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NCOMMS-24-72394B

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Please ensure the author contributions section mentions each author's initials at least once with their contributions to the work. Authors with the same initials must be differentiated in the statement.

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We can accommodate up to 10 display items (Figures or Tables) in the main article. Each Figure and Table must fit easily within an A4 page (210 x 297 mm). Please ensure that the number and size of your Figures and Tables fulfil these requirements to avoid any delay in the acceptance of your article.

Ensure main Figures are uploaded as separate individual files. Each figure file must contain all intended panels labelled and displayed as intended and fit entirely on a single page. Do NOT include legends within the figure files, as these must be in the main manuscript.

Supplementary Figures must be all contained in the Supplementary Information PDF and do NOT need to be uploaded separately.	
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Main text

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A full Methods section, divided into subsections and subheadings, must be provided in the main manuscript. There is no word limit to this section.	
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Please use italics for species names, both in the main text and the display items.	

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<p>Please see the guidelines linked below for detailed instructions about how your figures should be prepared. Following these instructions will reduce the chances of delays should we need to request replacement artwork from you at a later stage.</p> <p>https://www.nature.com/documents/NRJs-guide-to-preparing-final-artwork.pdf</p>	
<p>Wherever statistics have been derived (e.g. error bars, box plots, statistical significance) the legend needs to provide and define the n number (i.e. the sample size used to derive statistics) as a precise value (not a range). Please define how many replicates were performed and whether they are biological (derived from different experimental units or subjects) or technical (multiple contemporary measurements from the same experimental unit or subject). Samples should be unambiguously described, including a clear definition of the unit of study. In studies using model organisms, cell lines, primary cell cultures, plants or micro-organisms, the unit of study is the smallest object that could be randomly and independently assigned to an intervention. The groups being compared, including control groups, should be clearly defined. If no control group has been used, the rationale for this should be stated. Please ensure there are enough details about sample collection to distinguish between independent data points and technical replicates- splitting a biological sample into 3 tubes or wells receiving the same treatment does not constitute independent replication.</p> <p>We strongly discourage deriving statistics from technical replicates or less than 3 biological replicates, unless there is a clear scientific justification for why providing this information is important. Conflating technical and biological variability, e.g., by pooling technically replicates samples across independent experiments is strongly discouraged.</p> <p>Please note that this information is missing in the legend(s) of figure(s) 1C, F; 2A; 8A-D.</p>	
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centre, bounds of box and whiskers and percentile in the legend(s) of figure(s) 1C; 2A; 8A-D.	
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