**Supplementary Table 2. EMPIAR deposition IDs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| IDs | Sample | Raw tilt series | Reconstructed tomograms | Models |
| EMPIAR-11253 | GTP sample 1 | GTP\_S1\_tomo1 | GTP\_S1\_tomo1.rec | MT1 - MT2 |
| GTP\_S1\_tomo2 | GTP\_S1\_tomo2.rec | MT3 - MT6, MT8 - MT10 |
| GTP sample 2 | GTP\_S2\_tomo1 | GTP\_S2\_tomo1.rec | MT7, MT11 - MT17 |
|  | GTP\_S2\_tomo2 | GTP\_S2\_tomo2.rec | MT18 - MT24 |
| EMPIAR-11263 | Xenopus-DMSO | Xen\_D\_tomo1 | Xen\_D\_tomo1\_rec.mrc | MT1 - MT16 |
| Xen\_D\_tomo2 | Xen\_D\_tomo2\_rec.mrc | MT13 - MT20 |
| Xen\_D\_tomo3 | Xen\_D\_tomo3\_rec.mrc | MT21 - MT28 |
| Xen\_D\_tomo4 | Xen\_D\_tomo4\_rec.mrc | MT29 - MT43 |
| Xen\_D\_tomo5 | Xen\_D\_tomo5\_rec.mrc | MT44 - MT64 |
| Xenopus-RanQ69L | Xen\_Ran\_tomo1 | Xen\_Ran\_tomo1\_rec.mrc | MT1 - MT15 |
| EMPIAR-11264 | GMPCPP sample 1 | GMPCPP\_S1\_tomo1 | GMPCPP\_S1\_tomo1\_rec.mrc | MT1 - MT7 |
| GMPCPP\_S1\_tomo2 | GMPCPP\_S1\_tomo2\_rec.mrc | MT15 |
| GMPCPP\_S1\_tomo3 | GMPCPP\_S1\_tomo3\_rec.mrc | MT8 - MT12 |
| GMPCPP\_S1\_tomo4 | GMPCPP\_S1\_tomo4\_rec.mrc | MT13 - MT14 |
| GMPCPP sample 2 | GMPCPP\_S2\_tomo1 | GMPCPP\_S2\_tomo1\_rec\_bin2.mrc | MT21 - MT31 |
| GMPCPP\_S2\_tomo2 | GMPCPP\_S2\_tomo2\_rec\_bin2.mrc | MT16 - MT20 |
| GMPCPP\_tomoFig5 | GMPCPP\_tomoFig5 | GMPCPP\_tomoFig5\_bin4.mrc | GMPCPP\_segment1\_Fig5  GMPCPP\_segment2\_Fig5 |
| GMPCPP\_tomoFig6 | GMPCPP\_tomoFig6 | GMPCPP\_tomoFig6\_bin4.mrc | GMPCPP\_tomoFig6B  GMPCPP\_tomoFig6D |

To reconstruct the volumes, follow the instructions in the SSTA.txt document.