

**TABLE 2 Effect of sugars on lipid lateral mobility in GUVs**

	Water	1.5 M sucrose	1.5 M glucose
Diffusion coefficient* ( $10^{-8}$ cm <sup>2</sup> /s)	$7.7 \pm 0.8$	$2.5 \pm 0.6$	$4.1 \pm 0.7$

\*Diffusion coefficients represent the average of at least five measurements, and the SD values are given. FCS setup was calibrated with Alexa Fluor 488. Fluorescent lipid probe was DiO.