/2>  -5/2,+3/2>	$\begin{array}{l} -3/2g_{a}\beta B_{o} -5/2g_{b}\beta B_{o} + 9/4D_{a} +25/4D_{b} -15/4\omega_{dd} \\ +1/2g_{a}\beta B_{o} -3/2g_{b}\beta B_{o} + 1/4D_{a} + 9/4D_{b} - 3/4\omega_{dd} \\ -1/2g_{a}\beta B_{o} -1/2g_{b}\beta B_{o} + 1/4D_{a} + 1/4D_{b} + 1/4\omega_{dd} \\ +3/2g_{a}\beta B_{o} +1/2g_{b}\beta B_{o} + 9/4D_{a} + 1/4D_{b} - 3/4\omega_{dd} \\ -5/2g_{a}\beta B_{o} +3/2g_{b}\beta B_{o} +25/4D_{a} + 9/4D_{b} -15/4\omega_{dd} \end{array}$
	+1/2,-5/2>  -1/2,-3/2>  -3/2,-1/2>  -5/2,+1/2>	$\begin{aligned} +1/2g_{a}\beta B_{0}^{-}-5/2g_{b}\beta B_{0}^{}+1/4D_{a}^{}+25/4D_{b}^{}-5/4\omega_{dd} \\ -1/2g_{a}\beta B_{0}^{}-3/2g_{b}\beta B_{0}^{}+1/4D_{a}^{}+9/4D_{b}^{}+3/4\omega_{dd} \\ -3/2g_{a}\beta B_{0}^{}-1/2g_{b}\beta B_{0}^{}+9/4D_{a}^{}+1/4D_{b}^{}+3/4\omega_{dd} \\ -5/2g_{a}\beta B_{0}^{}+1/2g_{b}\beta B_{0}^{}+25/4D_{a}^{}+1/4D_{b}^{}-5/4\omega_{dd} \end{aligned}$
	-1/2,-5/2>  -3/2,-3/2>  -5/2,-1/2>	$\begin{aligned} -1/2g_{a}\beta B_{0} - 5/2g_{b}\beta B_{0} + 1/4D_{a} + 25/4D_{b} + 5/4\omega_{dd} \\ -3/2g_{a}\beta B_{0} - 3/2g_{b}\beta B_{0} + 9/4D_{a} + 9/4D_{b} + 9/4\omega_{dd} \\ -5/2g_{a}\beta B_{0} - 1/2g_{b}\beta B_{0} + 25/4D_{a} + 1/4D_{b} + 5/4\omega_{dd} \end{aligned}$
<b>V</b>	-3/2,-5/2>  -5/2,-3/2>	$\begin{array}{l} -3/2g_{a}\beta B_{0}\text{-}5/2g_{b}\beta B_{0}\text{+}9/4D_{a}\text{+}25/4D_{b}\text{+}15/4\omega_{dd}\\ -5/2g_{a}\beta B_{0}\text{-}3/2g_{b}\beta B_{0}\text{+}25/4D_{a}\text{+}9/4D_{b}\text{+}15/4\omega_{dd}\end{array}$

Fig. S4. The energy levels of a pair of S=5/2 spins, a and b, with g<sub>a</sub> and g<sub>b</sub> g-values,  $D_a$  and  $D_b$ zero-field interactions and a mutual dipolar coupling  $\omega_{dd}$ . The pseudo-secular contribution to dipolar coupling and hyperfine coupling have been ignored. The blue transitions between |m<sub>Sa</sub>,- $1/2\rangle \leftrightarrow |m_{Sa},+1/2\rangle_0$  are the detected spins in Figure 6 and the red transitions between  $|-3/2,m_{Sb}\rangle\leftrightarrow| 1/2,m_{Sb}$ , the pumped spins. The energy levels marked by heavy lines indicate those that are common to both detected and pumped

transitions.

 $|-5/2,-5/2\rangle -5/2g_a\beta B_0-5/2g_b\beta B_0+25/4D_a+25/4D_b+25/4\omega_{dd}$ 

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Fig. S5. Synthesis of  $MnDOTA_2P_n$  by labelling of cysteines with DOTA-maleimide and *in-situ* metalation.

## **Circular dichroism measurements:**

CD spectra were recorded on a Jasco J-815 spectropolarimeter using a 0.1 mm pathlength quartz cuvette. 200  $\mu$ M solutions of each peptide were prepared in H<sub>2</sub>O with 5% v/v glycerol, 100 mM phosphate buffer (pH 7.5) and 200 mM NaCl, and with or without 1.8 equivalents of Mn(ClO<sub>4</sub>)<sub>2</sub>•6H<sub>2</sub>O. Measurements were conducted at 20 °C with a scanning speed of 20 nm/min. Reported spectra were averaged on 5 scans, smoothed, and corrected for buffer contributions.

The spectra show typical features of a PPII helix signature, with a small positive band around 228 nm and a large negative band around 206 nm. PPII helix contents were determined to be 92%, 87% and 85% for DOTA<sub>2</sub>P6, DOTA<sub>2</sub>P9 and DOTA<sub>2</sub>P12. Analogous experiments on the Mn-metallated peptides gave similar spectra.



Fig. S6. CD spectra of  $DOTA_2Pn$