

SI 1: ESI-MS analysis of mt-II showing its monoisotopic mass (inset).



SI 2: Integral sedimentation coefficient distribution for mt-II in Sarcosyl. Blue: 3.6 mM, red: 26  $\mu$ M.



SI 3: Integral sedimentation coefficient distribution for mt-II in CYMAL-5. Blue: 0.9 mM, green: 2 mM, red: 26  $\mu$ M.



SI 4: Integral sedimentation coefficient distribution for mt-II in U300LA. Red: 0.3 mM, green: 0.59 mM, red: 26 μM.



SI 5: Integral sedimentation coefficient distribution for mt-II in U310. Blue: 0.6 mM, green: 1.2 mM, red: 26  $\mu$ M.



SI 6: Integral sedimentation coefficient distribution for mt-II in D310LA. Blue: 0.6 mM, green: 1.2 mM, red: 26 μM.



*SI* 7: *Integral sedimentation coefficient distribution for mt-II in LMPG. Blue: 26 μM, red: 52 μM.* 



*SI* 8: *Integral sedimentation coefficient distribution for mt-II in LPPG. Blue: 26 μM, red: 52 μM.* 



*SI* 9: *Integral sedimentation coefficient distribution for mt-II in LPPC. Blue: 26 μM, red: 52 μM.* 



*SI* 10: Integral sedimentation coefficient distribution for mt-II in LSPG. Blue: 26 μM, red: 52 μM





SI 12: Spin-Lattice relaxation times of the  $H_{\alpha}$  signals for mtII in buffer (red) and with SDS (blue) at 295 K and pH 7.9.



Diffusion Constant (\*10<sup>11</sup>) SI 13: Diffusion constant distributions from DOSY of A) mt-II in buffer and B) mt-II in buffer with 0.2 % SDS.

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