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**Sample-size estimation**

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

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Sample size is indicated in each figure legend. Power analysis was performed post-hoc in relevant experiments to confirm the appropriate sample size.

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* You should report how often each experiment was performed
* You should include a definition of biological versus technical replication
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* Statistical analysis methods should be described and justified
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* 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)
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* 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
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Not applicable

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Source data have been provided as an Excel file for Figures 1b, 2b, 2c, 2d, 2e, 3b, 3d, 4b, 4c, 4e, 5b, 5c, 5d, 6b, 6c, 6d, 7a, 7b, 7d, 7e, 7g, 7h, 7j, 7k, 8a, 8b, 8d, and Supplementary Figures S1, S3a, S3b, S3c, S4a, S4b, S5a, S5b, S6b, S7b, S7c.