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Competing interests declaration

In the interest of transparency and to help readers form their own judgements of potential bias, Nature Research journals require authors to declare any competing financial and/or non-financial interest in relation to the work described in the submitted manuscript.

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- ☒ We have provided a full data availability statement in the manuscript.

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Code availability statement

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For all data presented in a plot, chart or other visual representation confirm that:

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- ☐ ☒ The format shows data distribution clearly (e.g. dot plots, box-and-whisker plots)
- ☐ ☒ Box-plot elements are defined (e.g. center line, median; box limits, upper and lower quartiles; whiskers, 1.5x interquartile range; points, outliers)
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Does not apply

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- | | |
|-------------------------------------|---|
| ☒ | ☐ Macromolecular structural data |
| ☒ | ☐ Unique biological materials |
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| ☒ | ☐ Human embryos, gametes and/or stem cells |
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| ☒ | ☐ Clinical data |

Human research participants

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- ☒ We have complied with all relevant ethical regulations and include a statement affirming this in the manuscript.

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Confirm that the manuscript states the name(s) of the board and/or institution that:

- ☒ Approved the study protocol -OR- ☐ Provided guidelines for study procedures (if protocol approval is not required)

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- ☒ We have obtained informed consent from all participants and this is noted in the manuscript.

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Date Jun 1, 2021

