



Supporting Information

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A Short Peptide Hydrogel with High Stiffness Induced
by 3_{10} -Helices to β -Sheet Transition in Water

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Supplementary Figures

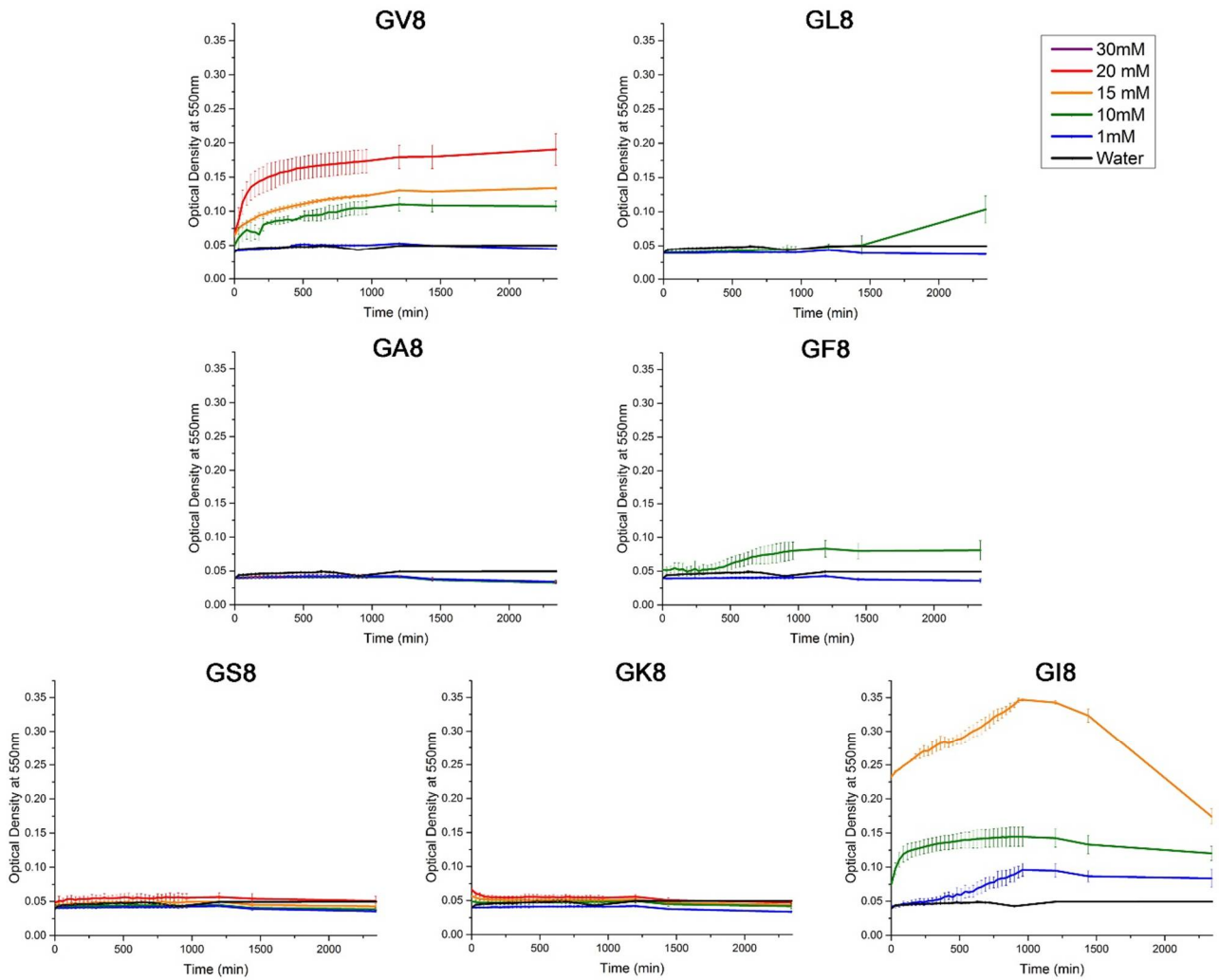


Figure S1. Gelation kinetics observed via optical density measurements of **GX8** peptide solutions. Peptides **GV8**, **GL8**, **GA8**, **GF8**, **GS8**, **GK8** and **GI8** were incubated in DI water at various concentrations over a period of 40 h and observed for gelation via their absorbance at 550 nm. Some sequences have higher solubilities than the others.

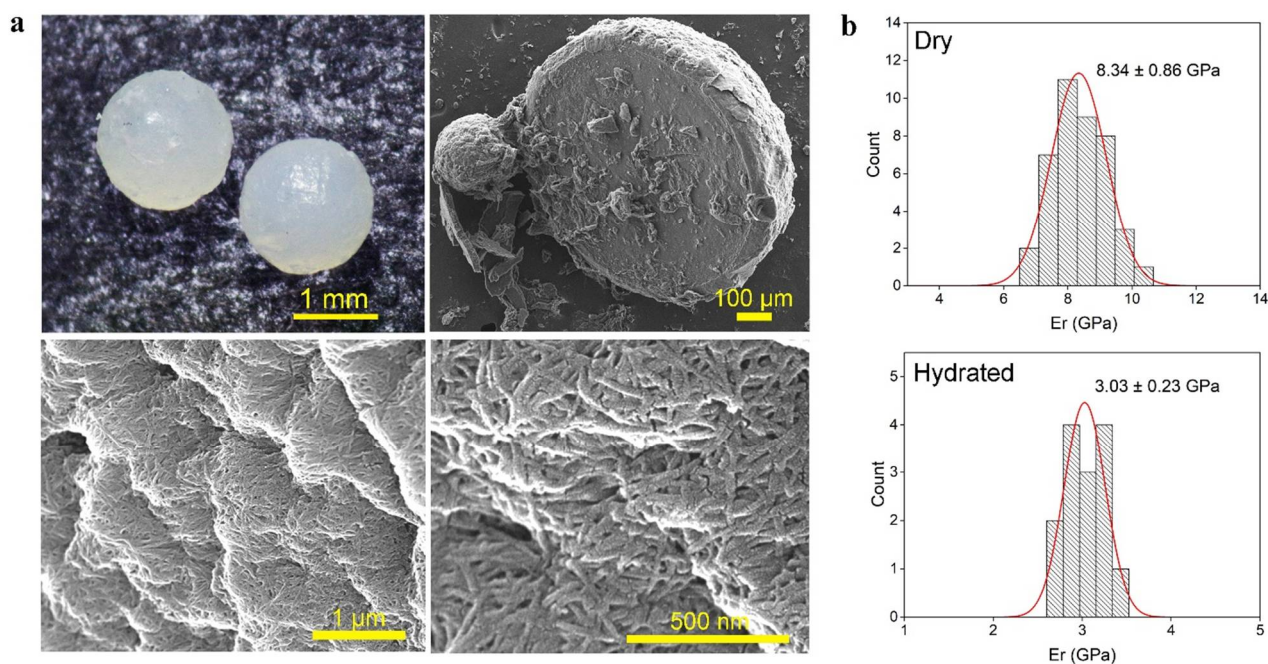


Figure S2. Bead-like structures formed by **GL8** peptide via self-assembly in DI water. a) Optical image of 2 beads formed by **GL8** peptide and SEM images showing the morphology and fibrous macro-scale assembly of the beads. b) Young's modulus obtained of **GL8** beads performed via nanoindentation in dried and hydrated conditions were 8.34 GPa and 3.03 GPa respectively.

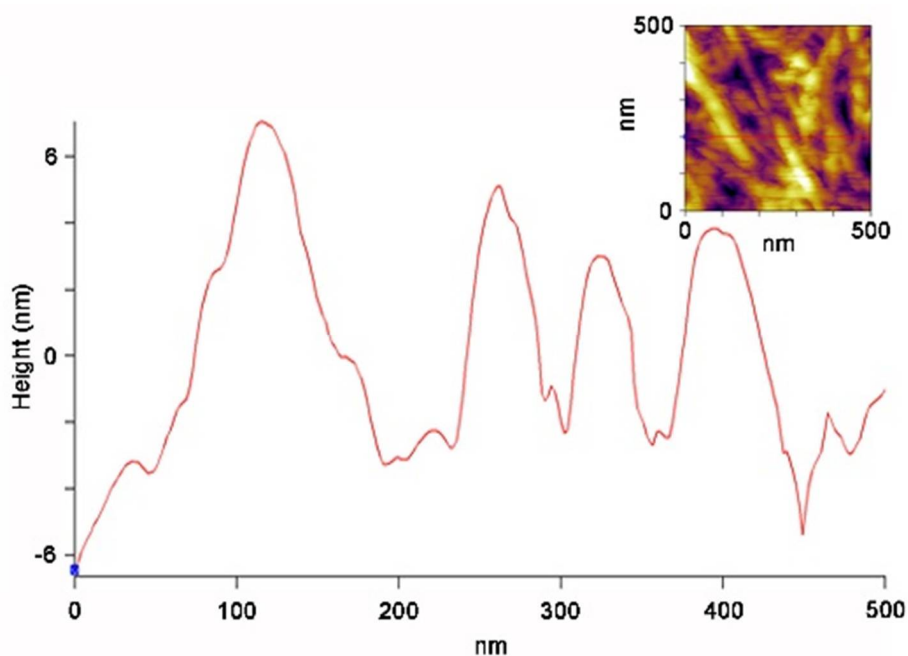


Figure S3. Topology of **GV8** hydrogel. Surface roughness plot across height profiles of dried **GV8** hydrogel samples measured via AFM revealed fibers of *ca.* 5-10 nm height.

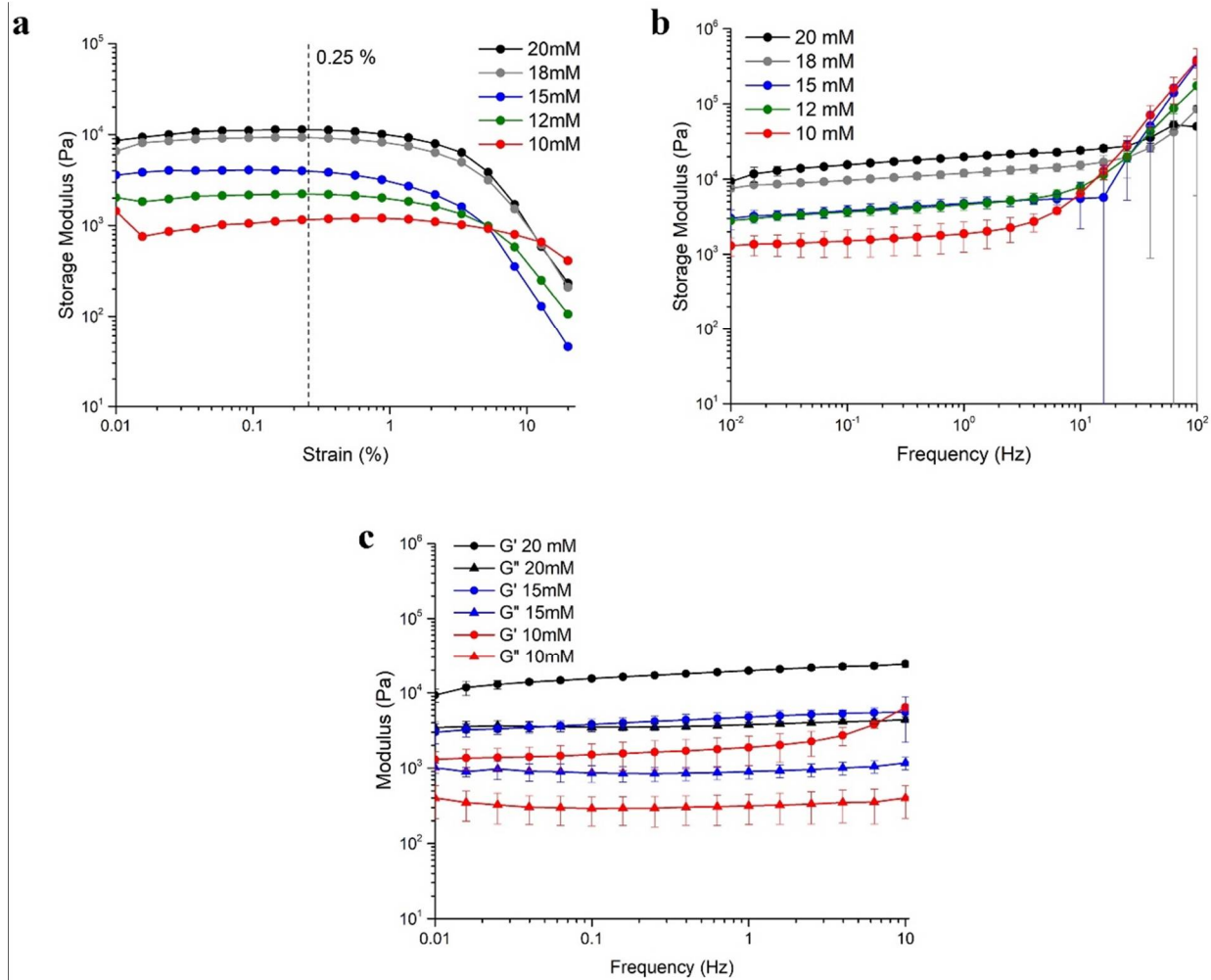


Figure S4. Rheological measurements of **GV8** hydrogels. a) Amplitude sweeps were performed on **GV8** hydrogels of different concentrations (20 mM, 18 mM, 15 mM, 12 mM and 10 mM) to identify their linear viscoelastic region (LVE). b) storage modulus, G' , obtained via frequency sweeps performed at 0.25 % strain with $n = 3$. c) plots of 3 **GV8** hydrogels at concentrations 20mM, 15mM and 10mM illustrating their gel characteristics $G' > G''$ (loss modulus).

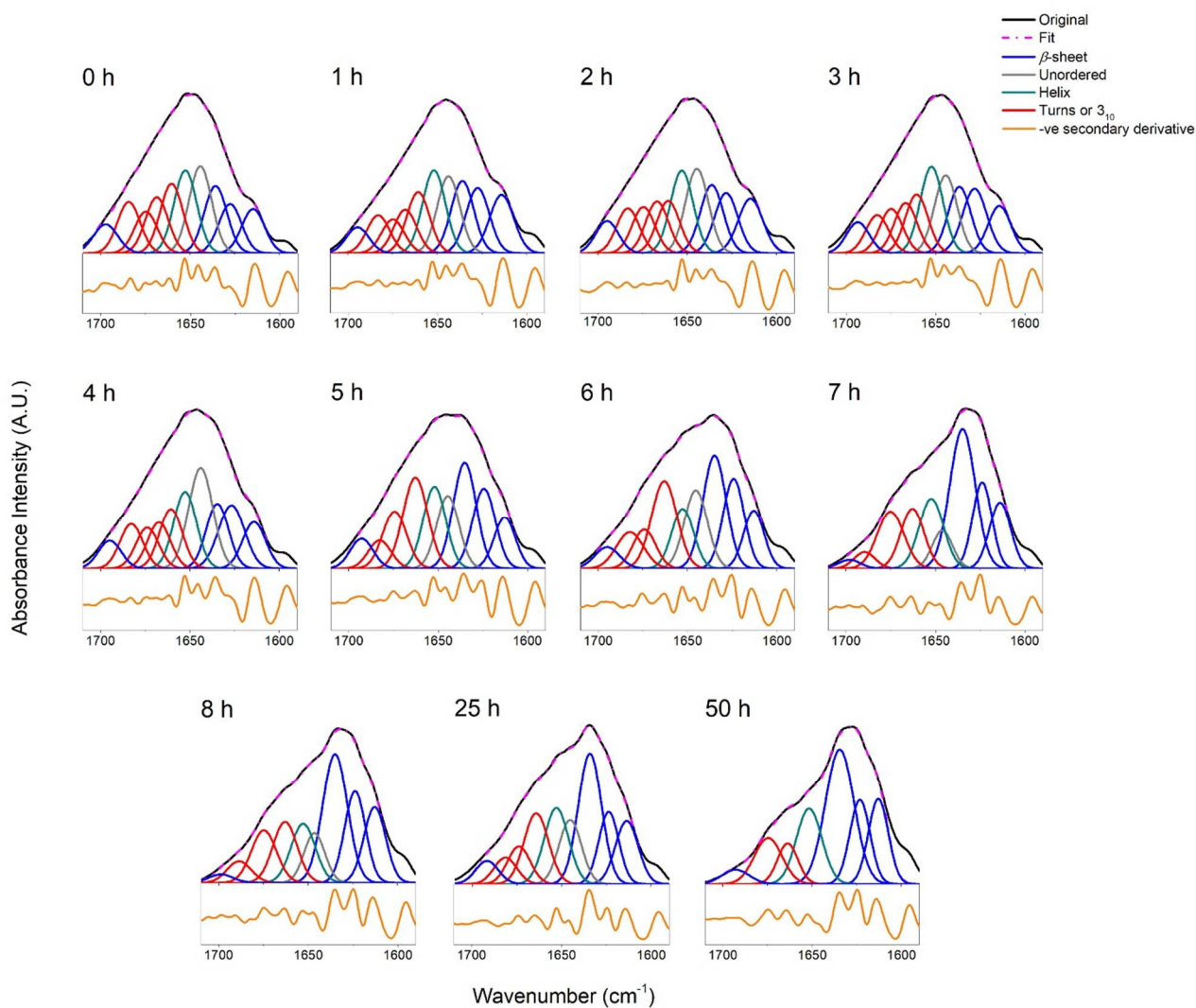


Figure S5. Deconvolution of ATR-FTIR spectra of **GV8** self-assembly over a time period of 50 h. Secondary derivatives were obtained to deconvolute the amide I bands of each spectra. FWHM of each fitted peak were kept consistent and positions of peaks were assigned accordingly.

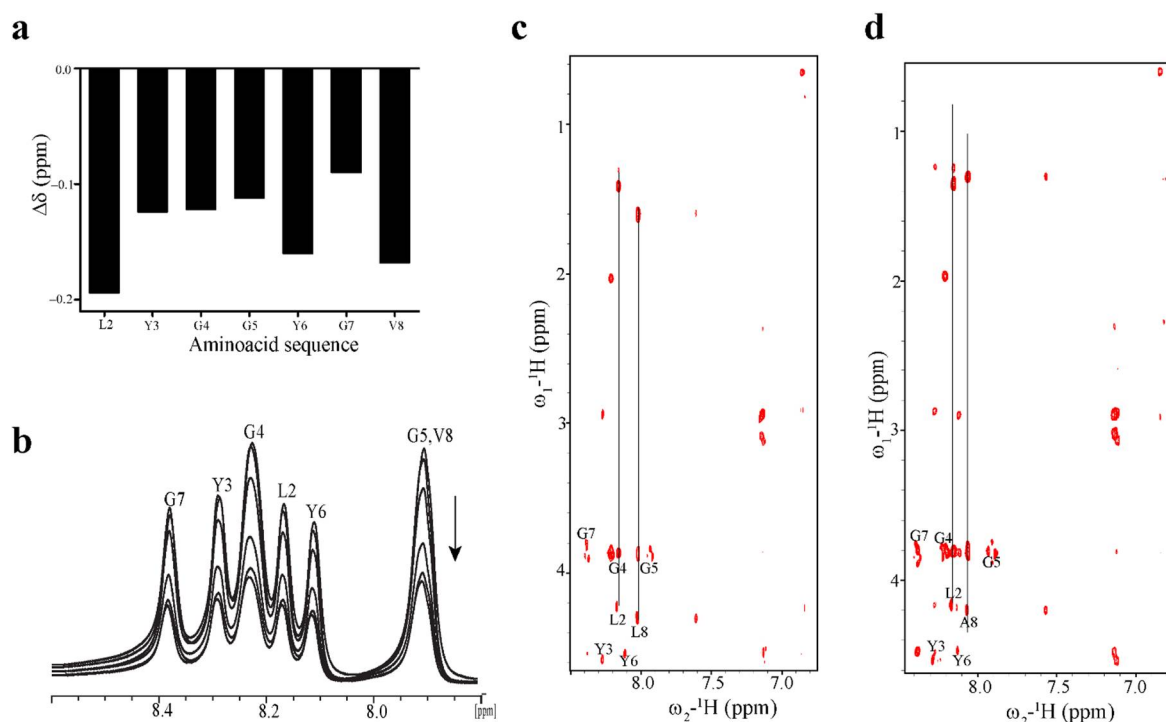


Figure S6. Chemical shift deviations (CSD) and gelation of **GV8** and 2D ^1H - ^1H NOESY spectra of terminal mutated analogs of **GV8**. a) CSD plot of H^α values from random coil of **GV8** hydrogel. b) One dimensional ^1H spectra of 20 mM **GV8** peptide as function of time (every 4 h) for 18 hours. c,d) 2D ^1H - ^1H NOESY spectra at 0.5 mM peptide concentration of **GL8** (c) and **GA8** (d) peptides indicating the absence of aromatic side chain interactions at 7.5-7.0 ppm.

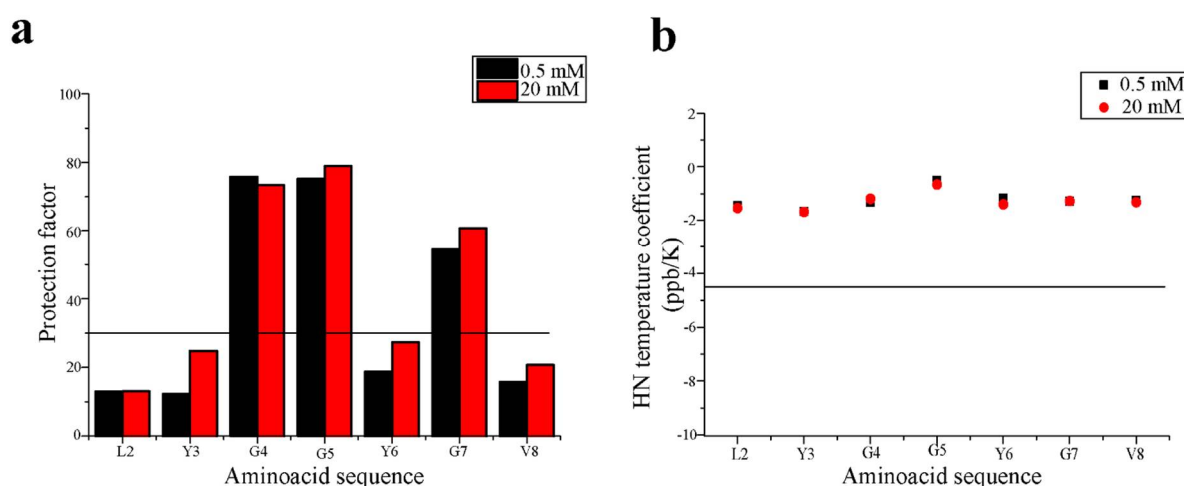


Figure S7. Validation of hydrogen bonds stabilization by H/D exchange NMR and Temperature coefficient parameter. a) H/D exchange protection factors for individual residues of **GV8** peptide at 0.5 and 20mM concentrations. b) Amide proton temperature coefficients of individual amino acids of **GV8** peptide at 0.5 and 20 mM concentrations.

Table S1. Heat-map summary of secondary structure assignments and their percentage composition from the deconvolution of Amide I peaks of **GV8** peptide over 50 h of incubation.

Assignment (%)	20mM peptide incubation duration										
	0 h	1 h	2 h	3 h	4 h	5 h	6 h	7 h	8 h	25 h	50 h
β -sheet	33.1	40.3	37.9	37.5	36.0	43.8	46.4	54.4	54.6	49.9	65.5
Unordered	15.0	13.7	14.6	13.7	18.3	11.8	13.4	6.1	8.1	11.2	-
α -Helix	14.3	14.7	14.1	15.2	13.1	13.4	9.7	13.5	11.2	14.3	16.4
Turns or 3_{10}	37.6	31.3	33.4	33.7	32.6	30.9	30.4	25.9	26.1	24.7	18.0

Supplementary Movie 1

GV8 peptide after overnight gelation, illustrating the gel structure and mechanical robustness.