

Amyloid-type Protein Aggregation and Prion-like Properties of Amyloids

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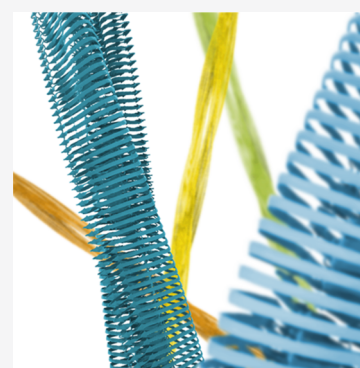


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ABSTRACT: This review will focus on the process of amyloid-type protein aggregation. Amyloid fibrils are an important hallmark of protein misfolding diseases and therefore have been investigated for decades. Only recently, however, atomic or near-atomic resolution structures have been elucidated from various *in vitro* and *ex vivo* obtained fibrils. In parallel, the process of fibril formation has been studied *in vitro* under highly artificial but comparatively reproducible conditions. The review starts with a summary of what is known and speculated from artificial *in vitro* amyloid-type protein aggregation experiments. A partially hypothetical fibril selection model will be described that may be suitable to explain why amyloid fibrils look the way they do, in particular, why at least all so far reported high resolution cryo-electron microscopy obtained fibril structures are in register, parallel, cross- β -sheet fibrils that mostly consist of two protofilaments twisted around each other. An intrinsic feature of the model is the prion-like nature of all amyloid assemblies. Transferring the model from the *in vitro* point of view to the *in vivo* situation is not straightforward, highly hypothetical, and leaves many open questions that need to be addressed in the future.



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1. INTRODUCTION

Amyloids have been known and described for more than 100 years, and the history of their identification has been described in earlier reviews.^{1,2} Amyloid fibrils are elongated assemblies of

identical or almost identical protein or peptide building blocks stacked upon each other within protofilaments that are intertwining each other aligned in a 2-fold helical symmetry. Amyloids have always attracted a lot of interest because they have notoriously been connected to systemic and neurodegenerative diseases. Therefore, the conformation of the protein building blocks within amyloids has been regarded as the *pathogenic* conformation in contrast to their *native* or *physiological* conformations. The *native* conformations of the respective proteins often are intrinsically disordered, but also examples of globularly *well* folded proteins are known. Because amyloids are thermodynamically extremely stable, much more stable than the native conformations of the building blocks, amyloids disprove the general view that natively folded proteins adopt their most stable conformation in their cellular or tissue environment. Obviously, however, there is a very high kinetic barrier for the formation of amyloids, which can be overcome under extremely nonphysiological *in vitro* conditions, but rarely also under physiological conditions then leading to the respective *protein misfolding* diseases.

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There have been many attempts to obtain high-resolution structural information about amyloid fibrils. Transmission electron microscopy (TEM) studies have revealed their long elongated overall structure with mostly helical appearance.⁵ From these studies, it was already known that each single fibril had a well-defined appearance over its complete length, e.g., its thickness or the length between protofilament crossovers. Even within a single (in vitro) fibril preparation, however, differences have been observed between the fibrils of the preparation. This is called fibril polymorphism and is one of the remarkable features of amyloids that will be addressed in this review. Solid-state nuclear magnetic resonance (ssNMR) studies gave early insight into supramolecular arrangement of β -strands and secondary structural and some atomic resolution information. However, exact structural information about staggering of β -strands along the fibril axis as well as on handedness could not be obtained unambiguously in these model structures (see section 3.1).

Only, the resolution revolution in the cryogenic electron microscopy (cryo-EM) field⁴ allowed us to obtain the first atomic or near-atomic resolution structures starting from 2017 on.^{5,6} Since then, many high resolution structures have been published (see section 3.2).

As already mentioned above, this review is not meant to be a descriptive summary of all the beautiful details of all available fibril structures. Instead, this review aims to reconstruct and describe the process of amyloid-type protein aggregation based, wherever possible, on published data and knowledge. Those steps that are not yet well understood will be bridged by old or new hypotheses that will in the best case be amenable to falsification or verification by future experimental work.

2. DEFINITIONS AND NOMENCLATURE

Protein aggregation is a phenomenon observed for practically all protein species under a broad variety of mostly artificial conditions. Starting from a nicely solved solution of, for example, a recombinant protein, changing the solution conditions, e.g., pH, salt concentration or organic cosolvents, easily leads to aggregation of the respective protein. This happens also during large-scale production of recombinant proteins like therapeutically active antibodies and most effort in recombinant protein expression is invested in avoiding aggregation as much as possible. Also, recombinant over-expression of proteins in bacterial cells often leads to so-called inclusion bodies that contain the protein of interest in an mostly undefined insoluble conformation. This all can be summarized as protein aggregation, but this is not the topic of this review.

Sometimes, *protein aggregation* is also used for describing the physiologic assembly of proteins into large homo- or heterogeneous protein assemblies. This is also not the topic of this review, except for those cases where the assemblies are amyloid fibrils such as yeast prions or other functional amyloids.

We will focus on the *amyloid-type protein aggregation* and will call it *amyloid formation* throughout the rest of the manuscript.

Amyloid fibrils are characterized by a repeating substructure that consists of β -strands running perpendicular to the fibril axis, forming cross- β sheets that run parallel along the fibril axis. They have a helical *symmetry* defined by a twist and rise per repeating unit. *Amyloids* usually have a rather slow twist of only a few degrees per subunit. The majority of amyloid fibrils known today consists of two *protofilaments*, which are in most

cases symmetric. For the symmetry between the protofilaments, two different arrangements are observed: (1) the C_2 symmetry, where two corresponding layers in the opposing filaments are exactly on the same height along the fibril axis, and (2) an approximate 2_1 -screw symmetry, where the layer in one protofilament is in between layers of the opposing protofilament.

Polymorphism refers to the existence of different fibril folds formed by the same amino acid sequence. The different folds (“*morphs*”) can differ in the segments of the polypeptide chain that form β -strands or the arrangement of the β -strands in the protofilament, both leading to a different protofilament conformation. In addition, the morphs can differ in the relative arrangement of protofilaments to each other.

Plaques are deposits of many, many *fibrils* that become visible in the light microscope.

The word *oligomer* is often used to denominate small, soluble, and freely diffusible protein assemblies that are not shaped like fibrils but are more globular. Some oligomers have been investigated structurally, yielding high β -sheet content and heterogeneous structures. But much more information has not been obtained so far.

Oligomers are sometimes divided into “*on pathway*” and “*off pathway*” *oligomers*, depending on their ability to further grow into *fibrils*.

The word *protofibril* is often used to denominate elongated protein assemblies that are shorter, more curvy, and disordered than mature fibrils and usually refers to off-pathway assemblies, which are not able to grow into mature fibrils (Figure 1).

The word *prion* has been coined by Stanley Prusiner⁷ for amyloid fibrils consisting of prion protein (PrP) in a β -sheet dominated conformation (PrP^{Sc}) that are able to grow and replicate by recruiting monomeric cellular PrP (PrP^C) into the

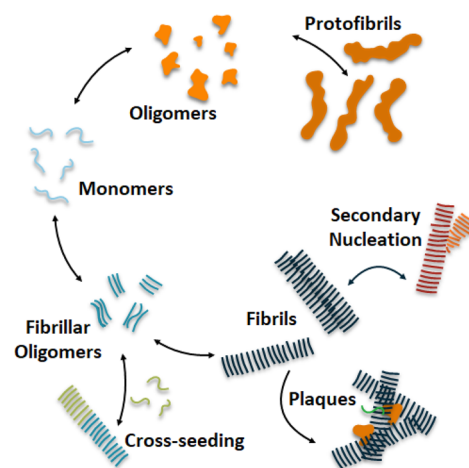


Figure 1. Amyloidogenic proteins aggregate via multiple pathways into different assembly structures. Protein building blocks (“monomers”) can form growth-competent fibrillary oligomers that can grow into mature fibrils recruiting more and more identical building blocks. Cross-seeding allows recruitment of nonidentical building blocks. Secondary nucleation has been described as fibril-induced fibril formation. Most oligomers are off-pathway and cannot grow into fibrils but have been described to agglomerate into curvilinear protofibrils. We note that cross-seeding studies often do not reveal whether cross-seeding is in fact due to heterotypic fibril elongation as shown in this figure, or a consequence of heterotypic secondary nucleation.

fibril while converting the PrP^C conformation into the PrP^{Sc} conformation. It is important to state clearly: the prion protein as such, especially in its PrP^C conformation, is not a prion. PrP^{Sc} assemblies are prions, each one of them.

3. STRUCTURAL INFORMATION ON AMYLOIDS

Because there are very beautiful and informative reviews^{2,8} on most of the structural details, we summarize here only some details that are relevant for the subsequent thoughts on the process of amyloid formation.

To better understand the information in the following tables, we will first have a look at an example of an *in vitro* obtained fibril consisting of A β (1–42) to explain some relevant properties.⁶ A negative stain electron micrograph (Figure 2A) shows an example of a fibril consisting of two

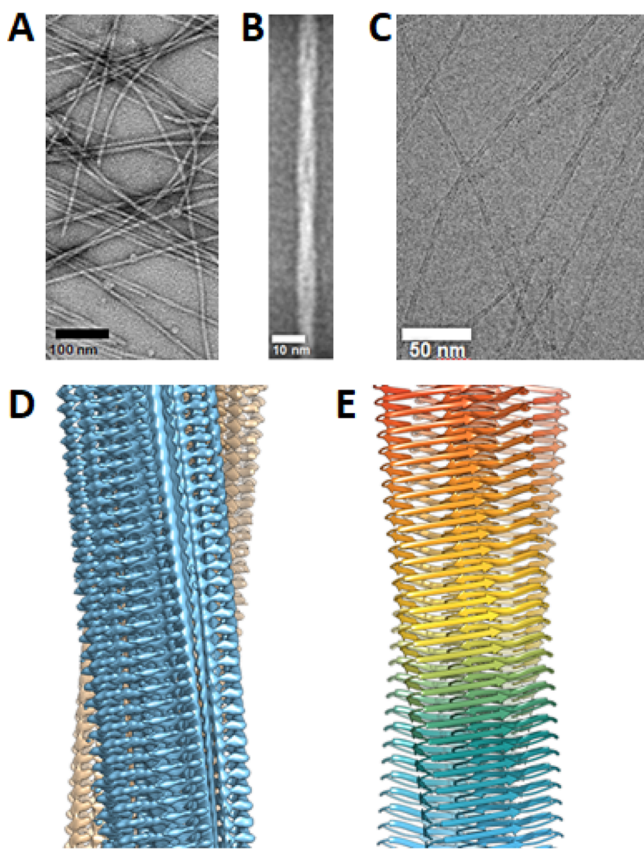


Figure 2. A β (1–42) fibrils studied by electron microscopy.⁶ (A) Negative-stain electron microscopy imaging shows long ordered amyloid fibrils with high contrast, which show a clear twist when averaged over many fibrils (B). (C) Fibrils embedded in a thin vitrified ice layer imaged by cryo-EM. (D) The reconstructed density map (D) and the corresponding atomic model (in cartoon representation) (E) show the typical cross- β pattern. Reproduced with permission from ref 6. Copyright 2017 AAAS.

protofilaments that intertwine each other (Figure 2B). The negative stain yields a strong contrast of the fibril relative to the background but does not allow high-resolution reconstructions. Ultrafast frozen samples of the same fibril preparation (Figure 2C), but without negative stain, yield only low contrast but allow reconstruction of a density map (Figure 2D) based on many pictures from many fibrils. The density map then allows the calculation of an atomic model of the fibril (Figure 2E).

Some typical feature of amyloids can be seen in Figure 2E. The protofilaments are composed of many identical A β (1–42) protein building blocks that adopted a high proportion of β -strand conformation (Figure 3A). These β -strands do not form intramolecular β -sheets as would be typical for β -sheets within globular proteins but form exclusively intermolecular β -sheets that extend along the complete fibril (Figure 3B,C). This is called “cross- β -sheet” structure. Also, the cross- β -sheet in this example is completely parallel aligned without any sequence register shift. Thus, the example shown here is an amyloid fibril consisting of two protofilaments intertwining each other in a left-handed helix with the building block proteins in a parallel, in register, cross- β -sheet structure.

3.1. Low Resolution Structural Information

As amyloid fibrils are insoluble and noncrystalline, they are not accessible to high-resolution structure determination by X-ray crystallography and solution NMR-spectroscopy. Therefore, until 2017, structural information on amyloid fibrils and protein aggregates was obtained mainly by solid-state NMR spectroscopy and low-resolution electron microscopy (EM) and atomic force microscopy (AFM). In addition, structural information for the interdigitation of amino acid residue side chains of the β -strands within the building blocks was obtained from X-ray crystallographic methods applied to crystals obtained for short segments of amyloidogenic proteins.⁹ Initial solid-state NMR characterization involved site-selective isotope labeling combined with accurate distance measurements to yield mainly information about supramolecular arrangement of β -strands within the sheets. A summary of low-resolution structural information on selected amyloid fibrils of short peptide fragments of A β as well as a summary of structural models of amyloid fibrils obtained by high-resolution solid-state NMR spectroscopy is given in Table 1.

For a detailed overview of solid-state NMR-studies of amyloid fibrils, we refer to recent review articles.^{42–48}

Figure 4 shows possible supramolecular arrangements of β -strands and β -sheets as well as structural motifs. While the ability to form a cross- β -structure may be intrinsic to all proteins regardless of their primary structure,⁴⁹ the exact arrangement as well as the supramolecular organization of β -strands and β -sheets seems to depend critically on the amino acid sequence (see Table 1) as well as on the fibrillization conditions. Peptides rich in apolar residues with low amphiphilicity or peptides where antiparallel arrangement can lead to a stacking of charged amino acids of opposite charges have been reported to form antiparallel β -sheets (Figure 4a).^{19,38,50} Also, for polyglutamine fibrils (as occurring for example in Huntington’s disease), an antiparallel arrangement of β -strands was suggested.^{51,52} In nonuniform polar amyloidogenic proteins, on the other hand, hydrogen bonds between asparagine residues and glutamine residues have been described to favor parallel in-register arrangements (Figure 4b,c) in contrast to an out-of-register parallel alignment sketched in Figure 4d, as “polar zippers” can only be formed between amino acid side chains of the same length but not between alternating asparagine and glutamine residues.^{53,54} Likewise, in highly amphiphilic peptides, where hydrophobic stacking and formation of hydrogen bonds stabilize interactions between equal residues, the formation of parallel, in-register β -sheets has been suggested to be energetically favored.

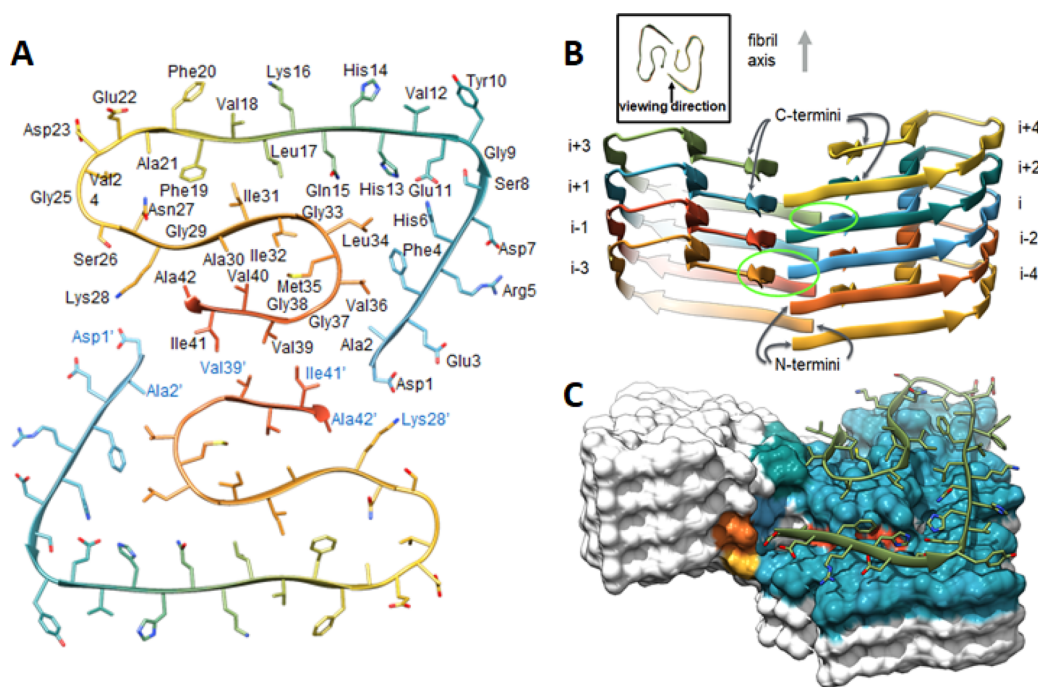


Figure 3. Details of the atomic structure of Aβ(1–42) fibrils.⁶ (A) The cross section view of the fibril shows two symmetric protofilaments with an LS-shape. (B) The side view of the atomic model reveals the staggering arrangement of the subunit along the fibril z-axis, which results in distinct fibril ends (C). Reproduced with permission from ref 6. Copyright 2017 AAAS.

For most amyloid fibrils from proteins or peptides with more than 20 residues, parallel in-register alignment of β -strands is the preferred alignment (see Tables 1 and 2). The arrangement of individual β -sheets, the cross- β packing, depends not only on the protein but also on the fibrillization conditions and, for in vivo assembled fibrils, possibly also on cofactors. While early studies suggested either a parallel β -sandwich where two parallel in-register β -sheets are connected by a 180° turn (Figure 4e–g) or, for larger proteins, a superpleated β -sheet (Figure 4h), or triangular helical arrangements (Figure 4i),⁵⁵ recent high-resolution studies revealed more elaborate folds, like a Greek key motif²⁷ or an LS-shape,⁶ and often two protofilaments are tightly intertwined within the fibril. Recent cryo-EM studies with atomic resolution revealed that the cross- β -section is not necessarily planar in a plane perpendicular to the fibril axis (Figure 4f) but often have a helical shift along the axis (Figure 4g).

Another structural motif, often described for functional amyloids, is the β -solenoid or parallel β -helix, where one protein chain may contribute to more than one layer of β -sheets (Figure 4j).⁵⁶ As a consequence, the β -sheets of this example have been suggested to be composed of alternating parallel β -strands from different pseudorepeats of the protein, and β -sheets may in such a case be stabilized not only by polar zippers and hydrophobic contacts but also by electrostatic interactions between amino acid residues with opposite charges in different strands. Prominent examples for such a naturally occurring β -solenoid structures are the prion form of HET-s, a protein from the filamentous fungus *Podospora anserina*,^{57–59} and related homologues HELLP⁶⁰ and HELLF.²¹ Further, this motif has also been suggested (although not confirmed by high-resolution structure determination) for curli in bacterial biofilms^{61,62} and yeast prions as Sup35p,⁶³ although for the latter also a superpleated β -sheet arrangement with a core region depending on the fibrillization

temperature was postulated.^{64,65} Likewise, low-resolution EM diffraction data of brain derived mammalian prion protein suggest a four-rung β -helical arrangement;^{66,67} however, a recent high-resolution cryo-EM structure of a brain-derived mammalian prion clearly revealed a parallel in-register β -sheet arrangement, with only one protofilament in the fibril.⁶⁸ Functional amyloids may also be formed by cofibrillization of different proteins with homologous amyloidogenic sequences. A recent example for such a heterodimeric amyloid structure has been suggested for the RIPK1–RIPK3 core of a signaling complex formed in the course of necroptosis.²² Another possible structural motif deviating from parallel in-register alignment would be an antiparallel β -sheet formed by β -hairpins with alternating β -strands in the sheets (Figure 4k).^{28,52}

3.2. High Resolution Structures

Elucidation of atomic resolution structures of amyloid fibrils had to wait for the resolution revolution in the cryo-electron microscopy field.^{2,5,6} Most of the so far reported high-resolution fibril structures (summarized in Table 2) were nicely described and discussed already in an excellent recent review.⁸ Therefore, in the following, we briefly summarize only the more recent structures that have not been available yet at the time of the previous review.

An ex vivo obtained Aβ fibril structure, most likely consisting of Aβ(1–40),⁶⁹ yielded an Aβ(1–40) morph distinct from previous models of Aβ(1–40). The fibril shows a rare right-handed twist, and the interface comprises residues 15–34. A very recent Aβ(1–40) fibril structure amplified from AD brain tissue⁷⁰ shows another morph, which is similar in overall shape and has the same residues in the core but is different in sequence register in the protofilament interface. Most prominent is the fact that mass-per-length (MPL) measurements suggest three protein chains per fibril layer, which leads

Table 1. Information on the Supramolecular Arrangement of Peptides within the Amyloid Fibril for Different Fragments of A β as Determined by ssNMR and List of Amyloid Fibril Structures Deposited in the Protein Data Bank (PDB) Determined by Solid-State NMR Spectroscopy

PDB	publication year	protein	residues	no PF	registry	(first) authors	ref
(a) Supramolecular Arrangement of Peptides in Fibrils from A β Fragments							
na	1995	A β (34–42)	9	nd	antiparallel	Lansbury et al.	10
na	1998	A β (10–35)	26	nd	parallel in register	Benzinger et al.	11
na	2000	A β (16–22)	7	nd	antiparallel	Balbach et al.	12
na	2000	A β (1–40)	40	nd	parallel in register	Antzutkin et al.	13
na	2002	A β (1–42)	42	nd	parallel in register	Antzutkin et al.	14
na	2004	A β (11–25)	15	nd	antiparallel, pH dependent	Petkova et al.	15
na	2007	A β (14–23)	10	nd	antiparallel	Bu et al.	16
(b) Fibril Structures with PDB Entry							
6TUB	2020	β -endorphin		1	parallel in register	Seuring et al.	17
6TI6	2020	A β (1–40)		2	parallel in register	Cerofolini et al.	18
6TI5	2020	A β (1–40)		2	parallel in register	Cerofolini et al.	18
6TI7	2020	A β (1–40)		2	parallel in register	Cerofolini et al.	18
6NZN	2019	glucagon		2	antiparallel	Gelenter et al.	19
6OC9	2019	A β _p8S		2	parallel in register	Hu et al.	20
6EKA	2018	HELLF		1	β -helix	Daskalov et al.	21
5 V7Z	2018	RIPK1/RIPK3		2	parallel in register, but heteromolecular	Mompeán et al.	22
SUGK	2017	zinc-binding catalytic peptide		2	parallel in register	Lee et al.	23
5W3N	2017	FUS		1	parallel in register	Murray et al.	24
SKK3	2016	A β (M0–42)		2	parallel in register	Colvin et al.	25
2NAO	2016	A β (1–42)		2	parallel in register	Wälti et al.	26
2NOA	2016	α -synuclein		1	parallel in register	Tuttle et al.	27
2N1E	2015	hydrogel forming peptide 20 residues		2	antiparallel hairpin	Nagy-Smith et al.	28
2MXU	2015	A β (1–42)		1	parallel in register	Xiao et al.	29
2MPZ	2015	A β D23N (Iowa)		3	parallel in register	Sgourakis et al.	30
2MVX	2014	A β (1–40) E22 Δ (Osaka)		2	parallel in register	Schütz et al.	31
2M4J	2013	A β (1–40) brain-seeded		3	parallel in register	Lu et al.	32
5MSM	2013	TTR(105–115)		3*2	parallel in register	Fitzpatrick et al.	33
5MSK	2013	TTR(105–115)		2*2	parallel in register	Fitzpatrick et al.	33
5MSN	2013	TTR(105–115)		1 (2 sheets, peptides)	parallel in register	Fitzpatrick et al.	33
3ZPK	2013	TTR(105–115)		4*2	parallel in register	Fitzpatrick et al.	33
2LNQ	2012	A β (1–40) D23N		1	antiparallel	Qiang et al.	34
2LBU	2011	HET-s + Congo red		1	parallel in register	Schütz et al.	35
2KJ3	2010	HET-s		1	β -helix	Van Melckebeke et al.	36
2LMQ	2008	A β (1–40)		3	parallel in register	Paravastu et al.	37
2LMP	2008	A β (1–40)		3	parallel in register	Paravastu et al.	37
2LMO	2008	A β (1–40)		2	parallel in register	Paravastu et al.	37
2LMN	2008	A β (1–40)		2	parallel in register	Paravastu et al.	37
2KIB	2008	IAPP(20–29)		2	antiparallel	Madine et al.	38
2E8D	2007	β 2m fragment		1	parallel in register	Iwata et al.	39
2NNT	2006	peptide WW domain		1	parallel in register	Ferguson et al.	40
1RVS	2004	TTR(105–115)		1	not defined	Jaroniec et al.	41

to the interpretation that an antiparallel β -hairpin is attached to the surface of the regular cross-2-protofilament fibril.

Two fibril structures of the prion protein (PrP) have been published, one from full-length human PrP(23–231)⁷¹ and one from the fragment PrP(94–178),⁷² which comprises a hydrophobic core, known to be fibrillogenic and infectious. Interestingly, the fibril core found from the full-length PrP comprises a different region (residues 170–229) than the fibril core of PrP(94–178) (residues 107–145). Only very recently, a third fibril structure of PrP has been prepublished that reports the structure of full-length PrP fibrils extracted from hamster brains.⁶⁸ These fibrils have been shown to be highly

infectious, something which has not been demonstrated for the two previously published PrP fibrils.

Two wild-type IAPP fibril conformations (morphs) have been determined; one contains two protofilaments forming a pronounced double-S shape,^{73,74} the other⁷⁵ shows a very different, rather parallel alignment of the chains along the protofilament interface comprising residues 17–36. Furthermore, the structure of the S20G variant, which is associated with early onset diabetes type-2 has been determined.⁷³ The structure of this variant is completely different from the known wild-type morphs. Interestingly, two morphs of the S20G variant have been found, one with two symmetric U-shaped

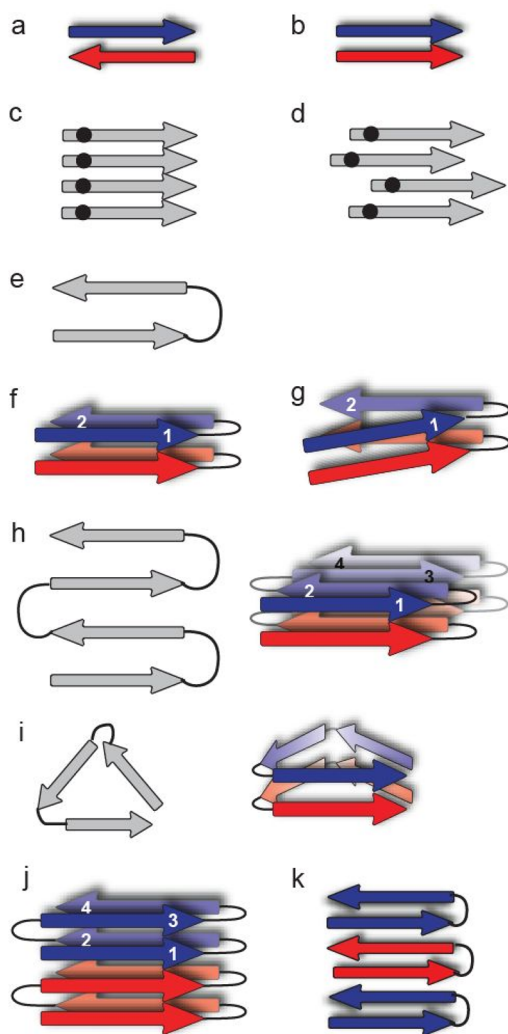


Figure 4. Different arrangements of β -strands and β -sheets and different structural motifs of amyloids: (a) antiparallel, (b) parallel, (c) parallel in register, (d) parallel out-of-register arrangements of β -strands within the sheets. (e–g) Parallel β -sandwich: (e) view along the fibril axis, (f,g) side views with a flat cross- β -section (f) and with (g) a register shift along the fibril axis. (h) Superpleated β -sheet, top and side view, (i) triangular arrangement of β -sheets, top and side view, (j) β -solenoid where one monomer is part of two layers, and (k) antiparallel β -sheet formed by antiparallel β -hairpins. Please note that the shown β -sheet arrangements represent only general common features of possible amyloid folds and are not meant to give a complete overview over all folds observed experimentally so far. Concerning potential β -sheet arrangements, see also the constantly updated collection of information on amyloid structures and models available (<https://people.mbi.ucla.edu/sawaya/amyloidatlas>).

protofilaments, and a second showing a similar double-U-shape with an additional third filament attached to a secondary site on the surface of one of the U-shaped filaments. This secondary interface suggests a potential role for surface-templated fibril assembly.

Ex vivo structures of α -synuclein from the brain of multiple system atrophy (MSA) patients have been determined⁷⁶ and exhibit three new asymmetric morphs. While the single protofilament fold is very similar to the structure of the H50Q variant,⁷⁷ the protofilament interface is distinct from all known α -synuclein interfaces and clearly encloses a yet unknown small molecule. Notably, amplification of fibrils

from the same brain material by protein misfolding cyclic amplification (PMCA) does not reproduce the same ex vivo polymorphs.⁷⁸ Instead several polymorphs were observed which are almost identical to previously determined in vitro structures and only partially resemble the ex vivo fold.

A number of tau fibril structures have been determined in the past, but the relationship between the structure and well-known post-translational modifications (PTMs) of tau remained unclear. Recently, PTMs could be mapped directly onto tau structures.⁷⁹ It was found how different PTMs affect the cross-seeding abilities and thus influence tau filament structure, contributing to the structural diversity of tauopathy strains.

Orb2 is the first functional amyloid fibril extracted from its endogenous source (*Drosophila*), of which a structure was determined.⁸⁰ Orb2 is associated with memory formation, consolidation, and recall. The fibril shows a hairpin-shaped protofilament structure with an unusual C_3 symmetry, i.e., there are three identical subunits per cross- β layer in the fibril. Moreover, unlike the typical hydrophobic core of pathogenic amyloids, Orb2 exhibits a hydrophilic core consisting almost exclusively of glutamine and histidine residues.

3.3. Polymorphism

As the amyloid conformation is usually not the functional conformation of a protein, but a generic structural motif, which can be adopted by almost all proteins irrespective of the sequence under appropriate conditions, it is not surprising that proteins of identical sequences can form different types of amyloid fibrils. Mesoscopic differences in fibril morphology like differences in fibril width and shape as well as the frequency of helical twists are readily detected by negative stain electron microscopy or AFM. Differences on the molecular level on the other hand are reliably observed by solid-state NMR spectroscopy, where different fibril conformations give rise to different chemical shifts and thus to different spectral fingerprints.¹⁰⁴ Early solid-state NMR-studies on $A\beta(1-40)$ peptides showed that two different isoforms can be obtained in vitro under different fibrillization conditions, and structural details of one fibril form can be transferred to the next fibril generation by seeding.¹⁰⁵ Low-resolution cryo-EM studies of fibrils from $A\beta(1-40)$ ^{106,107} confirmed the heterogeneous and polymorphic character of $A\beta(1-40)$ amyloid fibrils. Seeded fibril growth with brain extracts from Alzheimer's disease patients yielded different structures of $A\beta$ fibrils with respect to fibrils grown in vitro, and seeding with brain extracts from different patients with distinct clinical subtypes resulted in fibrils with different morphologies.^{32,70,108}

Also for α -synuclein, at least five different fibril conformations with differences on the molecular level as well as in the overall fibril morphology and also different sizes of the core region were obtained by fibrillization in vitro and characterized by solid-state NMR spectroscopy.^{27,109,110} Cryo-EM studies on in vitro generated α -synuclein fibrils with different C- and N-terminally modifications^{90,101-103} as well as ex vivo fibrils from patients with MSA and dementia with Lewy bodies (DLB)⁷⁶ confirm the polymorphic nature of α -synuclein fibrils.

In most cases, molecular-level polymorphism correlates with fibril appearance. However, different fibril morphology is not necessarily associated with molecular-level polymorphism. The 32-residue peptide β -endorphin is able to form fibrils with different mesoscopic appearance in vitro. Depending on the presence or absence of salt in the fibrillization buffer, twisted or

Table 2. List of All Near-Atomic Resolution Amyloid Fibril Cryo-EM Structures⁴⁴

PDB ID	Res (Å)	Publication Year	Protein	Hand	No PF	Disease	Source	co-factor	Sym	Zipper z-alignment	Δz (Å)	<tilt> (°)	(first) Authors	Reference
7NCK	3.2	2021	alpha-syn	left	1	MSA	ampl	–	asym	staggered	4.9	7.0	Lovestam et al.	78
7NCJ	4.2	2021	alpha-syn	left	2	MSA	ampl	–	asym	staggered	5.2	10.7	Lovestam et al.	78
7NCI	3.5	2021	alpha-syn	left	2	MSA	ampl	–	C2	staggered	5.4	13.9	Lovestam et al.	78
7NCH	3.8	2021	alpha-syn	left	2	MSA	ampl	–	C2	staggered	6.0	14.0	Lovestam et al.	78
7NCG	3.4	2021	alpha-syn	left	2	MSA	ampl	–	C2	staggered	0.1	7.1	Lovestam et al.	78
7NCA	3.5	2021	alpha-syn	left	2	MSA	ampl	–	C2	staggered	0.1	8.8	Lovestam et al.	78
6W00	2.8	2021	Aβ40	left	3	AD	ampl	–	21	staggered	4.9	8.7	Ghosh et al.	70
7BX7	2.8	2020	hnRNPA1 LC	left	2		in vitro	–	21	staggered	7.7	12.7	Sun et al.	81
6XFM	2.6	2020	FUS LC	left	2		in vitro	–	21	staggered	7.4	11.6	Lee et al.	82
6ZRF	3.6	2020	IAPP	left	2		in vitro	–	21	staggered	5.8	9.8	Gallardo et al.	73
6ZRQ	3.9	2020	IAPP	left	2		in vitro	–	21	staggered	1.7	7.7	Gallardo et al.	73
6ZRR	4.0	2020	IAPP	left	3		in vitro	–	asym	–	2.9	8.8	Gallardo et al.	73
6WQK	3.1	2020	hnRNPA2 LC	left	1		in vitro	–	asym	–	8.7	13.8	Lu et al.	83
6L1T	3.2	2020	alpha-syn	left	2		in vitro	–	21	staggered	13.3	8.9	Zhao et al.	84
6L1U	3.4	2020	alpha-syn	left	3		in vitro	–	asym	–	13.0	9.1	Zhao et al.	84
6LNI	2.7	2020	PrP	left	2		in vitro	–	21	staggered	9.7	8.7	Wang et al.	71
6VW2	3.4	2020	IAPP	left	2		in vitro	–	21	staggered	3.4	10.7	Cao et al.	75
6UUR	3.5	2020	PrP(94-178)	left	2		in vitro	–	21	staggered	5.4	11.4	Glynn et al.	72
6LRQ	3.5	2020	alpha-syn	left	2		in vitro	–	21	staggered	6.6	11.4	Sun et al.	85
6VPS	2.6	2020	Orb2	left	3	functional	ex vivo	–	C3	staggered	6.1	6.9	Hervas et al.	80
6Y1A	4.2	2020	IAPP	right	2		in vitro	–	21	staggered	6.0	9.6	Röder et al.	74
6VHA	4.3	2020	tau	left	1	CBD	ex vivo	yes	asym	–	6.9	7.5	Arakhamia et al.	79
6VH7	3.8	2020	tau	left	2	CBD	ex vivo	yes	C2	level	6.9	7.5	Arakhamia et al.	79
6VHL	3.3	2020	tau	left	2	CBD	ex vivo	yes	21	staggered	10.4	9.3	Arakhamia et al.	79
6UFR	2.5	2020	alpha-syn	left	2		in vitro	–	21	staggered	7.9	7.5	Boyer et al.	86
6XYP	3.3	2020	alpha-syn	left	2	MSA	ex vivo	yes	asym	staggered	7.7	8.5	Schweighauser et al.	76
6XYO	2.6	2020	alpha-syn	left	2	MSA	ex vivo	yes	asym	staggered	9.6	9.0	Schweighauser et al.	76
6XYQ	3.1	2020	alpha-syn	left	2	MSA	ex vivo	yes	asym	staggered	7.6	8.5	Schweighauser et al.	76
6TJX	3.0	2020	tau	left	2	CBD	ex vivo	yes	C2	level	6.5	8.5	Zhang et al.	87
6TJO	3.2	2020	tau	left	1	CBD	ex vivo	yes	asym	–	9.4	8.1	Zhang et al.	87
6SST	3.4	2019	alpha-syn	left	2		in vitro	–	21	staggered	9.4	8.0	Guerrero-Ferreira et al.	88
6SSX	3.0	2019	alpha-syn	left	2		in vitro	–	21	staggered	8.4	7.9	Guerrero-Ferreira et al.	88
6PE5	3.6	2019	alpha-syn	left	2		in vitro	–	21	staggered	5.8	8.5	Boyer et al.	77
6PEO	3.3	2019	alpha-syn	left	1		in vitro	–	asym	–	4.7	8.0	Boyer et al.	77
6SDZ	3.0	2019	transferrin	left	1	ATTR	ex vivo	yes	asym	–	6.4	9.7	Schmidt et al.	89
6SHS	4.4	2019	Aβ40	right	2	AD	ex vivo	no	21	staggered	6.3	9.8	Kollmer et al.	69
6OSJ	2.8	2019	alpha-syn	left	2		in vitro	–	21	staggered	4.6	7.9	Ni et al.	90
6OSM	3.4	2019	alpha-syn	left	2		in vitro	–	21	staggered	3.9	9.5	Ni et al.	90
6OSL	3.0	2019	alpha-syn	left	2		in vitro	–	21	staggered	5.4	8.9	Ni et al.	90
6R4R	3.4	2019	SH3	left	2		in vitro	–	21	staggered	15.8	8.1	Röder et al.	91
6N37	3.8	2019	TDP-43	left	2		in vitro	–	21	staggered	9.2	11.1	Cao et al.	92
6N3C	3.3	2019	TDP-43	left	4		in vitro	–	21	staggered	6.4	11.5	Cao et al.	92
6N3B	3.8	2019	TDP-43	left	2		in vitro	–	asym	staggered	10.4	12.5	Cao et al.	92
6N3A	3.3	2019	TDP-43	left	2		in vitro	–	C2	level/stagger	3.5	7.4	Cao et al.	92
6RTO	3.1	2019	alpha-syn	left	2		in vitro	–	21	staggered	8.7	8.7	Guerrero-Ferreira et al.	88
6RTB	3.5	2019	alpha-syn	left	2		in vitro	–	21	staggered	7.0	8.5	Guerrero-Ferreira et al.	88
6IC3	3.3	2019	lambda 1 LC	right	1	AL	ex vivo	–	asym	–	8.1	9.2	Rademaker et al.	93
6NWQ	3.4	2019	tau	left	2	CTE	ex vivo	yes	21	staggered	10.9	9.6	Falcon et al.	94
6NWP	2.3	2019	tau	left	2	CTE	ex vivo	yes	21	staggered	7.1	7.2	Falcon et al.	94
6HUD	4.0	2019	Ig LC	left	1	AL	ex vivo	no	asym	–	9.3	9.8	Swuec et al.	95
6MST	2.7	2019	serum amyloid	right	2	AA	ex vivo	no	21	staggered	9.1	10.7	Liberta et al.	96
6DSO	3.0	2019	serum amyloid	left	2	AA	ex vivo	no	21	staggered	12.9	9.5	Liberta et al.	96
6QJM	3.3	2019	tau	left	1		in vitro	–	asym	–	13.8	13.9	Zhang et al.	97
6QJH	3.3	2019	tau	left	1		in vitro	–	asym	–	24.6	11.9	Zhang et al.	97
6QJP	3.5	2019	tau	left	1		in vitro	–	asym	–	12.9	10.6	Zhang et al.	97
6QJQ	3.7	2019	tau	left	2		in vitro	–	asym	staggered	10.3	9.3	Zhang et al.	97
6GK3	4.0	2018	β2	left	2		in vitro	–	C2	level	5.8	9.0	Iadanza et al.	98
6HRE	3.2	2018	tau	left	2	AD	ex vivo	yes	21	staggered	13.7	10.8	Falcon et al.	99
6HRF	3.3	2018	tau	left	2	AD	ex vivo	yes	asym	staggered	10.8	8.7	Falcon et al.	99
6GX5	3.2	2018	tau	left	1	Pick	ex vivo	no	asym	–	14.8	7.9	Falcon et al.	100
6CU8	3.6	2018	alpha-syn	left	2		in vitro	–	21	staggered	9.0	9.5	Li et al.	101
6CU7	3.5	2018	alpha-syn	left	2		in vitro	–	21	staggered	5.9	9.2	Li et al.	101
6H6B	3.4	2018	alpha-syn	left	2		in vitro	–	21	staggered	5.3	8.0	Guerrero-Ferreira et al.	102
6A6B	3.1	2018	alpha-syn	left	2		in vitro	–	21	staggered	4.5	8.7	Li et al.	103
6FLT	3.4	2018	alpha-syn	right	2		in vitro	–	21	staggered	6.5	11.0	Guerrero-Ferreira et al.	102
5OQV	4.0	2017	Aβ42	left	2		in vitro	–	21	staggered	12.8	10.5	Gremer et al.	6
5O3T	3.4	2017	tau	left	2	AD	ex vivo	yes	asym	staggered	10.6	8.7	Fitzpatrick et al.	5
5O3L	3.4	2017	tau	left	2	AD	ex vivo	yes	21	staggered	12.6	11.3	Fitzpatrick et al.	5
5O3O	3.5	2017	tau	left	2	AD	ex vivo	yes	21	staggered	12.7	11.2	Fitzpatrick et al.	5

⁴⁴Ex vivo structures are highlighted in green. “no PF” denotes the number of protofilaments within a fibril. Δz is the maximum extent of a single chain along the fibril axis. “<tilt>” is the average absolute angle between the backbone and the plane perpendicular to the fibril axis. Please note: all cross-beta structures are parallel and in register. Therefore, no columns are shown for this information.

straight fibrils are obtained. However, the solid-state NMR spectra of both fibril types are identical, suggesting that the molecular conformation of the monomer is the same in both fibril types.¹¹¹ Similarly, combined solid-state NMR and cryo-EM studies of *in vitro* generated fibrils from $\beta 2$ microglobulin,⁹⁸ an 11-residue peptide from transthyretin,³³ and a 12-residue peptide from an immunoglobulin light chain¹¹² revealed for each of them a similar molecular fold but different fibril morphologies due to different lateral association or different numbers of protofilaments within the fibrils. Also, for tau fibrils from Alzheimer's disease patients, two fibril types, straight and paired helical filaments, were observed. Both fibril types consist of two protofilaments with the same molecular fold but with different lateral association.⁵ For tau fibrils derived from brains affected by other tauopathies, however, fibrils with different monomer conformations were observed, suggesting that different disease strains correlate with different fibril polymorphs.^{87,94,99}

On the other hand, morphologically homogeneous fibrils may consist of more than one molecular conformer in the fibril unit: amyloid fibrils from the polar peptide fragment GNNQQNY, a fragment from the N-terminus of the yeast prion Sup35p, are composed of three different conformers which give rise to three sets of resonances in solid-state NMR spectra.¹¹³ Likewise, two sets of resonances corresponding to different conformations have been observed for fibrils formed from different constructs of polyglutamines by three different research groups.^{51,114,115} Although these different molecular conformations are located in different domains, they still are close in space and occur within the same fibril.

For $A\beta(1-40)$, one fibril type consisting of an asymmetric dimer with two inequivalent conformers within the asymmetric unit has been reported.¹¹⁶ In peptide fibrils with antiparallel β -sheets, a symmetry break induced by lateral association of β -sheets may give rise to inequivalent monomers within one fibril, as observed in a 10-residue peptide fragment of amylin (IAPP)⁵⁰ and for glucagon fibrils.¹⁹

Thus, a morphologically homogeneous appearance of amyloid fibrils is neither a prerequisite nor sufficient for the existence of a unique single molecular conformation within the fibril.

4. UNDERSTANDING AMYLOID FORMATION IN VITRO

4.1. Thermodynamics and Kinetics of Amyloid Aggregation *In Vitro*

Amyloid formation requires the presence of the respective building block protein molecules. Those will have a certain conformation, dependent on their preparation and the solution conditions. This defines the starting point of the amyloid formation reaction. For a reliable and reproducible amyloid formation reaction, it is decisive to take utmost care to exclude preformed aggregates, such as for example oligomers, because they may massively influence the reaction in an unforeseeable manner. Depending on the protein of interest (β -amyloid, α -synuclein, tau, SOD1, prion protein, immunoglobulins, transthyretin, etc.), protocols have been developed to take care of this separately and specifically for each of them.

Another important factor for amyloid formation reactions is the concentration of the building block protein molecules. Several-fold higher concentrations are needed than what is usually known as their physiological concentrations. Just as an

example, several μM $A\beta$ are usually used for aggregation experiments, although the physiological concentration is sub-nM. That means more than thousand-fold higher concentrations are needed than what is present in the brain in order to observe fibril formation *in vitro* within hours. In analogy to crystallization setups, this highly artificial *in vitro* condition has been named supersaturation.¹¹⁷ Nonetheless, some of the proteins mentioned above still need several days of incubation and sometimes additional support, such as stirring or cofactors, for a successful *de novo* fibril formation reaction to occur.

This clearly suggests that there is a high kinetic barrier to amyloid formation, most likely because several building blocks need to be built into a "seed" fibril before it has reached a minimal size to become stable enough to populate, and of which some may be able to elongate and grow.

Typically, the fibril formation is observed in a thioflavin T (ThT) fluorescence experiment. ThT is a fluorescent dye that increases its fluorescence intensity when it attaches to regular cross- β fibril structures. The ThT fluorescence therefore correlates with the amount (mass) of amyloid fibrils in the sample. The roughly sigmoidal ThT increase with incubation time can be separated into three phases, the so-called lag phase, the exponential growth phase, and the saturation plateau phase (Figure 5). During the last phase, the building blocks become

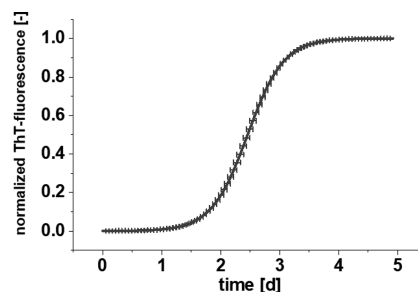


Figure 5. Example of a ThT fibril formation experiment. Shown is the time-dependent ThT fluorescence intensity for the example of α -synuclein. The lag phase in this example is about 1 day. The lag phase is followed by a steep increase in ThT positive assembly formation and a saturation plateau closer toward the end when the monomer building blocks become more and more depleted, thereby limiting further fibril growth.

less and less concentrated and so the amyloid formation slows down while the remaining building block concentration becomes too low for further amyloid growth.

Although also other methods have been used to follow fibril formation, e.g., light scattering, CD spectroscopy, and even neutron scattering,^{118,119} the ThT assay seems to be the most popular one, due to its practicality and sufficient sensitivity at protein concentrations applied in *in vitro* assays.

Primary nucleation is obviously the first and essential reaction to start amyloid formation. Its apparently high reaction order and high activation energy, however, make it a very rare event during all phases of the ThT experiment. Thus, already during the lag phase, all other reactions are relevant for the quantitative interpretation of the experiment. Soon after the first primary nucleation events, elongation, fragmentation, and surface-catalyzed secondary nucleation become increasingly dominating. The rate at which the complete reaction continues can be modeled and predicted using an integrated rate equation based on all potentially relevant reactions: primary nucleation, elongation, fragmenta-

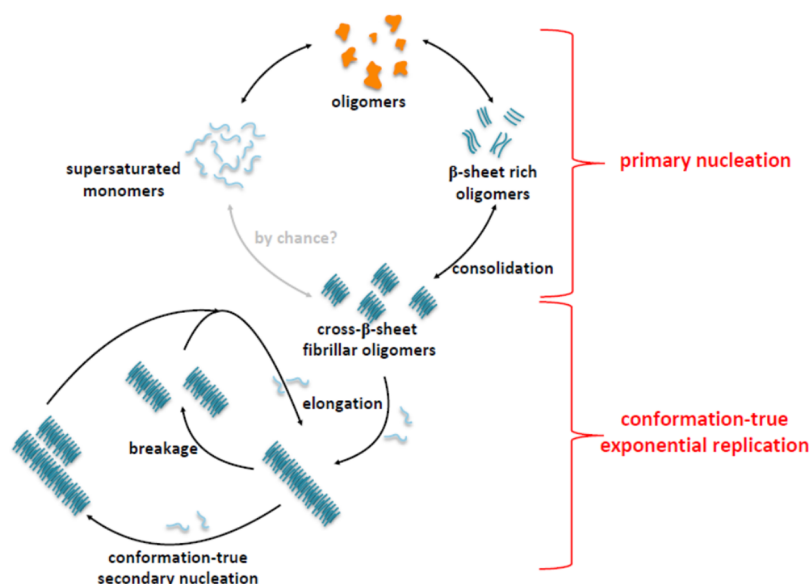


Figure 6. Fibril selection mechanism in vitro. In vitro fibril formation requires high (supersaturated) monomer concentrations. Initial oligomers will have very heterogenic conformations. Soon, the oligomers contain high β -sheet content, but it takes time before substantial fibril growth is observed. Obviously, the β -sheet-rich oligomers are not growth competent yet. Either the consolidation of the oligomers into cross- β -sheeted fibrillary oligomers is a very slow consolidation process, or the formation of the first growth competent fibrillary oligomer seed is an extremely rare event. Only such fibrils that contain all relevant information for their growth and are able to pass this information to “daughter” fibrils after breakage or by conformation-preserving (conformation-true) secondary nucleation will grow and replicate exponentially and thus supersede all nongrowing assemblies but also all growth-competent fibrils that are not able to pass their conformation onto the recruited building blocks.

tion, secondary nucleation, and dissociation.^{120–123} The development of the hereby obtained “master equation” is certainly a breakthrough for the quantitative treatment of amyloid formation.

The quantitative description of fibril formation tells us already some important general properties of amyloid formation. First, amyloid formation is thermodynamically favorable. The free energy ΔG for amyloid formation is negative and actually is equal to $RT\ln(cf)$, where cf is the final concentration of the remaining monomer building blocks after net fibril formation has terminated and the system is in thermodynamic equilibrium. Second, because high concentrations of building block proteins need to be present for amyloid formation to take place in a realistic time frame, amyloid formation is obviously kinetically unfavorable. For the example $A\beta$, it has been shown that the smallest assemblies that populated during aggregation have the size of at least five or six monomer building blocks.¹¹⁹ There are many reports on the observation of dimers, trimers, or tetramers, but they solely rely on cross-linking experiments or “semi-denaturing” SDS PAGE analysis. The observation of a cross-link between two monomers, however, cannot rule out that there have been more than the two monomers in the assembly from which the cross-linked dimer originated. And in “semi-denaturing” SDS PAGE analysis, the species that appear as having the molecular weight of a dimer can well have just a different charge/size ratio as a monomer with maximum possible charge/size ratio (in a fully denaturing SDS PAGE), and apparent $A\beta$ dimers, trimers, and tetramers in SDS page were shown to be even SDS induced.¹²⁴ Likewise, different SDS-stabilized $A\beta$ oligomers, consisting of 4–16 monomers, were characterized by solution NMR.^{125,126} Efforts to study the very early events in nucleation formation have been reported, providing initial insight into the structural diversity of early oligomers.¹²⁷

4.2. Fibril Selection Mechanism in Vitro: Why Do Amyloid Fibrils Look the Way They Do?

Let us (again) start with a typical fibril formation experiment in vitro. We start with artificially high monomer concentrations to avoid the lag phase being months or years. Depending on the protein species, the monomer concentration, presence of surfaces, including phase separations, and the solution conditions, the first oligomeric assemblies form. Most, if not all of them will be “off-pathway” to fibrils. Thus, only a very minor fraction will be ThT positive and have cross- β -sheet structure. The example of $A\beta$ has recently been investigated in this regard. At time points during the lag phase, a high fraction of $A\beta$ is contained already in β -sheet rich oligomers.^{128,129} Solid-state NMR confirmed that these oligomers do have a high content of β -sheet structures and are very heterogeneous.^{129,130} The high degree of heterogeneity may not be too surprising because we know that even under very similar conditions, fibril polymorphism is observed. Thus, we can assume that also oligomers that form for example during the lag phase will have very heterogenic conformations. Indeed, heterogeneity of monomer building block conformations can especially be assumed within each single oligomer because not all monomer building blocks will experience the same environment. Even if one assumes oligomers to be small fibrils, their ends will make up a substantial fraction of the total monomer building blocks. Although oligomers already contain high β -sheet content, it takes a while before substantial fibril growth is observed. Very obviously, almost all or all of the oligomers are not (yet) competent to grow. Either the consolidation of the oligomers into small fibrils is a very slow process, or the formation of a growth competent fibril seed is a much rarer event than oligomer formation.

The question is what the process of consolidation could be that transforms elongation-incompetent oligomers into small elongation-competent fibrils. The artificially high monomer

concentration may be compared to a supercritical concentration of monomers at the edge of a phase conversion or separation. This supersaturation condition¹¹⁷ can either lead to a macroscopic phase separation or to a microscopic “micelle”-like oligomer formation. If oligomer formation is favored, it may be a relatively unordered process leading to more or less unspecific “micelle”-like clumping of the monomers. This will lead to a very heterogeneous mixture of possibly already β -strand containing building blocks of a somehow homogeneous size, like little droplets. The extremely high local concentration of monomer building blocks within each oligomer might then lower the kinetic barriers for the formation of amyloid-type cross- β sheeted fibril seeds. This could possibly be the consolidation of elongation-incompetent oligomers into small elongation competent cross- β -sheeted fibrils. Whether such a consolidation is needed or whether a few growth competent assemblies have been formed also by chance will be hard to distinguish, but as soon as growth competent assemblies are present, they will grow and consume monomers. The monomer concentration will decrease, and, because all assembly species are in equilibrium with the monomers, the least stable oligomers will be destabilized first and subsequently others, too.

Fibril conformations that induce the conformation of their already recruited building blocks in the “new” monomer building blocks while recruiting them at the fibril ends will grow truly autocatalytically while preserving their three-dimensional conformation (“morph”). Such fibrils, and only such fibrils, will contain all relevant information for their growth and be able to pass this information to “daughter” fibrils after breakage. Such conformation-preserving (conformation-true) autocatalytic growth will supersede all non-growing assemblies but also all growth-competent fibrils that are not able to pass their conformation onto recruited building blocks. Thus, macroscopically, we will find only conformation-true autocatalytic growth competent fibrils, of possibly different (“polymorphic”) three-dimensional conformations. All other types will be outcompeted and will not populate. If more than one conformation will be autocatalytically growth competent, polymorphism will emerge among the growth-competent assemblies, which we can certainly call fibrils now. Among the different fibril morphs, those will dominate that grow faster and possibly fragment more frequently. Efficiency in secondary nucleation might also be decisive for the dominating fibril morphs, but only if the secondary nucleation is conformation-true, i.e., if the conformation of the matrix fibril passes its conformation onto the secondary seeds. Otherwise, the conformation of the matrix fibril is lost and it will not populate further. In any case, at the end of the *in vitro* fibril formation experiment, we will find only fibril morphs that have made it through a tough selection procedure that is reminiscent of the “pre-biotic” evolution of autocatalytic metabolic cycles (Figure 6).¹³¹ The here described fibril selection procedure for parallel in-register cross- β -sheet amyloid structures is not in conflict with frequently reported antiparallel β -sheet rich structures in aggregates that have been obtained by (fast) precipitation instead of a (slow) selection process for amyloid growth.

All the high-resolution fibril structures reported so far (Table 2), no matter whether *in vitro*- or *ex vivo*-obtained, must have gone through such a selection process. Thus, it is interesting that all of them report a parallel in register alignment of their monomer building blocks within the protofilaments. So far,

there is not a single exception. This suggests that the parallel in register alignment is an intrinsic and essential property of autocatalytically growth competent amyloid fibrils. As already mentioned in section 3.1, one exception may be that one monomer building block can well be expected to contribute more than one β -sheet layer per building block, but this may still be regarded as parallel in register relative to the monomer building blocks. Thus, reports of such structures resolved at high resolution are to be expected possibly in the near future, already. This includes also the β -solenoid fold suggested for the HET-s prion by ssNMR⁵⁷ and low-resolution cryo-EM.⁵⁹ On the other hand, it is not straightforward to imagine, that antiparallel alignments support conformation-preserving (“conformation-true”) elongation. Antiparallel alignments of monomer building blocks do not allow subsequent building blocks to have exactly the same individual conformation within or along the protofilament, rendering conformation-true growth practically impossible. Interestingly and fully in agreement with this, there is a report on antiparallel β -sheets in *A β 42* oligomers that have been characterized as being growth-incompetent.¹³²

4.3. Prion-like Properties of Amyloids

Prions are composed of host-encoded protein building blocks that adopt, in contrast to their physiologic conformation, alternative conformations, which are autocatalytically self-perpetuating and self-propagating. As just described in the previous section, amyloid fibril conformations, which populate during growth, are true autocatalytic growth competent fibrils that pass their conformation onto newly recruited building blocks. Therefore, autocatalytic behavior is intrinsic to amyloid folds that macroscopically populate. One may say that this is already the most important property to call them prion-like, because amyloids are able to replicate under consumption of monomer building blocks (Figure 6).

Of course, prion-like properties also include other aspects, for example, transmissibility from one organism to another, with or without the transmissibility of pathology or a disease phenotype in parallel, but this is certainly a matter of efficiency, both of the transmission pathway (oral, through the gastrointestinal tract, or even iatrogenic via growth hormone injections¹³³) and of individual or species barriers.

The emerging view on amyloids as being prion or prion-like has helped to make progress in the understanding of the underlying principles for the observed spread of pathology in the brains affected by neurodegenerative diseases.^{134–143} Also, the discussion on the role of amyloid conformations as the underlying principle for “strains” and potential disease subtypes has profited from the adaptation of prion principles into the general field of protein misfolding diseases.^{144–163} It will also have an impact on the development of new treatment strategies for such diseases.^{164–167}

5. AMYLOID FORMATION IN VIVO

Amyloid aggregation in the *in vivo* environment is even more complex than under controlled *in vitro* conditions. First, the *in vivo* concentrations of the various amyloid proteins are often low compared to concentrations applied in *in vitro* assays, making in these cases the formation of growth-competent assembly (primary nucleation) a really rare event. An example along this line is *A β* , for which concentrations between 10^{-11} and 10^{-9} M have been reported for its physiological presence in cerebrospinal fluid (CSF),^{168–171} which is probably close to its concentration in interstitial fluid.¹⁷² The values for *a-*

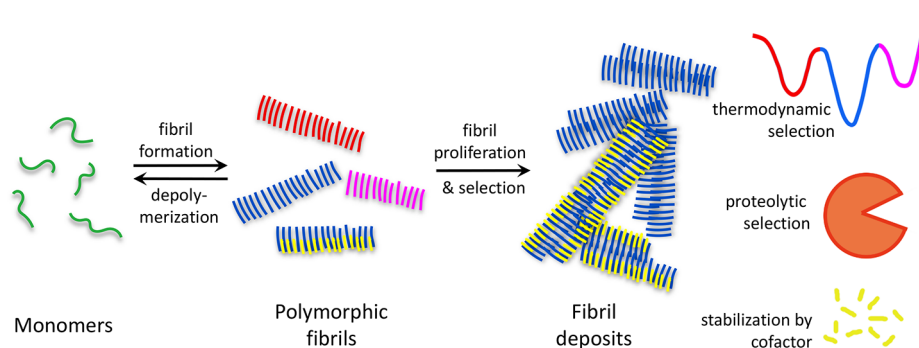


Figure 7. Fibril selection mechanisms in vivo. Initially, different fibril polymorphs may form, of which under in vivo conditions, which are characterized by low concentrations of the amyloid proteins, years for the aggregation to take place, and the presence of a myriad of other molecules, only one fibril structure proliferates. Three different selection mechanisms for the proliferation of fibrils in tissue have been proposed: (i) thermodynamic selection, where only the fibril structure with the highest thermodynamic stability resists depolymerization; (ii) proteolytic selection, where the fibril structure most resistant against proteolytic cleavage survives; (iii) selection by cofactor, where the proliferating fibril structure is stabilized by another, coaggregating molecule.

synuclein and IAPP can be similar: 10^{-10} to 10^{-9} M in the case of α -synuclein in CSF^{173,174} and 10^{-12} to 10^{-10} M for IAPP in plasma.^{175–177} On the other hand, the average intracellular α -synuclein concentration in the brain is 35–70 μ M,^{178,179} while the concentration of IAPP in the secretory granules of the beta cells is 1–10 mM.¹⁸⁰ Thus, amyloid proteins can occur at very different concentrations in vivo, and it is surprising that some of them endure so long without aggregating, which suggests that there must be aggregation inhibitory cofactors around, while others like $A\beta$ undergo aggregation at all.

The concentration of $A\beta$ in brain fluids is well below the apparent critical fibril concentration, i.e., the concentration of monomers when fibrils start forming in vitro within a reasonable time span, which is in the low micromolar range.^{181,182} However, the formation of $A\beta$ oligomers occurs already below this critical fibril concentration.^{181–186} For this, a lower limit of about 90 nM has been determined as the critical aggregation concentration of monomers which is required for $A\beta$ to undergo any kind of aggregation in vitro.¹⁸⁷ Thus, one may either claim that the physiological $A\beta$ concentration can indeed reach the apparent critical aggregation concentration for oligomer formation under certain conditions or in certain compartments. Alternatively, $A\beta$ monomer concentrations well below the apparent critical aggregation concentration may lead to oligomer or fibril formation, albeit at an extremely low rate. Considering that age is the single greatest risk factor for Alzheimer's disease, the low concentration of $A\beta$ may be outweighed given the abundance of time that could allow $A\beta$ aggregation to occur even though it is a very rare event. Familial mutations that increase the concentration of aggregation prone $A\beta$ species will slightly increase the rate of primary nucleation, making this a bit less rare and therefore happening usually earlier in life, on average. The most radical mutation in this regard is certainly trisomy 21 with an increase of $A\beta$ concentration by 50%. Environmental conditions, e.g., infections^{188–190} or traumatic brain injuries,^{191,192} may have a similar effect. Moreover, it seems that due to age, the local concentration of $A\beta$ can be increased, too. An analysis of the age dependence of the kinetics of $A\beta$ in the brain revealed a dramatic slowing of amyloid- β turnover with increasing age: a 2.5-fold increase in $A\beta$ half-life from 3.8 to 9.4 h over five decades.¹⁹³ The age associated $A\beta$ slowing of turnover rate may be a general effect of all brain proteins, similar to the general slowing of body and muscle protein turnover rates by

~ 30 – 40% (1.4–1.7 fold decrease in rate) with increasing age.^{194,195} Although, given that for $A\beta$ the slow-down is 2.5-fold, it may also be specific to $A\beta$. It was further estimated how long $A\beta$ would need to accumulate to reach amounts of amyloidosis typical of AD. The conclusion was that plaques build up over about 40 years, which is above the estimate of 15–20 years that was made earlier.¹⁹⁶ Independent of whether this number is 20 or 40 years, it shows that fibril formation in vivo is a slow or rare process, which most likely results from the interplay of long times enabling this rare event to happen and local increases in $A\beta$ concentration in the aging brain.

The slow aggregation in vivo plays a role in generally reducing the heterogeneity of fibrils in vivo, as discussed in the previous section. It was suggested that only a few of the different fibril morphologies that a protein can adopt are associated with disease.¹⁹⁷ Moreover, fibrils from patient tissue tend to be structurally different from fibrils of the same precursor protein but grown in vitro. Examples include fibrils formed as a result of systemic amyloid light-chain (AL) amyloidosis,^{198,199} $A\beta$ fibrils in Alzheimer's disease,⁶⁹ tau fibrils in tauopathies,⁹⁷ or α S fibrils that formed during multiple system atrophy.²⁰⁰ The protein building blocks of ex vivo fibrils often adopt the same conformation. This applies not only to fibrils from different deposition sites within the same patient or animal¹⁹⁸ but even includes fibrils extracted from different humans or animals that suffered from the same disease variant and expressed the same allelic variant of the fibril precursor protein.^{69,89,99,198,200,201} On the other hand, variants of the same amyloidosis tend to be related to different morphologies and biochemical characteristics of the fibrils.^{94,202,203} These findings suggest that specific fibril morphologies and disease variants are interrelated. This observation raises many questions such as what the relationship between fibril morphology and pathogenicity is.

Another question is why there are fewer and different morphologies in fibrils extracted from diseased tissue than in those formed in vitro. Comparison of the stabilities of ex vivo and in vitro transthyretin (TTR) amyloid fibrils revealed that the energy release during synthetic fibril formation is smaller than for the natural fibrils.²⁰⁴ This stability assessment was accomplished using the strong chaotropic agent guanidine thiocyanate (Gdn-SCN), which causes the depolymerization of the fibrils by disrupting the hydrogen bonding network in the solvent. This allowed the determination of the free energies of

fibril formation, ΔG , which led to the conclusion that the tissue-extracted TTR fibrils have a higher thermodynamic stability than the *in vitro* TTR obtained fibrils. Because resistance toward depolymerization originates from intermolecular interactions, such as hydrogen bonds in β -sheets, the conjecture is that the structure of the *ex vivo* obtained TTR fibrils must involve more of such interactions, possibly also more or longer β -sheets.

For the case of serum amyloid A (SAA), it was described in a comparative study of *ex vivo* and *in vitro* obtained SAA fibrils that these fibrils differ in their morphologies.¹⁹⁷ The *ex vivo* obtained fibrils contain nine β -strands involving 39 residues per protein, whereas the *in vitro* obtained fibrils have only seven β -strands with 27 residues of each of the proteins being involved. Both the *ex vivo* and *in vitro* obtained SAA fibrils, however, were found to be relatively unstable in a Gdn-HCl solution. Instead it was suggested that the *ex vivo* obtained SAA fibrils were considerably more stable against degradation by proteases than the tested *in vitro* obtained fibrils, which puts forward proteolytic selection as an important property for *in vivo* fibrillization and this agrees also to findings made for A β amyloid fibrils. Also, in this case, the fibrils extracted from patient tissues were more protease-resistant than those formed *in vitro*.^{69,205} The studies conclude that *in vivo* the fibril morphology with the highest proteolytic resistance, i.e., the one that escapes endogenous clearance mechanisms most efficiently, survives for longer periods of time and can therefore proliferate in a prion-like manner, so that eventually a specific fibril morphology prevails. In summary, the smaller diversity of fibril morphologies observed *in vivo* is accompanied by a higher thermodynamic stability or higher resistance against proteasomal degradation of the fibrils, which most likely is not only a consequence but probably also the cause of the dominance of a specific fibril morph for a specific disease variant (Figure 7).

The prion-like efficacies of A β and tau deposits from human AD patients have been reported to be inversely correlated with the age of the donors.²⁰⁶ This can be interpreted in a way that the higher the “seeding” and growth potential of a certain fibril conformation is, the earlier in life pathology and disease symptoms are induced. This would suggest that replication speed of amyloids correlates with initiated damage in brain tissue.

The role of liquid–liquid phase separations and liquid to solid phase transitions has been heavily investigated in the recent years,^{207–211} but much more insight of their roles in transiently increasing local concentrations of amyloidogenic proteins in cells and their relevance for disease development are needed.

The formation of amyloid fibrils *in vivo* further differs from the *in vitro* situation in that many more different molecules are present *in vivo*. In fact, fibrils extracted from diseased tissue are virtually always associated with nonfibrillar biomolecules, such as apolipoprotein E,²¹² collagen,²¹³ metal ions,²¹⁴ glycosaminoglycans (GAGs),²¹⁵ and lipids.²¹⁶ Initially, these accessory molecules were considered as passive bystanders or contaminants of the amyloid fibrils. Today we know that cofactors can be essential constituents of amyloid fibrils (Figure 7). Examples of *ex vivo* obtained fibril structures that contain unidentified densities include α -synuclein fibrils resulting from multiple system atrophy²⁰⁰ and tau fibrils from corticobasal degeneration human brain tissue⁷⁹ (Table 2).

To gain an understanding of the influences of the various metal ions and biomolecules on the kinetics of the amyloid aggregation process and the resulting fibril morphologies, hundreds, if not thousands, of biophysical studies were performed. Most of these cofactors influence the amyloidogenic process, with the effects ranging from aggregation enhancement, modulation of the fibril morphology or, in some cases, aggregation retardation.²¹⁷ The emerging view is that amyloid formation *in vivo* does not only result from protein misfolding or age- and/or genetics-related accumulation of aggregation-prone proteins but also may be dependent on the interaction of the amyloidogenic protein precursor with extrinsic factors and/or its (bio)chemical microenvironment to set off the fibrillization process. A prototypical example in this regard is the aggregation of tau, which *in vitro* is generally triggered with the help of cofactors, most commonly heparin, RNA, or arachidonic acid. A common aspect of these cofactors is the presence of charges, which suggests that they are required for tau aggregation. This was indeed confirmed by a study, which reported that seeding of tau aggregation is not only facilitated by polyanionic cofactors (heparin or RNA in this study) but that both seeded and recombinant mature fibrils depolymerize into monomers when their cofactor was removed.²¹⁸ A follow-up study further revealed that these cofactors act as templating reactant that causes tau conformational rearrangements into aggregation-competent species, which is best accomplished by heparin compared to the other possible cofactors.²¹⁹ The subsequent aggregation into ThT-active fibrils results from an interplay between tau and the cofactor that form intermediate complexes, which in the case of mild cofactors, such as polyU RNA, require further seeding to overcome the energy barrier for fibril formation. On the basis of these results, an idea was put forward according to which *in vivo* tau could form metastable, “inert” complexes with cofactors, which only upon encountering a seed undergo irreversible transition to a β -sheet structure.²¹⁹

Another example demonstrating the intimate coupling between protein and cofactor during fibrillization is provided by α -synuclein. In a study that used α -synuclein filament preparations extracted from brains demented by MSA to seed recombinant human α -synuclein *in vitro*, it was found that the structures of the seeded assemblies were different from those of the seeds.⁷⁸ The conclusion therefore was that *in vivo* additional cofactors must play a role in the propagation of pathology. These cofactors have not been resolved yet, but their identification will be central for resolving the prion-like spreading of α -synuclein amyloids in MSA. This statement of course holds true for all other amyloid diseases, too, where the selection (evolution) of true autocatalytic growth-competent fibrils led to (polymorphic) conformations that include one or more cofactors as part of the fibril.

Here, it may be of relevance to summarize that the spontaneous formation of a true autocatalytic growth-competent fibril seed is probably an extremely rare event. Especially under physiological conditions, which include low monomer concentrations and high abundance of confounding or supporting molecules, the spontaneous formation of such a seed can be expected to be very rare and growth can also be expected to be slow. No matter how slow the growth and replication will be, it has the potential to be exponential, and finally, after decades of individual lifetime, the chance of rare events will have accumulated to almost certainty and

exponential replication during subsequent decades of lifetime easily becomes problematic for the affected organ or organism.

Therefore, there must be general and specific defense strategies of organisms that have evolved because amyloid formation and replication is a threat to all living cells and organisms.

6. AMYLOIDS AND EVOLUTION OF DEFENSE STRATEGIES

Because amyloid formation and replication is a threat to all living cells and organisms, evolution must have developed general and specific defense strategies. Indeed, all living organisms have a dedicated arsenal of cellular machineries to achieve an equilibrium between protein formation as well as protein degradation and clearance. This is often summarized as the proteostasis network. The most obvious part of the proteostasis network relevant to combat protein aggregation, are the chaperones that assist proteins in adopting their nonamyloid native and functional conformation.^{220–222} Also, degradation of proteins via the proteasome pathway^{223,224} or via autophagy²²⁵ is relevant in that regard.²²⁶

Eukaryotic organisms exhibit an evolutionary highly conserved process for the degradation of cytoplasmic components ranging from bulk degradation to the removal of whole organelles and invading pathogens, which commonly is referred to as autophagy.^{227,228} However, with macrophagy, chaperone-mediated autophagy, and microautophagy, at least three different types of autophagy exist,²²⁹ of which macrophagy is the best studied and according to general practice is referred simply to as autophagy hereafter. (Macro)autophagy plays an important role during cell homeostasis including basal, deprived, as well as pathological conditions and is usually induced in response to a variety of physiological and environmental stimuli.^{227,228}

Characteristic for the induction of autophagy is the formation of the so-called phagophore, an isolation membrane, which expands progressively to trap diverse cytoplasmic components and ultimately sequesters the cargos into a separate, double-membrane compartment, the autophagosome. The biogenesis of autophagosomes is a highly complex membrane reorganizing process involving more than 40 autophagy-related (ATG) proteins. These ATGs operate in consecutive physiologically continuous but mechanistically distinct steps and are arranged in separate functional clusters. Ultimately, autophagosomes fuse with lysosomes (or the vacuole in yeast) to form autolysosomes, where resident hydrolases degrade the captured material.

In contrast to nonselective autophagy, by which parts of the cytoplasm are randomly engulfed by autophagosomes for bulk degradation and recycling back to the cytoplasm for reuse, selective autophagy is responsible for the clearance of specific components including damaged organelles and invading pathogens.²³⁰ The ATG8 protein, which split in several paralogues in higher organisms (e.g., LC3s and GABARAPs in mammals), is required for phagophore initiation, elongation, and maturation²³¹ but also plays a critical role during selective autophagy. When carboxy terminally conjugated, the lipid phosphatylethanolamine anchors ATG8-type proteins among others to autophagosomal membranes.²³² That way these small ubiquitin-like modifiers can act as a docking platform for the selective recruitment of cargos through selective autophagy receptors (SAR) like p62/SQSTM1 (sequestome-1).²³³

Autophagy and the ubiquitin–proteasome system are the two major quality control pathways responsible for cellular homeostasis.²³⁴ Misfolded proteins that cannot be rescued by chaperones and that are inaccessible for the ubiquitin–proteasome system (UPS) end up in protein aggregates. Under certain circumstances such aggregates can undergo degradation by a selective form of autophagy, which is called aggrephagy.^{235,236} Flagging the misfolded protein aggregates by ubiquitin seems to be a key event in this process, as ubiquitination triggers aggregate recognition by SARs through their ubiquitin-binding domain (UBA). Because SARs also have at least one ATG8 protein interacting motif (named AIM, LIR, or GIM), they thus mediate aggregate recruitment by bridging the aggregate and the ATG8-type protein, which itself is anchored to the inner membrane of the autophagosome. Recent studies indicate that proteins targeted for aggrephagy are not simple protein aggregates but rather form liquid-like protein condensates and that the related properties of the condensates may be crucial in the initiation of aggrephagy.²³⁷

Autophagy-dependent degradation has been reported for a multitude of pathological protein aggregates consisting of, e.g., tau, SOD1, α -synuclein, and Huntingtin and more.^{238–241} Its failure has been reported to contribute to the progression of neurodegenerative and psychiatric diseases associated with these and other proteins, including AD, Parkinson's disease (PD), amyotrophic lateral sclerosis (ALS), frontotemporal dementia (FTD), Huntington's disease (HD), bipolar disorder, and schizophrenia.^{242–245} According to current evidence, there is a possibility that autophagy may be a druggable target and, consequently, its modulation may be a promising therapeutic option for central nervous system (CNS) diseases.^{246–249} Furthermore, the autophagic machinery is also involved in unconventional protein secretion and autophagy-dependent secretion, which are also fundamental mechanisms for toxic protein disposal, underlying a crosstalk between the autophagic and the endosomal system. In this regard, part of our knowledge of the secretory functions of autophagy originates from studies dealing with α -synuclein and β -amyloid precursor protein (β APP), as reviewed recently.²⁵⁰

More specifically, it has been suggested that evolution has selected protein amino acid sequences against amyloid formation, at least for the highly abundant protein species.²⁵¹ Also, it has been reported that human CSF contains a factor that decelerates secondary nucleation.²⁵²

For many years, research has concentrated especially to identify factors that influence specifically $A\beta$ formation, aggregation, and clearance. One of the most interesting observations is the identification of the cellular conformation of the prion protein (PrP^C) as a receptor of $A\beta$ oligomers,^{253,254} and PrP^C is also able to bind to fibrillar $A\beta$.^{255–257} This capacity of PrP^C extends beyond $A\beta$: oligomers or sonicated fibrils of α -synuclein and tau interact with the same site in the PrP^C N-terminus as $A\beta$ and also inhibit long-term potentiation.^{258–260} Moreover, the N-terminal domain of PrP^C was shown to interact with β -structure conformers of yeast prion proteins and designed β -peptides.²⁶¹ This emphasizes the notion that these different aggregates share a similar structure. Although, it has been suggested that binding of $A\beta$ _{oligo} to membrane-anchored PrP^C mediates $A\beta$ toxicity during AD by mediating neuron and synapse damage^{253,262,263} via Fyn-kinase activation,^{264,265} this has also been questioned.^{266–269} It became very clear that soluble PrP²⁷⁰ as well as its N-terminal fragment PrP(23–111)^{271,272} have a

protective role by inhibiting A β fibrillization and sequestration of A β oligomers. Although being first described as a mediator of cytotoxicity of A β oligomers, PrP^C is doing what has been suggested already for potential treatment strategies for Alzheimer's disease (AD), namely to cap the ends of A β fibrils to prevent them from further growth.²⁷³ One may speculate even whether this is the long sought physiological function of PrP^C. This is supported by the observation that PrP^C is accumulated in aged human brains even prior to any AD related pathology.^{274,275}

Compacting otherwise freely diffusible A β aggregates into plaques, rendering them insoluble and in total less toxic, may also be a defense strategy of our brain. Especially microglia have been recognized to be decisively involved in protective activities but also in pro-inflammatory activities even, increasing stress on astrocytes and neurons in neurodegenerative diseases. For example, genome-wide association studies (GWASs) have tried to link the risk of late onset Alzheimer's disease to human genes, and have identified numerous genes that are expressed in microglia: CR1, CD33, TREM2, APOE, MS4a, INPP5D/SHIP1, ABCA7, PLCG2, SPI1, ABI3, BIN1, PICALM, CD2AP, and SORL1. While the roles of each risk factor is not yet well understood and the current stage of investigation is nicely summarized in a recent review,²⁷⁶ we focus here on two of the most studied protein factors, apolipoprotein E (ApoE) and triggering receptor expressed on myeloid cells 2 (Trem2). Trem2 is expressed in the brain specifically in microglia, and reduction of its function, e.g., by mutations, has been clearly linked to increased risk of Alzheimer's disease.²⁷⁷ This supports that microglia have evolved functions that are relevant for clearance of extracellular amyloids in the brain. This is further supported by the observation that TREM2 expression correlates positively with age as well as with AD progression and probably serves as a compensatory mechanism in response to amyloids.²⁷⁸ Trem2 has been shown to directly interact with ApoE, another highly interesting protein.²⁷⁹ ApoE is not only expressed in brain but also in liver, adipose tissue, and arteries. This could hint at systemic-wide protective mechanisms that have evolved against amyloids. It is well-known that carriers of the ApoE4 allele have a significantly increased risk for AD, whereas the ApoE2 allele reduces the risk compared to the ApoE3 allele. ApoE2 has originally been identified as a longevity gene,²⁸⁰ further supporting a systemic effect of the ApoE function in aging and neurodegeneration.^{281,282} In that regard, future studies should also investigate the role of the liver for the protection against amyloids. The liver, as the main organ responsible for substance clearance and detoxification, can be expected to play an important role here. Indeed, a recent study has shown accumulation of α -synuclein to a higher degree in the liver of Parkinson's disease patients that compared to control subjects.²⁸³

Many more general and specific protection strategies against toxic and self-replicating amyloid species will be identified in the future and may become new targets for therapeutic strategies to protein misfolding diseases in general.

7. CONCLUSION AND OUTLOOK

Amyloid type protein aggregation is one of the best examples for the role of structural biology in scientific progress within the life sciences. Because X-ray crystallography could not play the role it has played in basically all other aspects of life sciences, and NMR spectroscopy has some limitation for

elucidation of long-range structural aspects that are relevant in amyloids, the amyloid field has been suffering from the lack of atomic resolution structures of elongated amyloids. With the advent of the resolution revolution in cryo-electron microscopy the first near-atom resolution structures in 2017 brought not only highly esthetic and beautiful structures of amyloids but also immediate inspiration for, in the static structures of course unobservable, elongation mechanisms.^{5,6}

Since then, many more structures have been reported, but many questions remained unanswered: What is the general toxic principle of (disease-relevant) amyloids? Why are some of them toxic, while others, especially some of the systemic amyloids, are just laying around in tissue and while growing displace healthy cells and only therefore cause disease? Is pathology dependent on the conformation of amyloid fibrils? What is the structure of primary nuclei? What exactly is secondary nucleation? How do intracellular amyloids spread between cells? How efficient, if at all, are amyloids transferred from one organism to another? Are PrP prions the only amyloids that are relevant for interindividual passage?

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Notes

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