***eLife’s* transparent reporting form**

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**Sample-size estimation**

* You should state whether an appropriate sample size was computed when the study was being designed
* You should state the statistical method of sample size computation and any required assumptions
* If no explicit power analysis was used, you should describe how you decided what sample (replicate) size (number) to use

Please outline where this information can be found within the submission (e.g., sections or figure legends), or explain why this information doesn’t apply to your submission:

Not directly applicable for experimental strategies used in this study.

**Replicates**

* You should report how often each experiment was performed
* You should include a definition of biological versus technical replication
* The data obtained should be provided and sufficient information should be provided to indicate the number of independent biological and/or technical replicates
* If you encountered any outliers, you should describe how these were handled
* Criteria for exclusion/inclusion of data should be clearly stated
* High-throughput sequence data should be uploaded before submission, with a private link for reviewers provided (these are available from both GEO and ArrayExpress)

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Sample size for toxicity and seeding results is included as n=# in figure legends for Figures 2, 4-7 and Figure Supplements 2-1, 4-1, 5-1, 6-1. Individual data points, mean, and standard deviations are displayed on graphs. Replicates are described in figure legends as technical replicates, and in related methods section. Inhibitor screens in figures 2A, 2E and Figure 2- Supplement 1C, separate experiments, as described in the accompanying results text, thus biological are replicates. No data were excluded. ThT assays were done as technical replicates, n=3, as described in figure legends and methods.

**Statistical reporting**

* Statistical analysis methods should be described and justified
* Raw data should be presented in figures whenever informative to do so (typically when N per group is less than 10)
* For each experiment, you should identify the statistical tests used, exact values of N, definitions of center, methods of multiple test correction, and dispersion and precision measures (e.g., mean, median, SD, SEM, confidence intervals; and, for the major substantive results, a measure of effect size (e.g., Pearson's r, Cohen's d)
* Report exact p-values wherever possible alongside the summary statistics and 95% confidence intervals. These should be reported for all key questions and not only when the p-value is less than 0.05.

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Individual data points, mean, and standard deviation are displayed on graphs. Statistical tests used were described in figure legends, and methods sections. ANOVA significances are described as levels, \* to \*\*\*\* or not significant with values in figure legends, for clarity in images. We have included an accompanying source data file of the summery of extended ANOVA data for all tests.

(For large datasets, or papers with a very large number of statistical tests, you may upload a single table file with tests, Ns, etc., with reference to sections in the manuscript.)

**Group allocation**

* Indicate how samples were allocated into experimental groups (in the case of clinical studies, please specify allocation to treatment method); if randomization was used, please also state if restricted randomization was applied
* Indicate if masking was used during group allocation, data collection and/or data analysis

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**Additional data files (“source data”)**

* We encourage you to upload relevant additional data files, such as numerical data that are represented as a graph in a figure, or as a summary table
* Where provided, these should be in the most useful format, and they can be uploaded as “Source data” files linked to a main figure or table
* Include model definition files including the full list of parameters used
* Include code used for data analysis (e.g., R, MatLab)
* Avoid stating that data files are “available upon request”

Please indicate the figures or tables for which source data files have been provided:

A source data file has been included for extended ANOVA information for figures 2, 4, 5, 6, 7, and relevant accompanying supplemental figures. Table S1 has been included as source data.