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

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* 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 the figure legend. Determinations of appropriate sample size was made based on passed experience.

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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
* 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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* 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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* 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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* 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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Source data is available for all data in figures 3&4