***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
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* If no explicit power analysis was used, you should describe how you decided what sample (replicate) size (number) to use

I state that an appropriate sample size was computed when the study was being designed. Details of statistical analysis are found in the legends of figures 3, 4, 5, and in Table 1.

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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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* Criteria for exclusion/inclusion of data should be clearly stated
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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)
* 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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(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.)

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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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* 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
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We plan to upload the raw cryo-em movies of all relevant data sets to EMPIAR