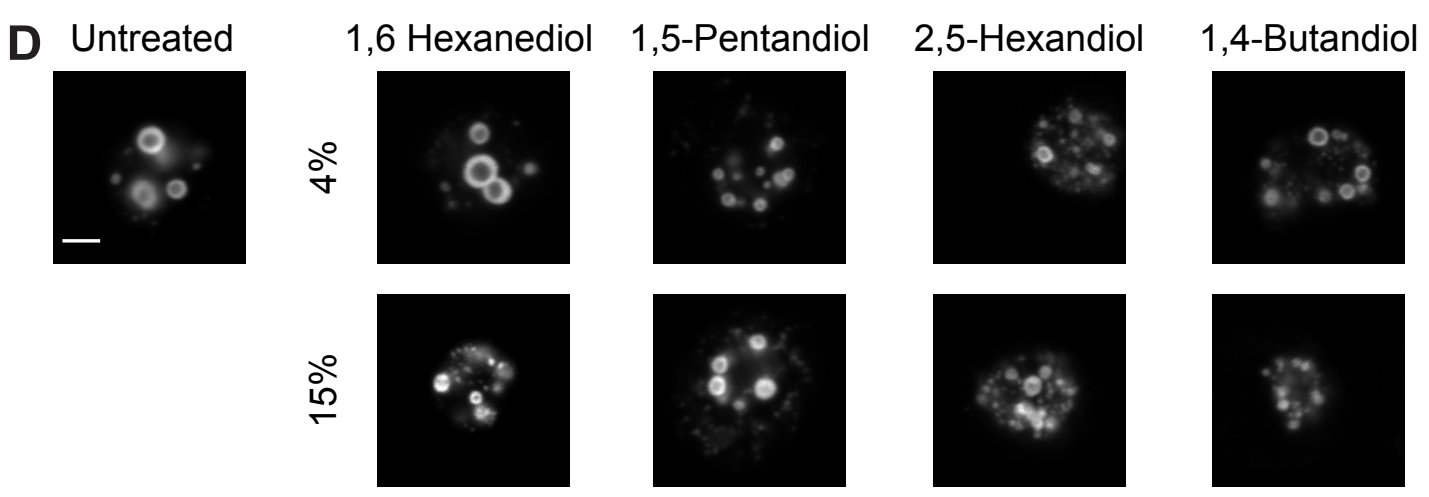


**C**

Protein	Granule	Organism	Mobile fract. (%)	$t_{1/2}$ (s)	Reference
PGL-1	P granule	<i>C.elegans</i>	68.8	6.9	Brangwynne, C.P., et al., (2009). Science 324, 1729-1732.
GLH-1			100.0	26.6	
PIE-1			51.0	7.8	
CAR-1			16.0	3.8	
TIA-1	Stress granule	COS cells	99.0	5.0	Anderson, P. (2000). J Cell Biol 151, 1257-1268.
PABP-1			61.0	5.0	
LSm6	P body	HeLa cells	73.0	25.0	Andrei, M.A., et al., (2005). RNA 11, 717-727.
eIF4E			89.0	60.0	
eIF4E-T			45.0	46.0	
Dcp1a	P body	U2OS cells	86.0	6.0	Aizer, A., et al., (2008). Mol Biol Cell 19, 4154-4166.
Dcp1b			67.0	11.0	
Dcp2			0	/	
Xvelo	Balbiani body	<i>Xenopus</i> oocyte	~ 20 % recovery in 1 h		Boke, E. et al., (2016). Cell 166, 637-650
Buck			~ 20 % recovery in 1 h		
PGL-1	P granule	<i>C.elegans</i>	86.3	4.3	This study
Osk	Cytoplasmic germ gran.	<i>Drosophila</i> embryo	43.6	6.9	
Vasa	Nuclear germ gran.	<i>Drosophila</i> embryo	46.0	23.9	
Osk	Nuclear germ gran.	<i>Drosophila</i> embryo	38.8	13.9	
Vasa	Nuclear germ gran.	<i>Drosophila</i> S2R+ cells	51.1	8.7	
Osk	Nuclear germ gran.	<i>Drosophila</i> S2R+ cells	46.8	10.2	



**Figure S4**