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Article

Keywords: photoenergy transfers, photosynthetic organisms, light harvesting

Posted Date: March 12th, 2021

DOI: <https://doi.org/10.21203/rs.3.rs-272109/v1>

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Version of Record: A version of this preprint was published at Nature Chemistry on January 6th, 2022.
See the published version at <https://doi.org/10.1038/s41557-021-00841-9>.

1 **Observation of robust energy transfer in the**
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5 **Abstract**

6 Photosynthetic organisms convert sunlight to electricity with near unity quantum efficiency. Absorbed
7 photoenergy transfers through a network of chromophores positioned within protein scaffolds, which
8 fluctuate due to thermal motion. The resultant variation in energy transfer has not yet been measured,
9 and so how the efficiency is robust to this variation, if any, has not been determined. Here, we describe
10 single-molecule pump-probe spectroscopy with facile spectral tuning and its application to the ultrafast
11 dynamics of single allophycocyanin, a light-harvesting protein from cyanobacteria. Using the spectral
12 dependence of the dynamics, energy transfer and energetic relaxation from nuclear motion were dis-
13 entangled. For energy transfer, an asymmetric distribution of timescales was observed. For energetic
14 relaxation, the timescales were slower and more heterogeneous due to the impact of the protein en-
15 vironment. Collectively, these results suggest that energy transfer is robust to protein fluctuations, a
16 prerequisite for efficient light harvesting.

17 Introduction

18 Photosynthetic light-harvesting systems power most life on earth by capturing and directing absorbed
19 energy through networks of protein-scaffolded chromophores [1]. Rapid transfer of the absorbed energy
20 is driven by coupling between the transition dipole moments of the chromophores. Fluctuations of the
21 protein scaffold induce changes in the distances and orientations of the transition dipole moments that
22 can, in turn, change the timescales of energy transfer [2–7]. Despite these fluctuations, energy travels
23 through the light-harvesting systems to reach the reaction center with near-unity quantum efficiency [1,
24 8]. Heterogeneity in the timescales of energy transfer, *i.e.*, the impact of protein fluctuations on light
25 harvesting, has not yet been characterized.

26 Over the past decades, single-molecule methods have been a powerful approach to characterize hetero-
27 geneity in biological, chemical, and material systems, including photosynthetic light-harvesting proteins
28 [9–12]. More recently, single-molecule pump-probe spectroscopy (SM2P) emerged as a technique to
29 resolve femtosecond processes, such as energy transfer. SM2P maps femtosecond dynamics onto flu-
30 orescence intensity using two ultrafast isoenergetic pulses to generate a pump-probe like excitation,
31 where the temporal resolution is from the delay time between pulses (Fig. 1a) [13–16]. This tech-
32 nique has been applied to various ultrafast processes in single molecules, including coherent wavepacket
33 oscillations and relaxation within the excitonic states of light-harvesting proteins from purple bacteria
34 [16–18]. The complexity of the ultrafast dynamics of light-harvesting proteins has, however, obfuscated
35 the heterogeneity specific to energy transfer. Furthermore, most of these measurements lacked spectral
36 dependence, which provides an additional axis to help disentangle the contributions associated with each
37 process.

38 The cyanobacterial light-harvesting protein, allophycocyanin (APC), contains strongly coupled dimers
39 of chromophores that serve as a minimal system to examine photosynthetic energy transfer (Fig. 1b).
40 Ensemble ultrafast measurements found complex kinetics of energy transfer within APC, potentially due
41 to heterogeneous timescales [19–28]. Consistently, single-molecule fluorescence measurements identified
42 heterogeneous photophysical states that arose from fluctuations of the protein scaffold [29–34], yet
43 their impact on energy transfer could not be resolved due to the limited time resolution of fluorescence
44 measurements.

45 Here, we report SM2P with facile spectral tuning across the visible region and perform SM2P measure-
46 ments on APC, the homologous protein C-phycoyanin (CPC), and a chromophore in solution. Based
47 on the spectral dependence of the dynamics and the concomitantly-measured fluorescence lifetimes, the
48 distributions of energy relaxation and energy transfer timescales were separated for APC. The energy
49 transfer timescales were centered at ~ 150 fs. While the mean of the distribution agreed with the longer
50 timescale from ensemble measurements, the median of the distribution was ~ 100 fs shorter, suggesting
51 that ensemble values may be lengthened due to slow sub-populations. The asymmetric nature of the
52 distribution gives rise to non-mono-exponential behavior in the ensemble, such as the multi-exponential
53 energy transfer observed in previous measurements [22, 28]. Broad distributions of energetic relaxation
54 timescales were observed for both APC and CPC, which comparison to chromophores in solution in-
55 dicated arises from the protein structure. Furthermore, slow energetic relaxation was observed in APC,
56 enabling energy transfer to precede, and thus likely be unaffected by, the heterogeneity in the relaxation
57 timescales. Together, these results demonstrate that rapid energy transfer is maintained despite fluc-
58 tuations of the protein, which may play a role in the high quantum efficiency of photosynthetic light
59 harvesting.

60 **Results**

61 **Ultrafast dynamics in APC**

62 We used SM2P to determine the distribution of ultrafast energetic relaxation timescales in APC. APC
63 forms a trimer where each monomer contains two protein subunits, known as α and β , that each bind a
64 phycocyanobilin chromophore, which are positioned on distal ends of the monomer (~ 5 nm apart) [35,
65 36]. The structural model of trimeric APC is shown in Fig. 1b. Upon trimerization, complementary
66 chromophores on different monomers are brought close together (~ 2 nm apart) to generate the dimer
67 shown in Fig. 1b, inset [35, 36]. The trimers assemble into the central core of the primary cyanobacterial
68 light-harvesting structure, known as the phycobilisome [36]. The linear absorption spectrum of APC is
69 shown in Fig. 1c with the calculated absorption profiles for the underlying states [22]. The higher energy
70 state has a broad absorption and the lower energy state has narrow absorption with a clear vibrational
71 mode at $\sim 1,600$ cm^{-1} above the primary transition. Although the electronic coupling between the α

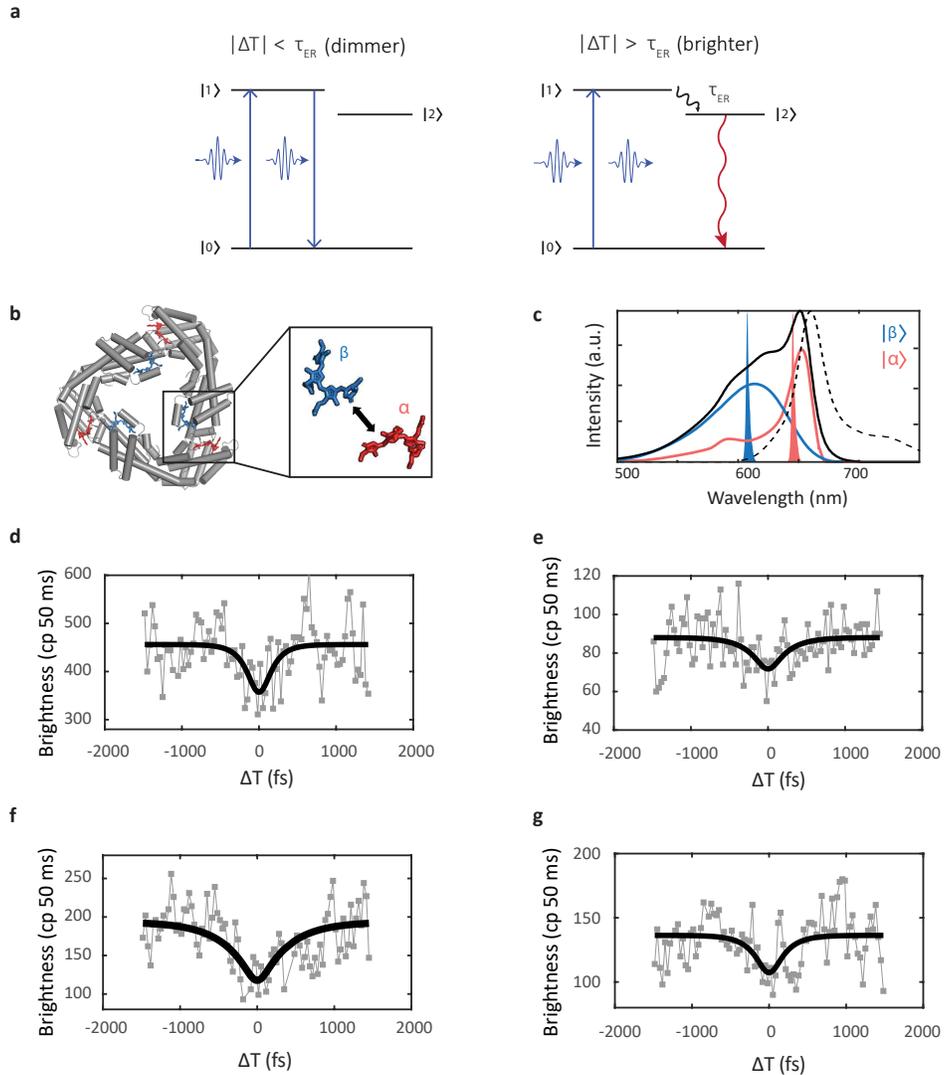


Figure 1: Single-molecule pump probe (SM2P) experiments on allophycocyanin: (a) Two laser pulses are focused onto the sample where energy relaxes between two excited states (a donor, $|1\rangle$, and an acceptor, $|2\rangle$) with a timescale, τ_{ER} . If ΔT is less than τ_{ER} (left), pulse 2 stimulates emission, decreasing the fluorescence intensity. If ΔT is greater than τ_{ER} (right), fluorescence emission occurs, increasing the fluorescence intensity. Scanning the time delay from negative to positive delays produces a dip like shape where the width of the modulation is governed by τ_{ER} . (b) Structural model of allophycocyanin with the β (blue) and α (red) chromophores (PDBID 1ALL). (c) Absorption (solid) and emission (dashed) spectra are shown with the 610 nm and 645 nm excitation in blue and red, respectively. The individual spectra for the α and β chromophores are shown in blue and red [22]. Representative SM2P traces (gray) of allophycocyanin with fits (black) for 610 nm excitation with decay time constants of 148 ± 15 and 225 ± 70 fs are shown in (d) and (e), respectively and for 645 nm excitation with decay time constants of 371 ± 46 and 185 ± 39 fs are shown in (f) and (g), respectively.

72 and β chromophores leads to excited states that are a linear combination of the excited states of the
 73 individual chromophores, the large energy gap means that the higher energy state is dominated by the
 74 β chromophore and the lower energy one by the α chromophore [19, 22]. Thus, here we refer to the
 75 states based on their dominant contribution.

76 The SM2P apparatus was constructed with a tunable excitation laser and a single-axis prism compres-
77 sor to enable straightforward wavelength changes, which was used to investigate the dynamics of the
78 individual chromophores. SM2P experiments on APC were performed with an excitation laser centered
79 at 610 nm and 645 nm, which were selected to predominantly excite the β and α chromophores re-
80 spectively (Fig. 1c). In SM2P, the first saturating pulse drives damped Rabi oscillations between the
81 ground state ($|0\rangle$) and the initially excited state ($|1\rangle$), resulting in an equal probability of population in
82 both states after interaction with the pulse. Population in $|1\rangle$ relaxes to the off-resonance state ($|2\rangle$)
83 with a timescale determined by the microscopic properties of the sample. The second saturating pulse
84 drives the same Rabi oscillations between $|0\rangle$ and $|1\rangle$, but does not interfere with population out of
85 resonance (*i.e.*, in $|2\rangle$). On timescales longer than the relaxation time (Fig. 1a, right), the second Rabi
86 oscillation provides another opportunity to populate $|1\rangle$ and subsequently transfer to $|2\rangle$, increasing the
87 population and thus fluorescence from $|2\rangle$. By detecting fluorescence from $|2\rangle$ and scanning the delay
88 from negative to positive times, an SM2P trace is recorded that shows a dip-like shape, which can be
89 fit to extract the timescale of energy relaxation between states.

90 Representative SM2P traces are shown for primarily β excitation at 610 nm (Fig. 1d,e) and primarily
91 α excitation at 645 nm (Fig. 1f,g). While these β -excitation traces exhibit timescales that are not
92 statistically different (148 ± 15 and 225 ± 70 fs in Fig. 1d and e, respectively), the α -excitation traces differ
93 significantly (371 ± 46 and 185 ± 39 fs in Fig. 1f and g, respectively), providing an initial demonstration
94 of the ability of SM2P to uncover heterogeneity in ultrafast dynamics.

95 Energy transfer in APC

96 In APC, rapid energy transfer occurs within the chromophore dimers [26]. Energy transfers from the
97 higher energy β chromophore to the lower energy α chromophore, and so can be studied using the β
98 excitation data. While slower (picosecond) energy transfer also occurs between dimers, it is outside the
99 timescale measured here. Along with energy transfer, both chromophores undergo energetic relaxation
100 on a similar timescale due to nuclear motion. SM2P measures the overall energy relaxation timescale,
101 which includes both energy transfer and energetic relaxation. Under the high excitation fluences of
102 SM2P, the chromophores photodegrade into quenching radical cations that decrease the fluorescence
103 lifetime. Photodegradation generally begins on the lower energy α chromophore, likely because it

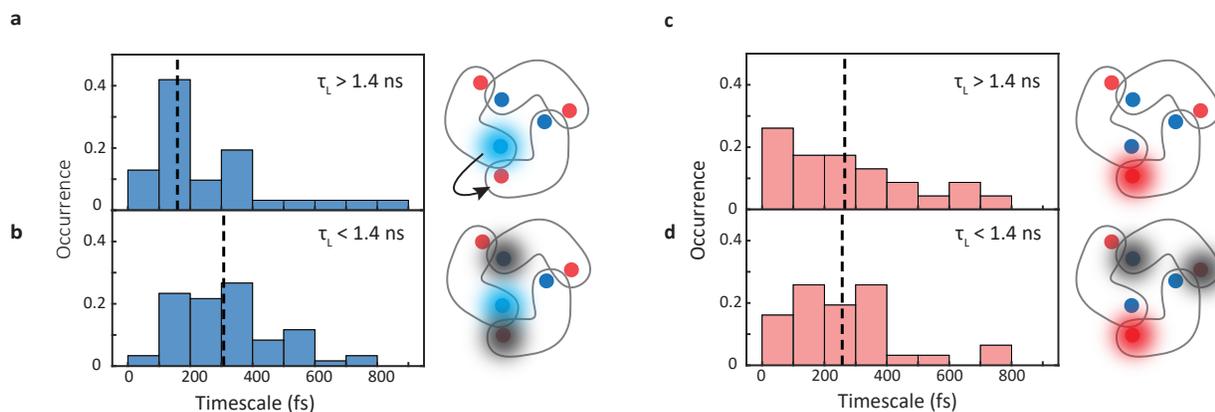


Figure 2: Distributions of energetic relaxation and energy transfer timescales for APC. Histograms of the energy relaxation timescales were constructed from the β excitation data ($\lambda_{exc}=610$ nm, blue) for the (a) bright ($\tau_L >1.4$ ns) population and (b) quenched ($\tau_L >1.4$ ns) population and from the α excitation data ($\lambda_{exc}=645$ nm, red) for the (c) bright population and (d) quenched population. The median values of the distributions are indicated by the dashed lines. As shown in (a), excitation of the β chromophore (blue) leads to energy transfer to the α chromophore (red). As shown in (b, d), photobleaching of individual leads to a loss of photoactivity and/or conversion into quenchers (dark gray).

104 remains excited for longer than the β chromophore due to the relatively long time between energy
 105 transfer and fluorescence emission [29, 30]. The negligible oscillator strength and/or spectral shifts
 106 of the photodegraded chromophore eliminate the rapid β to α energy transfer, and so only energetic
 107 relaxation due to nuclear motion remains [29, 30, 33, 34]. To separate and characterize energy transfer
 108 and energetic relaxation, four histograms were constructed from the measured timescales, divided by
 109 the excitation wavelength and the concomitantly measured fluorescence lifetime. The histograms are
 110 shown in Fig. 2 for β excitation (a,b) and α excitation (c,d) for bright ($\tau_L >1.4$ ns) and quenched
 111 ($\tau_L <1.4$ ns) populations, respectively. Statistical parameters for the histograms are given in Table S3
 112 in SI Section 5. The 1.4 ns cut off value was selected to separate the photodegraded APC based the
 113 fluorescence lifetime distributions (Fig. S6, SI Section 4), consistent with previous work [29, 30, 34].

114 In the β excitation data, the histograms have medians of 168 fs for bright APC and 308 fs for quenched
 115 APC (Fig. 2a, 2b). Comparison of the two distributions with a permutation test yielded a p-value of
 116 0.0001 (SI Section 5.4), which establishes with a high probability (99.99%) that the two distributions
 117 are different. In contrast, in the α excitation data, the histograms have medians of 276 fs for bright APC
 118 and 257 fs for quenched APC (Fig. 2c, 2d), and comparison of the two distributions showed that they are
 119 the same ($p > 0.05$, SI Section 5.4). Similarly, the quenched populations for β excitation and α excitation
 120 were the same ($p > 0.05$, SI Section 5.4). In agreement with these results, only energetic relaxation is
 121 thought to be present for all three of these populations. The statistically significant shorter median

122 timescale for the bright population of the β excitation data, the only histogram in which energy transfer
123 is expected, is consistent with this picture. Collectively, these results establish that the bright population
124 of the β excitation data primarily describes energy transfer whereas the other three populations primarily
125 describe energetic relaxation, as illustrated in the right panels of Fig. 2.

126 The distribution of primarily energy transfer timescales shown in Fig. 2a has a median of 168 fs and
127 a mean of 258 fs, where the difference between these two values is due to its asymmetric profile. In
128 previous ensemble measurements, energy transfer between the two chromophores was found to occur on
129 220 fs and 280 fs timescales, which were speculated to correspond to different conformational states of
130 the protein backbone [23, 24]. The mean is consistent with these values, and the ~ 100 fs increase over
131 the median suggests that ensemble measurements are significantly lengthened by small sub-populations
132 with slow transfer. This observation of an asymmetric distribution suggests that traditional theories of
133 photosynthetic energy transfer, which were primarily developed based on mean values [2, 7, 37], may
134 be distorted by these slow sub-populations.

135 An asymmetric distribution of energy transfer rates can not only lengthen the average value, but also
136 influence the functional form of measurements. Whereas a Gaussian distribution gives rise to an energy
137 transfer process well-described by a single-exponential function, an asymmetric distribution can lead to
138 more complex behavior, such as a stretched exponential or the bi-exponential observed previously for
139 APC (SI Section 5.6, SI Fig. S13) [22]. Thus, instead of characterizing distinct processes, ensemble
140 measurements of multi-exponential dynamics may arise from non-Gaussian microscopic heterogeneity,
141 similar to the distribution of energy transfer rates measured here for APC.

142 The full distribution of primarily energy transfer timescales spans ~ 65 fs to ~ 800 fs. In ensemble
143 measurements with high temporal resolution, sub-50 fs energy transfer was also observed [19, 21,
144 22]. This population is absent here, likely due to the longer pulse durations used (100-200 fs) (SI
145 Section 5.5). The few measured timescales above ~ 400 fs arise from the effect of Poissonian noise,
146 which elongate the tail of SM2P distributions [38]. The lack of a significant population slower than
147 ~ 400 fs suggests that static conformational states of the protein do not often dramatically slow the
148 energy transfer timescales. The effect of heterogeneity in the local protein dielectric environment on
149 the distribution of energy transfer timescales was previously investigated theoretically. Using combined
150 quantum chemical/molecular mechanical simulations, a ~ 4 -fold range of energy transfer times was found

151 for another photosynthetic light-harvesting protein, which is roughly comparable with the measured range
152 shown in Fig. 2a [39].

153 **Energetic relaxation in APC**

154 Upon photoexcitation, the chromophores in APC undergo energetic relaxation (red-shifting) due to
155 nuclear motion including intramolecular vibrational relaxation (IVR) and solvation within the protein
156 pocket [40]. The ultrafast solvation, known as inertial solvation, involves coupling to the short-range
157 motions of nearby amino acid side chains and solvent molecules. The collective reorganization of solvent
158 molecules (diffusive solvation) occurs on longer timescales than the picosecond window investigated here
159 [41]. The combined effects of IVR and solvation give rise to the Stokes shift, which moves population
160 out of resonance with the laser pulse. This energetic relaxation can be investigated using the histograms
161 where no energy transfer is present. For the α -excitation data, the histograms of timescales from bright
162 (Fig. 2c) and quenched (Fig. 2d) APC have similar median values (257 fs and 276 fs, respectively),
163 which is consistent with previous pump-probe experiments that measured a 250 fs Stokes shift [23].

164 The spectral dependence of the energetic relaxation can be examined by comparing the α -excitation data
165 to the β -excitation data for quenched APC. Similar median timescales of 308 fs for the β -excitation
166 data and \sim 260 fs for the α -excitation data were found. Consistently, previous measurements found
167 comparable timescales of energetic relaxation for both chromophores, although two components at 120
168 fs and 230 fs were observed [23]. While the median timescales are consistent with the longer of the two
169 components, the shorter one is absent. This may be due to the coherent excitation scheme used in the
170 ensemble measurements or the second component may be hidden in the width of the distribution [42].

171 **Environment-dependent heterogeneity in energetic relaxation**

172 The influence of the protein environment on the distribution of energetic relaxation timescales was in-
173 vestigated by comparing the distributions for APC, CPC, and Atto647N. CPC is another cyanobacterial
174 light-harvesting protein that is homologous to an APC monomer with an additional peripheral chro-
175 mophore (SI Section 3, Fig. S4) [31, 36]. There are large distances between the chromophores in CPC,
176 and so energy transfer is slower than the time window measured here [20, 43]. Therefore, only energetic

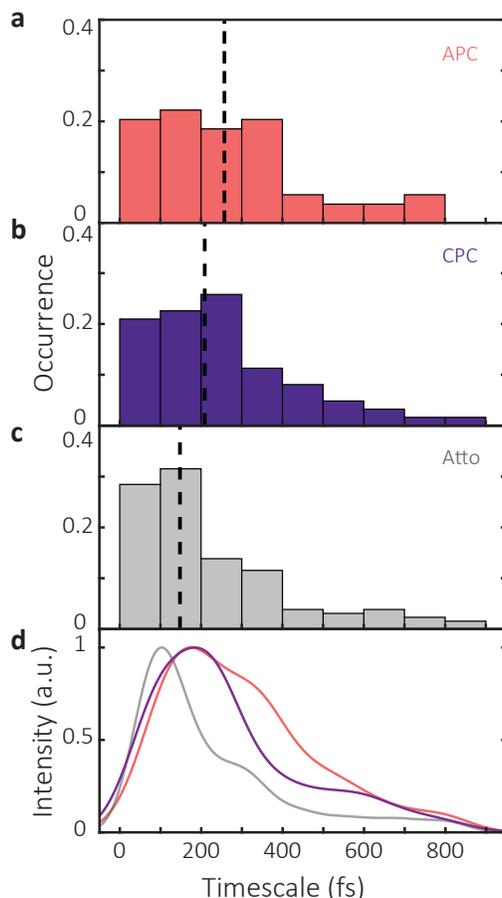


Figure 3: Comparison of histograms of energy relaxation timescales. Histograms of energy relaxation timescales for (a) APC with a 645 nm excitation, (b) CPC, and (c) Atto647N. The median values of each data set are marked with a dashed line at (a) 258 fs, (b) 216 fs, and (c) 148 fs. The kernel density estimation (KDE) smoothed fit for each histogram is shown in (d).

177 relaxation is present in the distribution. Atto647N is a widely-used single-molecule chromophore with
 178 sufficient photostability for SM2P, which the chromophores in APC and CPC lack. Histograms of the
 179 measured energetic relaxation timescales are shown in Fig. 3 for APC with α excitation (a), CPC (b)
 180 and Atto647N (c). Statistical parameters for all three distributions are given in SI Table S2, which show
 181 differences in both the peak locations and widths.

182 A comparison of the distribution for Atto647N to the distributions for APC and CPC isolates the
 183 contribution of a protein scaffold, as Atto647N was embedded in a polymer matrix with a local aqueous
 184 environment. The asymmetric distribution and median timescale (148 fs) for energetic relaxation of
 185 Atto647N was similar to previous measurements of other chromophores in solution. Based on the
 186 previous work, we assign the measured energetic relaxation in Atto647N to IVR with a contribution on

187 the short timescales from electronic dephasing [13, 14]. The median timescales for energetic relaxation
188 was 258 fs for APC and 216 fs for CPC. The chromophores within APC and CPC are both surrounded by
189 a protein environment, and so the slower timescales than for Atto647N suggest that the protein matrix
190 stabilizes the excited chromophore and its immediate environment to slow relaxation processes such as
191 IVR.

192 The median timescales for APC and for CPC are similar, consistent with their homologous protein struc-
193 tures. The median value for APC (258 fs) is, however, longer than for CPC (216 fs). Correspondingly,
194 the chromophores in trimeric APC (Fig. 1b) are more buried within the protein than those in monomeric
195 CPC (Fig. S4). The solvent accessible surface area (SASA) for chromophores in CPC (300 \AA^2) is twice
196 that for chromophores in APC (150 \AA^2). The increased solvent accessibility in CPC may create a more
197 solution-like environment that speeds up the energetic relaxation, as observed for Atto647N. Ensemble
198 ultrafast measurements compared the relaxation timescales of chromophore-containing photosynthetic
199 proteins from cryptophytes with open and closed protein scaffolds, which have correspondingly more and
200 less solvent accessibility. These measurements showed faster relaxation for the open scaffolds, consistent
201 with the results described here [44]. Other studies found that the dynamics of CPC were independent
202 of bulk solvent, initially in contradiction with a dependence of relaxation on solvent accessibility [40].
203 However, the local chromophore environment, *i.e.*, the first solvation shell, may not fully reflect changes
204 to the bulk due to interactions such as hydrogen bonding between the protein and water molecules [45].

205 In addition to differences in the median, the distributions of timescales can be used to compare the
206 heterogeneity in energetic relaxation. In SM2P, simulations have shown that the distributions are
207 extended towards longer timescales (here, values >500 fs) due to sampling of Poissonian-distributed
208 data [38]. To compare the heterogeneity shown in the distributions, each one was smoothed using
209 a kernel density estimation (Fig. 3d) and the full-width half maximum (FWHM) of the smoothed
210 curves was calculated, which describes the width of the main peak (SI Fig. S9). The distribution for
211 Atto647N (FWHM=179 fs) is much narrower than the distributions for APC (FWHM=462 fs) and
212 CPC (FWHM=295 fs). The width for Atto647N is similar to that measured previously for a series of
213 other chromophores in solution, where the width was ascribed to a bimodal profile from the electronic
214 dephasing and IVR contributions [13, 14, 38]. The wider distributions for APC and CPC suggest that,
215 in addition to slowing energetic relaxation, the protein matrix introduces more heterogeneity in the

216 relaxation timescale than is present in an aqueous solution.

217 The distribution of energetic relaxation timescales is also broader for APC (FWHM=462 fs) than for CPC
218 (FWHM=295 fs). The breadth for APC may arise from increased interaction with the protein due to the
219 more buried position of its chromophores. The distribution for APC has signatures of a bimodal structure
220 with peaks at ~ 175 fs and ~ 375 fs, along with an elongated tail due to Poissonian noise as discussed
221 above. In contrast, the distribution for CPC has only a single broad peak with a tail. The two peaks in
222 the distribution for APC may correspond to the previously hypothesized two conformations responsible
223 for the 220 fs and 280 fs timescales of energy transfer from ensemble measurements [22]. Alternately,
224 previous measurements found a 400 fs component of energetic relaxation exclusively associated with
225 the α chromophore in APC [23]. Although this component only appeared clearly upon excitation of the
226 vibronic transition in ensemble measurements, which we do not excite here, signatures of this pathway
227 may be contributing to the width of the measured distribution.

228 Discussion

229 In this work, we described spectrally tunable SM2P and the use of this tunability to disentangle the
230 ultrafast dynamics of APC at the single-protein level. The distribution of primarily energy transfer
231 timescales for APC is clustered around the median at ~ 150 fs, whereas the mean — and potentially
232 ensemble values — were lengthened due to the influence of small subpopulations. Furthermore, previous
233 assignments of complex dynamics could instead arise from the microscopic heterogeneity, *i.e.*, non-
234 Gaussian distribution, observed here.

235 Slow and heterogeneous energetic relaxation timescales for APC and CPC indicated that the protein
236 matrix introduces variation in the photophysical processes. Because energetic relaxation is slower than
237 energy transfer, the states involved in energy transfer are the initially excited ones, which may be how
238 rapid energy transfer is maintained despite the effects of heterogeneous energetic relaxation. It may
239 also be that slow energetic relaxation in the protein helps maintain vibronic coupling through an energy
240 transfer event, which is thought to mediate rapid transfer [46]. The ability of the protein to influence
241 the timescales of energetic relaxation means that the protein structure can control the excited states
242 involved in energy transfer, and even the mechanism of energy transfer itself.

243 Methods

244 **Single-molecule pump-probe (SM2P) spectroscopy.** A schematic of the experimental setup is shown
245 in the SI Fig. S1 and is described in detail in Ref. [38]. In brief, a tunable fiber laser (FemtoFiber pro,
246 Toptica; 120 fs pulse duration, ~ 4 nm bandwidth, 80 MHz repetition rate) was used as the excitation
247 source and the laser repetition rate was reduced from 80 MHz to 2.5 MHz or 312.5 KHz with an acousto-
248 optic pulse picker (Brimrose Corporation, FSPP-400-80-BR-800). The prism compressor was designed
249 with single-axis translation for easy optimization with spectral maximum. The compressor was translated
250 to minimize dispersion for each center wavelength as measured at the sample position with an inter-
251 ferometric autocorrelation using a GaP photodiode (Marktech, MTPD3650D-1.4) [47]. Representative
252 intensity autocorrelations for different laser excitations are shown in SI Fig. S2 with the FWHM deter-
253 mined assuming a Gaussian pulse. The laser pulses were split by a set of 50/50 beam splitters (Thorlabs,
254 UFBS5050) and a delay stage in a Mach-Zehnder interferometer. The polarization was converted from
255 horizontal to circular polarization using a quarter-waveplate (Newlight Photonics, WPM03-Q-VIS). The
256 excitation was coupled into a custom-designed inverted confocal microscope (Mad City labs, RM21)
257 and focused onto the sample with an objective (UPLSAPO100XO, Olympus, NA 1.4). Fluorescence
258 emission was collected through the same objective and separated from the excitation by use of dichroic
259 mirrors optimized for excitation filtering (Chroma, T635lpxr-UF3; Chroma, ZT647rdc-UF2) and a pair
260 of bandpass filters (Semrock, FF02-675/67-25; Chroma, ET690/120x) Fluorescence photons were de-
261 tected on an avalanche photodiode (SPCM-AQRH-15, Excelitas) with a time-correlated single photon
262 counting module (TimeTagger20, Swabian Instruments). Fluorescence lifetimes were fit to a single
263 exponential decay convolved with an experimentally determined instrument response function (~ 0.5
264 ns) as described in SI Section 3.

265 For SM2P experiments, the power was set to ~ 1 pJ/pulse before the objective or $700 \frac{\mu\text{J}}{\text{cm}^2}$ per pulse
266 at the sample plane. The center wavelength of the laser was tuned to either 610 nm or 645 nm.
267 For the 610 nm measurements, experiments were performed with both near-Fourier transform limited
268 temporal compression (118 fs) and no temporal compression (180 fs). The measured dynamics were
269 independent of pulse duration (Fig. S7). For the 645 nm measurements, experiments were performed
270 with no temporal compression (300 fs) due to power restraints. The delay time between the two pulses
271 was scanned from -1.5 ps to 1.5 ps at $100 \mu\text{m/s}$ (0.33 ps/s). Fluorescence emission was binned into

272 50 ms bins before being fit with maximum likelihood estimation to extract energy relaxation timescales.
273 The fit function was the convolution of the measured intensity autocorrelation with an exponential rise
274 function for energy relaxation as detailed in SI Section 1 [13, 14, 16]. The standard error was estimated
275 using the Fisher information matrix [48]. Single-molecule blinking and on-off transitions in SM2P traces
276 were identified by eye and omitted from the data analysis.

277 Energy relaxation timescales were used to construct histograms with the bin width determined by the
278 Freedman-Diaconis rule. The generated distributions were compared using a Permutation test, which
279 determines the likelihood of randomly allocating the complete data-set into two groups and obtaining
280 the experimentally observed difference (SI Section 5.2). SASA values were determined using the 'Protein
281 interfaces, surfaces and assemblies' service PISA at the European Bioinformatics Institute located online
282 at (http://www.ebi.ac.uk/pdbe/prot_int/pistart.html) [49].

283 **Sample preparation.** APC (Sigma Aldrich, S868), CPC, (Agilent, PB11), and Atto647N (Ther-
284 moFisher, 04507-1MG-F) were purchased and diluted to ~ 1 nM in pH 7.4 phosphate buffer solution
285 (ThermoFisher, AM9624). An enzymatic oxygen-scavenging system was added to the solution at final
286 concentrations of 25 nM protocatechuate-3,4-dioxygenase and 2.5 mM protocatechuic acid [50]. The
287 solution was spincoated in 1% PVA onto glass coverslips, which were placed on a piezoelectric stage
288 (Mad City labs, Nano-LP100) on the microscope.

289 **Data Availability**

290 The data that support the findings of this study are available from the corresponding author upon
291 request.

292 **Acknowledgments**

293 This work was supported by the NIH Director's New Innovator Award 1DP2GM128200-01 and a Beck-
294 man Young investigator Award (to G.S.S.-C.). R.M. acknowledges an NSF Graduate Research Fellow-
295 ship. G.S.S.-C. also acknowledges a Smith Family Award for Excellence in Biomedical Research, Sloan
296 Research Fellowship in Chemistry and a CIFAR Global Scholar Award.

297 **Author Contributions**

298 R.M., T.K., and G.S.S.-C. conceived and designed the experiments. R.M. and A.N. performed the
299 experiments. R.M. and G.S.S.-C. analysed the data. R.M., A.N., and G.S.S.-C. co-wrote the paper. All
300 authors discussed the results and commented on the manuscript.

301 **Competing financial interests**

302 The authors declare no competing financial interests.

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Figures

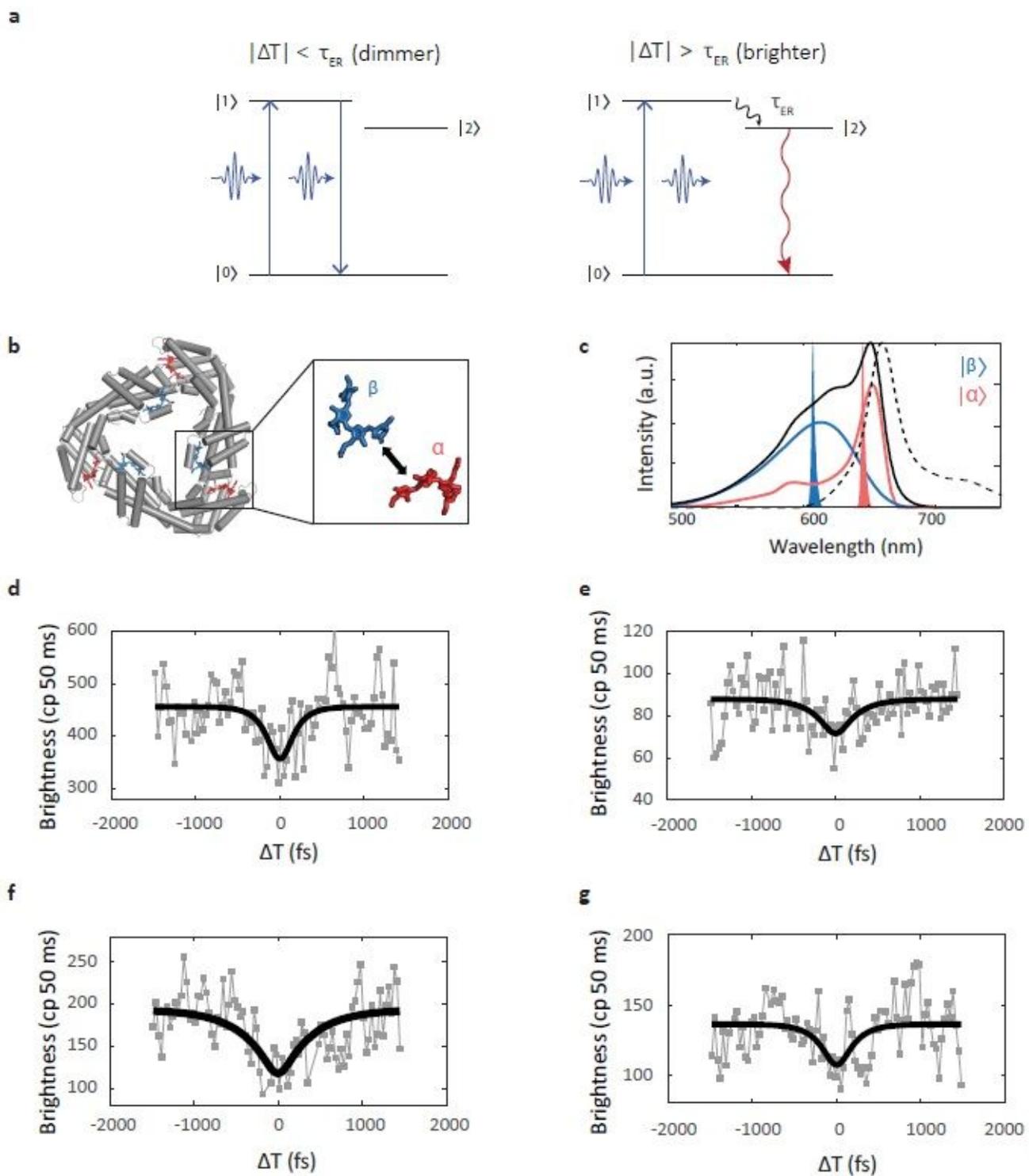


Figure 1

Single-molecule pump probe (SM2P) experiments on allophycocyanin (see Manuscript file for complete figure legend)

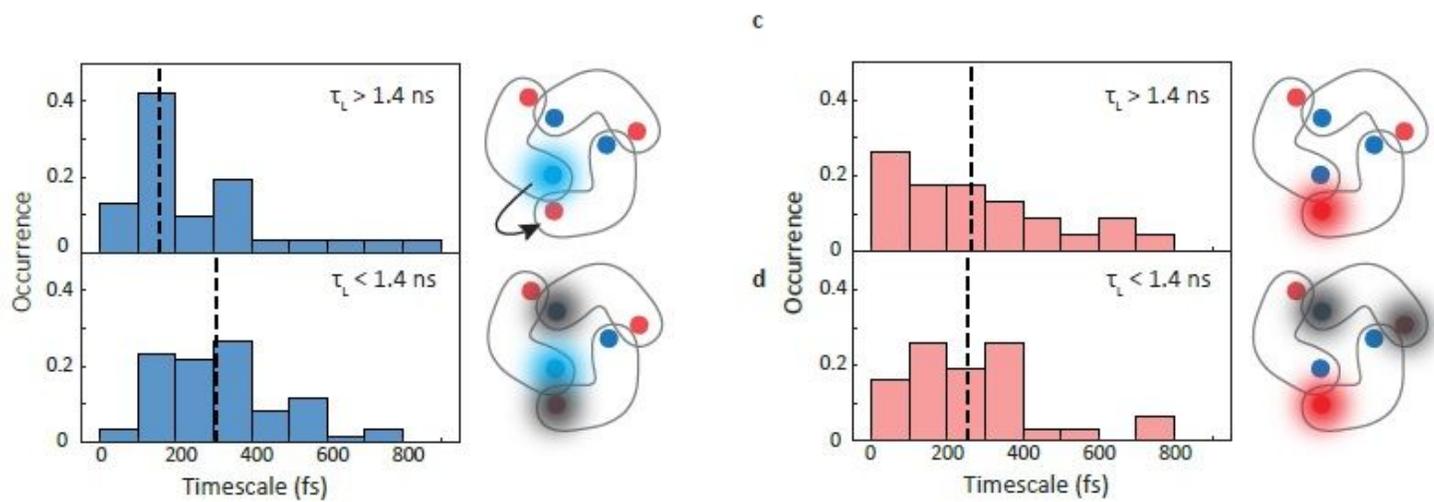


Figure 2

Distributions of energetic relaxation and energy transfer timescales for APC. (see Manuscript file for complete figure legend)

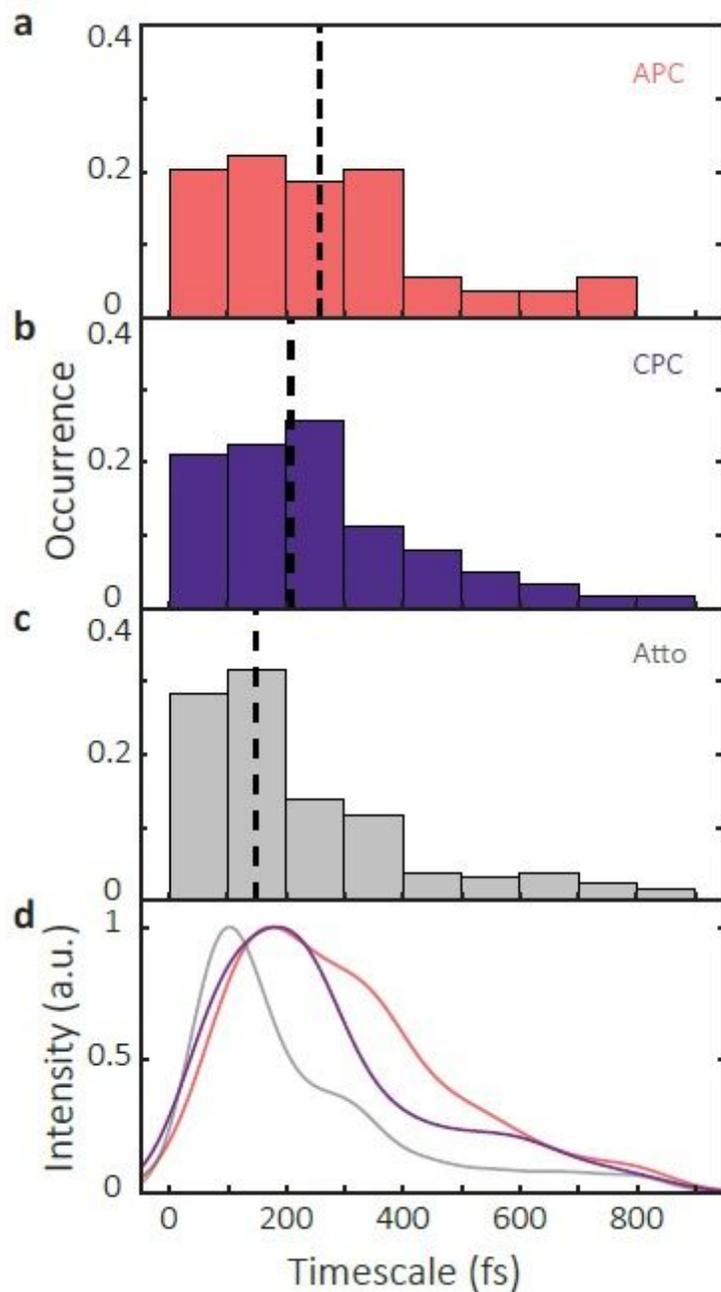


Figure 3

Comparison of histograms of energy relaxation timescales. (see Manuscript file for complete figure legend)

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