

	GuanH ⁺ (N _s)	GuanH ⁺ (C)	K ⁺	Na ⁺	Cl ⁻
water O	3.23	5.08	3.59	3.19	3.83
lipid O(-P)	3.19	4.29	3.38	2.93	5.45
lipid O(-C)	3.43	4.66	3.61	3.20	
lipid N					5.70
Cl ⁻	3.85	4.98	3.91	3.55	
K ⁺					3.93

Table S1. Interaction distances (in Å) between the translocating ion and solvent or lipid atoms. For all ions, interaction distances were determined as the average position of the 1st minima in the corresponding RDF profile (obtained from several z positions where binding takes place). For GuanH⁺ the position of guanidine N or C atoms has been used.