

## Rare Codons Not for Limiting Translation Speed in Mammals

Xiao-Yan Fan<sup>1,2#</sup>, Tie-Gang Meng<sup>1#</sup>, Teng Zhang<sup>2#</sup>, Yu-Feng Wang<sup>1#</sup>, Si-Tong Zhou<sup>1#</sup>,  
Gui Zhang<sup>1</sup>, Zhen Tang<sup>3</sup>, Shi-Min Wang<sup>1</sup>, Tao Jing<sup>1</sup>, Lei Guo<sup>1</sup>, Lei-Ning Chen<sup>1</sup>, Sen  
Li<sup>1</sup>, Juan Chen<sup>1</sup>, Rui-Bao Su<sup>1</sup>, Meng-Wen Hu<sup>1</sup>, Jun-Yu Ma<sup>1</sup>, Li-Zhang Zeng<sup>3\*</sup>,  
Qing-Yuan Sun<sup>1\*</sup>, Xiang-Hong Ou<sup>1\*</sup>, Shi-Ming Luo<sup>1\*</sup>

<sup>1</sup>Guangzhou Key Laboratory of Metabolic Diseases and Reproductive Health, Guangdong-Hong Kong Metabolism & Reproduction Joint Laboratory, Reproductive Medicine Center, The Affiliated Guangdong Second Provincial General Hospital of Jinan University, Guangzhou, 510317, China.

<sup>2</sup>State Key Laboratory of Reproductive Regulation and Breeding of Grassland Livestock (R2BGL), College of Life Sciences, Inner Mongolia University, Hohhot, 010070, China.

<sup>3</sup>Key Laboratory of Brain, Cognition and Education Science, Ministry of Education, South China Normal University, Guangzhou 510631, China.

#These authors contributed equally.

\*e-mail: [zengzh@scnu.edu.cn](mailto:zengzh@scnu.edu.cn); [sunqy@gd2h.org.cn](mailto:sunqy@gd2h.org.cn); [ouxh@gd2h.org.cn](mailto:ouxh@gd2h.org.cn); [luoshm@gd2h.org.cn](mailto:luoshm@gd2h.org.cn)

### Abstract

The prevailing view holds that rare codons function as evolutionarily conserved modulators of translation kinetics, a concept that has provided a critical framework for interpreting synonymous mutations in disease and guiding coding sequence optimization in gene therapy. Our findings, however, challenge this premise by demonstrating that rare codons are primarily passive byproducts of genome stability constraints, rather than adaptive regulators of translation. Supporting this, genomic analyses in human and mouse reveal that rare codons, predominantly ending in CpG or TpA dinucleotides, reflect genome-wide sequence biases rather than selective pressures for translational control. Furthermore, interrogation of tRNA abundance, via both genomic copy number and direct cellular quantification, shows no consistent correlation between codon rarity and cognate tRNA scarcity. Crucially, direct

31 experimental assessment via cytoplasmic microinjection of engineered mRNAs into  
32 mouse embryos demonstrates that even a substantial artificial increase in rare codon  
33 load has a negligible impact on protein synthesis kinetics. Consequently, we conclude  
34 that rare codons cannot be regarded as an independent factor limiting translation rates  
35 in mammalian cells. This insight demands a reassessment of the role of synonymous  
36 mutations in disease and expands the design principles for mRNA-based therapeutics  
37 by alleviating the presumed constraint of rare codon avoidance.

38

39 **Keywords:** Rare codons, codon optimization, translation kinetics, synonymous  
40 mutations, mRNA therapeutics, genomic constraints, tRNA abundance.

41

## 42 **Introduction**

43 The protein's function is fundamentally determined by its amino acid sequence, yet  
44 the degeneracy of the genetic code allows for a vast number of nucleotide sequences  
45 to encode the identical protein (1-3). With the exception of methionine and tryptophan,  
46 each amino acid is encoded by multiple synonymous codons, ranging from two to six  
47 per residue (2). However, this synonymy is not functionally silent: synonymous codon  
48 choice can influence gene expression through effects on transcription, mRNA stability,  
49 and translation efficiency (4-6). Understanding the functional consequences of  
50 synonymous codon usage, which are often manifested as synonymous  
51 single-nucleotide polymorphisms (synSNPs), is therefore critical for elucidating their  
52 roles in health and diseases such as cystic fibrosis and certain cancers (7, 8).

53 A central feature of synonymous codon usage is codon usage bias, the non-random  
54 preference for certain codons over others. Since the 1980s, it has been well  
55 established that genomes exhibit systematic codon preferences (9-12). In humans, for  
56 example, the leucine codon CTG is used more than five times as frequently as CTA,  
57 with relative frequencies of approximately 3.96 and 0.72, respectively (13, 14). A  
58 similarly pronounced (~4.4-fold) difference exists for the serine codons AGC and  
59 TCG, which have relative frequencies of 1.95 and 0.44 (13, 14). This biased  
60 distribution is thought to reflect a mechanism for fine-tuning translational efficiency  
61 (6, 15, 16).

62 A cornerstone of this paradigm is the specific belief that rare codons, those used  
63 infrequently within a genome, serve as evolutionarily conserved modulators of  
64 translation kinetics by slowing ribosomal elongation (1, 17). Although evidence from  
65 heterologous expression systems (e.g., expression of human genes in bacteria or yeast)  
66 supports a role for codon rarity in regulating protein expression (18-20), direct  
67 evidence that rare codons intrinsically slow translation in native eukaryotic contexts  
68 remains limited. Critically, the strong influence of local codon context and mRNA  
69 secondary structure on translation efficiency (2, 21), makes it difficult to determine  
70 whether rare codons are genuine drivers or merely passive correlates of altered  
71 translation dynamics .

72 To address this gap, we conducted the integrated genomic, bioinformatic, and  
73 experimental analyses. By analyzing genomic codon distributions and corresponding  
74 tRNA expression profiles, we propose that rare codons represent passive evolutionary  
75 byproducts rather than adaptively selected modulators of translation speed.  
76 Experimental evidence further demonstrates that even a substantial increasing rare  
77 codon frequency does not significantly affect translation kinetics, supporting this  
78 hypothesis.

79

## 80 **Results**

### 81 **Genomic and Bioinformatics Evidence Supports Rare Codons as Passive** 82 **Byproducts of Sequence Constraint**

83 Protein translation is governed by multiple factors, with mRNA secondary structure  
84 playing a pivotal role. Such structural features can be influenced by complex  
85 base-pairing interactions, sometimes irrespective of nucleotide positioning. Therefore,  
86 we reasoned that individual gene- or mRNA-specific studies focusing on rare codons  
87 are likely confounded by local sequence context, and that systems-level ‘omics’  
88 analyses of codon usage would offer more reliable insights into the relationship  
89 between codon selection and translational efficiency than correlations derived from  
90 individual mRNAs.

91 Moving beyond conventional definitions based solely on a codon’s overall occurrence  
92 frequency (<1%) (3), we propose that a codon’s rarity should also be defined relative  
93 to the usage of its synonymous partners. Using the Matched Annotation from NCBI  
94 and EMBL-EBI (MANE) transcript set for human and the protein-coding gene dataset  
95 for mouse from NCBI, we recomputed genome-wide codon frequencies across human  
96 and mouse coding sequences (CDSs) (Supplemental Table 1). A codon was classified  
97 as rare only if its overall frequency was below 1% and its usage was substantially  
98 lower (typically by less than 50%) than the most frequent synonymous codon.

99 Applying these criteria, we identified ten rare codons: ACG, CCG, GCG, TCG, ATA,  
100 CTA, GTA, TTA, CGA, and CGT (Fig. 1A), which are highly conserved between  
101 human and mouse (Fig. 1B and Supplemental Fig. 1). Except for CGA, which occur

102 at approximately half the frequency of its dominant synonyms, the remaining rare  
103 codons are generally used at less than 40% of the frequency of their most prevalent  
104 counterparts. Interestingly, with the exception of CGA and CGT, all identified rare  
105 codons end with the dinucleotides ‘CG’ or ‘AT’. Given the established role of CpG  
106 islands in genomic stability and transcriptional regulation through  
107 methylation-mediated processes (22, 23), our observations raise the possibility that  
108 these codons may be passive byproducts of genome evolutionary constraints rather  
109 than actively selected for translational modulation.

110 A genome-wide scan of codon context revealed that, among the 64 triplet codons, the  
111 ten rare codons in human (GCG, ACG, CGT, CGA, TCG, CCG, GTA, CTA, ATA,  
112 TTA) rank 63rd, 62nd, 61st, 60th, 59th, 58th, 49nd, 46th, 21rd, and 9th, and in mouse  
113 (GCG, CGA, CCG, TCG, ACG, CGT, GTA, CTA, ATA, TTA) rank 64th, 63rd, 60th,  
114 59th, 58th, 57th, 51st, 41st, 27th, and 23rd, respectively, in genomic distribution  
115 frequency (rank 1 = most frequent) (Fig. 1C and Supplemental Table 2). The  
116 collective rarity of these identified rare codons across the genome further supports the  
117 hypothesis that their occurrence in CDSs may be constrained by genomic context  
118 rather than positive selection for translational control.

119 Notably, in human, ATA and TTA exhibit higher genomic frequency ranks (21st and  
120 9th) than their classification as rare in CDSs might suggest. Similarly, in mouse, their  
121 genomic ranks (27th and 23rd) are also substantially higher than expected for rare  
122 codons. This apparent contradiction prompted us to ask whether their rarity is relative,  
123 stemming from exceptionally high usage of their synonymous family members. We  
124 therefore reasoned that evaluating their usage within the context of their synonymous  
125 families would provide clarity. This analysis revealed a general pattern: all  
126 ‘TA’-ending rare codons are used at a lower frequency in CDSs relative to their  
127 genomic abundance, whereas ‘CG’-ending codons (including CGA and CGT) are  
128 used more frequently (Fig. 1D and Supplemental Table 3). When normalized to  
129 genomic abundance, ‘CG’-ending rare codons show nearly two-fold increased usage  
130 in CDSs, while ‘TA’-ending codons exhibit approximately 50% reduction (Fig. 1E).  
131 This pattern is consistent with the known, broader bias in coding sequences toward

132 codons ending in C or G, indicating that the behavior of rare codons follows this  
133 general principle (24, 25).

134 Given that protein-coding sequences constitute only ~1.1–1.3% of the mammalian  
135 genome, codon usage within CDSs is unlikely to significantly influence overall  
136 genomic distribution. Instead, the observed genomic patterns, where the rarity of  
137 codon triplets mirrors their low frequency in the whole genome, argue against positive  
138 selection for translational modulation. These results collectively indicate that codon  
139 usage, including the occurrence of rare codons, is primarily shaped by genome-wide  
140 evolutionary and structural constraints rather than by adaptive optimization for  
141 translation. Consequently, the established mechanistic link between rare codons and  
142 tRNA-mediated ribosomal pausing requires critical re-examination.

#### 143 **tRNA Abundance Argues Against Rare Codons as a General Mechanism for** 144 **Translation Attenuation**

145 According to the prevailing model, rare codons modulate translation kinetics  
146 primarily through cognate tRNA abundance, with tRNA scarcity inducing ribosomal  
147 pausing to facilitate co-translational folding and regulate protein yield (26). To  
148 evaluate this hypothesis, we analyzed cognate tRNA availability for each codon in  
149 human and mouse using data from the Genomic tRNA Database ([gtrnadb.ucsc.edu](http://gtrnadb.ucsc.edu)).

150 The results indicate that whether a codon is rare does not consistently correlate with  
151 its cognate tRNA copy number. Even after excluding codons decoded by wobble  
152 pairing with zero-copy tRNAs, tRNA copy number did not consistently correspond to  
153 codon rarity (Fig. 2A and Supplemental Table 4). For example, tRNAs cognate to the  
154 rare arginine codons CGT and CGA were among the most abundant. Moreover, for  
155 most other rare codons, tRNA copy numbers were not significantly lower than those  
156 of non-rare synonymous codons, except when compared to the single most abundant  
157 counterpart. This partial and inconsistent correlation indicates that the relationship  
158 between tRNA availability and codon usage frequency is not universal. Thus, while  
159 tRNA abundance may contribute to the effect of some rare codons, it cannot be the  
160 sole or primary determinant of translation efficiency across all such codons.

161 Furthermore, given potential variations in transcription and turnover, whether

162 genomic tRNA copy number serves as a reliable proxy for functional cellular  
163 abundance requires careful examination. Therefore, direct measurement of cellular  
164 tRNA levels is indispensable for conclusively evaluating the role of tRNA availability  
165 in rare codon-mediated regulation.

166 Despite advances in omics technologies, comprehensive tRNA profiling remains  
167 challenging due to their short length, high sequence similarity, extensive  
168 modifications, and complex secondary structures (27). Recent application of  
169 modification-induced misincorporation tRNA sequencing (mim-tRNAseq) to hiPSCs,  
170 HEK293T, and K562 cells enabled precise quantification (28). Re-analysis of this  
171 data revealed that, except for TCG (Ser; decoded by tRNA-CGA) and TTA (Leu;  
172 tRNA-TAA), tRNAs cognate to other rare codons generally showed intermediate  
173 abundance among their synonymous groups (Fig. 2B and Supplemental Table 5).  
174 Notably, the tRNAs cognate to the rare arginine codon CGT and the rare isoleucine  
175 codon ATA were, in fact, the most abundant within their respective synonymous  
176 families (Fig. 2C). This pattern remained consistent across stem cell and cancer lines  
177 (Fig. 2D), directly challenging the premise that translation slowing is a general  
178 consequence of cognate tRNA scarcity for rare codons. Having found that neither  
179 genomic distribution nor tRNA availability supports an adaptive regulatory role, we  
180 next asked the most direct question: do rare codons, even at high density, intrinsically  
181 limit translation rates in a living eukaryotic cell?

### 182 **Direct Experimental Assessment Reveals Minimal Impact of Rare Codon Load** 183 **on Translation Kinetics**

184 To definitively and experimentally validate whether rare codons act as autonomous  
185 determinants of translation speed, we employed a falsifiability-based approach: if  
186 substantially increasing rare codon frequency yields no measurable effect on  
187 translation, it would provide direct evidence against their regulatory role.

188 Prior to experimental perturbation, we first assessed the natural usage of rare codons.  
189 Genomic analysis revealed that, in native coding sequences, rare codons are employed  
190 in fewer than 60% of the available synonymous positions and account for less than  
191 30% of the total CDS length. The mean and median values further demonstrate their

192 limited usage: rare codons constitute only 6.6% (median 6.3%) of human and 6.5%  
193 (median 6.2%) of mouse CDS length, and are used at only 12.6% (median 12.2%) and  
194 12.3% (median 11.9%) of substitutable synonymous positions, respectively (Fig. 3A  
195 and B, Supplemental Table 6 and 7). Building upon this baseline, we then designed  
196 mRNA constructs encoding the bright green and red fluorescent proteins  
197 mNeonGreen and mScarlet3-H, respectively. In particular, mNeonGreen matures  
198 exceptionally fast (in less than 10 minutes) (29), making it ideally suited for real-time  
199 monitoring of protein synthesis due to its rapid and consistent fluorescent kinetics.  
200 For each protein, we generated two distinct variants: a native sequence and a  
201 synonymous version in which approximately 80% of substitutable codons were  
202 replaced with their rare counterparts. This substitution strategy increased the rare  
203 codon content from 1.2% to 32.0% across the entire CDS for mScarlet3, and similarly  
204 from 4.9% to 32.3% for mNeonGreen. When considering only the substitutable codon  
205 positions, the utilization rate of rare codons increased dramatically from 2.86% to  
206 79.1% for mScarlet3 and from 12.5% to 82.7% for mNeonGreen (Fig. 3C,  
207 Supplemental 2A and Supplemental Table 8).

208 Furthermore, unlike conventional plasmid-based transfection or transformation, which  
209 introduces asynchrony and heterogeneity, we microinjected *in vitro*-transcribed  
210 engineered mRNA directly into the cytoplasm of mouse embryos. This method  
211 circumvents variable plasmid uptake and transcription, ensuring synchronous  
212 translation initiation across a homogeneous cell population and providing a clean,  
213 physiologically relevant system for precise measurement. Crucially, measurements of  
214 the mNeonGreen and mScarlet3-H translation dynamics revealed no significant  
215 difference between the increased rare-codon and native versions (Fig. 3D, E,  
216 Supplemental 2B, C, and Supplemental Video1, 2).

217 These results demonstrate that even a substantial artificial increase in rare codon load  
218 has negligible effects on translation efficiency, providing direct experimental evidence  
219 that rare codons are not intrinsic limiters of translation speed in this mammalian  
220 system.

221

## 222 **Discussion**

223 Our integrated analysis leads to a revised paradigm: rare codons in mammalian  
224 genomes are primarily passive byproducts of genome evolutionary constraints, not  
225 adaptive translators of protein synthesis efficiency. This conclusion is supported by  
226 the congruence of rare codon distribution with genomic sequence biases, the lack of  
227 consistent correlation with tRNA scarcity, and most definitively, experimentally  
228 saturating mRNAs with rare codons fails to alter translational kinetics or protein  
229 production, in sharp contrast to the predictions of the prevailing model.

230 The foundational support for codon-centric regulation originated largely from seminal  
231 studies in bacterial systems (30-33). A classic example is the heterologous expression  
232 of mammalian genes in bacteria, where codons common in the donor organism are  
233 often rare in the host, frequently leading to reduced protein yield or misfolding. These  
234 defects are typically rescued by synonymously optimizing the gene sequence to match  
235 bacterial codon preferences (30, 31, 34). A critical caveat, however, is the  
236 fundamental mechanistic divergence in translation between prokaryotes and  
237 eukaryotes (35, 36). This divergence results in a different rate-limiting step, enabling  
238 a much faster elongation velocity in prokaryotes (10–20 aa/s) compared to eukaryotes  
239 (3–8 aa/s), a disparity of approximately 2- to 6-fold (37, 38). In eukaryotes,  
240 translation initiation constitutes a complex, rate-limiting process governed by the  
241 assembly of numerous initiation factors, contrasting sharply with the more  
242 streamlined bacterial system (39-41). Consequently, while codon usage robustly  
243 influences elongation kinetics and co-translational folding in bacteria, its regulatory  
244 impact in eukaryotes is likely attenuated or functionally distinct. This is because the  
245 slow initiation rate may overshadow codon-mediated effects during elongation as the  
246 primary determinant of overall translation efficiency.

247 Our model does not preclude that codon choice can influence gene expression, but it  
248 redirects the primary mechanistic focus. The effects of synonymous variants,  
249 including those introducing rare codons, may manifest predominantly through impacts  
250 on transcription, mRNA stability, or splicing processes sensitive to nucleotide  
251 sequence, rather than through translation elongation per se. Future investigations

252 should therefore prioritize the context of rare codons, such as their clustering or  
253 positioning within structural motifs, to understand their potential roles in these  
254 alternative regulatory layers.

255 By repositioning rare codons from active regulators to genomic bystanders, this model  
256 resolves some long-standing empirical and mechanistic contradictions, such as the  
257 inconsistency of Ribo-seq data, which shows poor reproducibility in ribosomal  
258 pausing sites and weak correlations between codon usage and elongation rates (42,  
259 43). Furthermore, this paradigm shift opens new avenues for interpreting genetic  
260 variation and designing synthetic genes.

261 While the fundamental blueprint for health and disease is encoded in the genome, the  
262 ability to fully decipher this information is still a central challenge. Advances in omics  
263 technologies have begun to address this gap, enabling the systematic elucidation of  
264 how genetic variations influence physiological and pathological states. In particular,  
265 the role of single-nucleotide variants (SNVs) in human health and disease has been  
266 increasingly clarified (8, 44). Among these, however, the functional impact of  
267 synonymous variants, which represent the most abundant class of SNVs, is often  
268 complicated by contradictory evidence (45-47). Our finding that rare codons exert  
269 minimal influence on translation efficiency offers a key insight that helps resolve  
270 some of these contradictions.

271 Furthermore, mRNA therapy, which operates by instructing the body's own cells to  
272 produce proteins capable of preventing or treating a broad spectrum of diseases, from  
273 infectious diseases to cancers, is currently undergoing rapid development (48, 49). A  
274 central objective in its development is the optimization of mRNA sequences to  
275 maximize protein yield while minimizing the amount of mRNA required. Since rare  
276 codons have traditionally been thought to constrain translational efficiency, current  
277 mRNA optimization strategies generally prioritize the avoidance of such codons (5,  
278 50). Our results challenge this rationale, demonstrating that rare codons do not pose a  
279 significant limitation. Importantly, as mRNA-based therapeutics bypass the  
280 constraints of genome stability and transcription regulation in cell, the optimization  
281 focus can be directed specifically toward enhancing translation efficiency and mRNA

282 stability. This finding substantially expands the design possibilities for therapeutic  
283 mRNAs, enabling the engineering of molecules with superior *in vivo* stability,  
284 translational efficiency and fidelity, and low immunogenicity. Notably, for  
285 recombinant protein production in non-mammalian systems such as bacteria and  
286 engineered yeasts, where the impact of rare codon usage is well-documented, the  
287 conventional codon optimization strategies, including rare codon avoidance, remain  
288 fully applicable and effective.

289 Collectively, our study demonstrates that rare codons in eukaryotes primarily arise as  
290 passive byproducts of genomic and evolutionary constraints, rather than serving as  
291 direct regulators of protein translation efficiency. This revised view not only  
292 consolidates previously conflicting genomic and experimental data but also provides a  
293 clearer foundation for future research into the complex interplay between genome  
294 architecture, RNA biology, and phenotypic expression.

295

## 296 **Materials and Methods**

### 297 **CDSs Acquisition and Processing**

298 To obtain a high-confidence set of human protein-coding sequences (CDS), we  
299 utilized the Matched Annotation from NCBI and EMBL-EBI (MANE) dataset  
300 (Release 1.4) (51), downloaded from  
301 [https://ftp.ncbi.nlm.nih.gov/refseq/MANE/MANE\\_human/release\\_1.4/](https://ftp.ncbi.nlm.nih.gov/refseq/MANE/MANE_human/release_1.4/). This dataset  
302 provides a manually curated, genome-wide set of representative transcripts with a  
303 one-to-one correspondence between NCBI RefSeq and Ensembl gene annotations,  
304 ensuring high-quality, well-supported sequences. A custom Python script was  
305 employed to parse the FASTA files and extract the canonical CDS for each transcript.  
306 The script processed the sequence records, extracting the CDS based on annotated  
307 coordinates and filtering for valid, unique coding sequences. From the initial dataset,  
308 this procedure yielded a final, non-redundant set of 19,352 high-quality CDS  
309 entries for subsequent analysis.

310 To establish a non-redundant set of CDSs for the mouse (*Mus musculus*) genome,  
311 transcripts were sourced from the NCBI RefSeq database  
312 (<https://www.ncbi.nlm.nih.gov/datasets/gene/>). A custom Python script was then  
313 employed to select a single representative isoform per gene using a hierarchical  
314 prioritization strategy. The algorithm first grouped all transcripts by gene identifier,  
315 parsed from filenames. For each gene, it preferentially selected the longest  
316 experimentally validated transcript (NM\_ accession) to prioritize high-confidence  
317 annotations. In the absence of an NM\_ isoform, the longest predicted model (XM\_  
318 accession) was chosen. This approach, which uses file size as a proxy for CDS length  
319 to favor the most comprehensive sequence, effectively generated a canonical  
320 transcript set by systematically resolving isoform redundancy. Ultimately, from an  
321 initial pool of 98,888 CDS sequences, the filtration process yielded a final set of  
322 22,410 canonical transcripts, ensuring each gene was represented by its most reliable  
323 and complete protein-coding sequence for subsequent analysis.

### 324 **Genome Sequence Acquisition and Processing**

325 Complete, telomere-to-telomere (T2T) genome assemblies were obtained for both

326 human and mouse from the NCBI database. For human (*Homo sapiens*), we used the  
327 T2T-CHM13v2.0 assembly (accession GCF\_009914755.1), downloaded from:

328 [https://ftp.ncbi.nlm.nih.gov/genomes/all/GCF/009/914/755/GCF\\_009914755.1\\_T2T-](https://ftp.ncbi.nlm.nih.gov/genomes/all/GCF/009/914/755/GCF_009914755.1_T2T-CHM13v2.0/GCF_009914755.1_T2T-CHM13v2.0_genomic.fna.gz)  
329 [CHM13v2.0/GCF\\_009914755.1\\_T2T-CHM13v2.0\\_genomic.fna.gz](https://ftp.ncbi.nlm.nih.gov/genomes/all/GCF/009/914/755/GCF_009914755.1_T2T-CHM13v2.0_genomic.fna.gz)

330 For mouse (*Mus musculus*), we employed the T2T\_mhaESC\_v1.0 assembly  
331 (accession GCA\_050437135.1), available at:

332 [https://ftp.ncbi.nlm.nih.gov/genomes/all/GCA/050/437/135/GCA\\_050437135.1\\_T2T](https://ftp.ncbi.nlm.nih.gov/genomes/all/GCA/050/437/135/GCA_050437135.1_T2T_mhaESC_v1.0/GCA_050437135.1_T2T_mhaESC_v1.0_genomic.fna.gz)  
333 [\\_mhaESC\\_v1.0/GCA\\_050437135.1\\_T2T\\_mhaESC\\_v1.0\\_genomic.fna.gz](https://ftp.ncbi.nlm.nih.gov/genomes/all/GCA/050/437/135/GCA_050437135.1_T2T_mhaESC_v1.0_genomic.fna.gz)

334 These complete, gap-free genome assemblies provide the most comprehensive  
335 reference sequences currently available for their respective species. The genomic data  
336 were processed using a standardized pipeline that included quality control checks,  
337 sequence validation, and annotation mapping to ensure data integrity prior to  
338 downstream analyses.

### 339 **Codon Frequency Analysis in CDSs and Tri-Nucleotide Frequency Analysis in** 340 **Genome**

341 The CDS-based analysis extracts codon usage patterns from protein-coding regions.  
342 Sequences are processed in strict three-base increments starting from the first  
343 nucleotide position, maintaining the correct reading frame throughout. Each CDS  
344 sequence is divided into non-overlapping triplets corresponding to actual codons,  
345 ensuring that every codon is counted exactly once in its functional context. This  
346 approach reflects the biological reality of translation where ribosomes read mRNA  
347 sequences in consecutive, non-overlapping groups of three nucleotides.

348 In contrast, the genome-wide analysis scans entire chromosome sequences using a  
349 sliding window approach where every possible three-base combination is counted  
350 regardless of reading frame position. Each nucleotide serves as the starting point for a  
351 triplet count, meaning that the analysis effectively performs three separate scans: one  
352 starting from each of the first three nucleotide positions. This results in overlapping  
353 counts where the same genomic region contributes to multiple triplet occurrences,  
354 providing a comprehensive background frequency without reading frame constraints.

355 The fundamental difference lies in the counting strategy: CDS analysis uses

356 frame-specific, non-overlapping codon counting that mirrors biological translation,  
357 while genomic analysis employs frame-agnostic, overlapping triplet counting that  
358 captures all possible three-base combinations across the entire genome.

### 359 **Source of tRNA Data**

360 Cognate tRNA gene copy numbers for human and mouse were obtained from the  
361 Genomic tRNA Database (GtRNAdb; <http://gtRNAdb.ucsc.edu/>), which provides  
362 comprehensive tRNA gene predictions generated by tRNAscan-SE analysis of  
363 complete genomes.

364 Experimentally measured tRNA abundances in hiPSCs, HEK293T, and K562 cells  
365 were derived from Supplementary Table 1 of the study by Behrens et al. (28), which  
366 employed mim-tRNAseq for high-resolution quantitative profiling of tRNA  
367 abundance and modification status in eukaryotes.

### 368 **Plasmid Construction and mRNA Preparation**

369 Gene sequences for mNeonGreen and mScarlet3 were obtained from VectorBuilder.  
370 To generate high rare-codon variants, we redesigned the coding sequences by  
371 substituting alternative codons with their rare counterparts. Importantly, to circumvent  
372 potential adverse effects on transcription, mRNA stability, or translation that could  
373 arise from consecutive rare codons, we deliberately avoided introducing stretches of  
374 adjacent rare codons. Consequently, not all substitutable codons were replaced. For  
375 mNeonGreen, 86 of 104 substitutable codons were replaced, increasing the utilization  
376 rate of rare codons at substitutable positions from 12.5% to 82.7%. For mScarlet3, 83  
377 of 105 substitutable codons were replaced, increasing this rate from 2.86% to 79.1%  
378 (see Supplemental Table 8 for the detailed sequences). Notably, even with this  
379 conservative design approach, the resulting rare codon utilization rate in both  
380 engineered mRNAs substantially exceeds the maximum rate observed at substitutable  
381 positions in any endogenous human or mouse coding sequence, which is less than  
382 57.14% (Supplemental Tables 6 and 7).

383 All sequences were synthesized and cloned into the pAZ-RNA-14 vector (RN2640)  
384 by Suzhou Genewiz Biotechnology Co. Ltd. (Suzhou, China). Constructs contained  
385 defined 5'-UTR and 3'-UTR/polyA sequences (see Supplemental Table 8). Plasmids

386 were linearized with BspQI, and mRNAs were synthesized *in vitro* using T7 RNA  
387 polymerase, followed by purification and lyophilization. mRNA powders were stored  
388 at  $-80^{\circ}$  C until use.

### 389 **mRNA Microinjection and Live-cell Fluorescence Microscopy**

390 All animal studies in this project were approved by the Ethics Committee of  
391 Guangdong Second Provincial General Hospital (Approval No.  
392 2025-DW-KZ-121-01). Female and male C57BL/6J mice (8 weeks old; Beijing  
393 Huafukang Bioscience, Beijing, China) were housed in the animal facility of  
394 Guangdong Second Provincial General Hospital under a 12-hour light/dark cycle.  
395 Female mice were superovulated by intraperitoneal injection of 10 IU PMSG (Ningbo  
396 Animal Hormone Factory), followed by 10 IU hCG (Ningbo Animal Hormone  
397 Factory, Ningbo, China) 48 hours later, and then paired with males. Fertilized  
398 embryos were collected approximately 30 hours after hCG injection.

399 Lyophilized mRNA was reconstituted in nuclease-free water to a stock concentration  
400 of  $1 \mu\text{g}/\mu\text{L}$ , aliquoted into  $1 \mu\text{L}$  volumes, and stored at  $-80^{\circ}$  C until use. For  
401 microinjection, mRNA stock was diluted to  $300 \mu\text{g}/\mu\text{L}$  in nuclease-free water.  
402 Embryos were injected in room temperature medium using a Piezo-driven  
403 microinjection system (PiezoXpert, Eppendorf). Immediately after injection, embryos  
404 were transferred to a Tokai Hit stage-top incubation chamber mounted on a Leica  
405 Stellaris 8 Falcon Flim Microscope, maintained at  $37^{\circ}\text{C}$  and  $5\% \text{CO}_2$ . Fluorescence  
406 imaging was performed at 5-minute intervals for 1 hour for real-time monitoring of  
407 protein synthesis.

### 408 **Data Analysis**

409 Fluorescence signal quantification was performed using the proprietary image  
410 analysis toolkit integrated with the Leica SP8 FALCON confocal microscope system.  
411 For each experimental condition, quantification was conducted across three  
412 independent biological replicates. Statistical analysis was performed using a  
413 two-tailed unpaired Student's t-test. Data are presented as mean  $\pm$  standard error of  
414 the mean (s.e.m.), with P-values used to assess the significance of observed

415 differences between experimental groups.

416

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421 Provincial General Hospital (2024D004).

## 422 References

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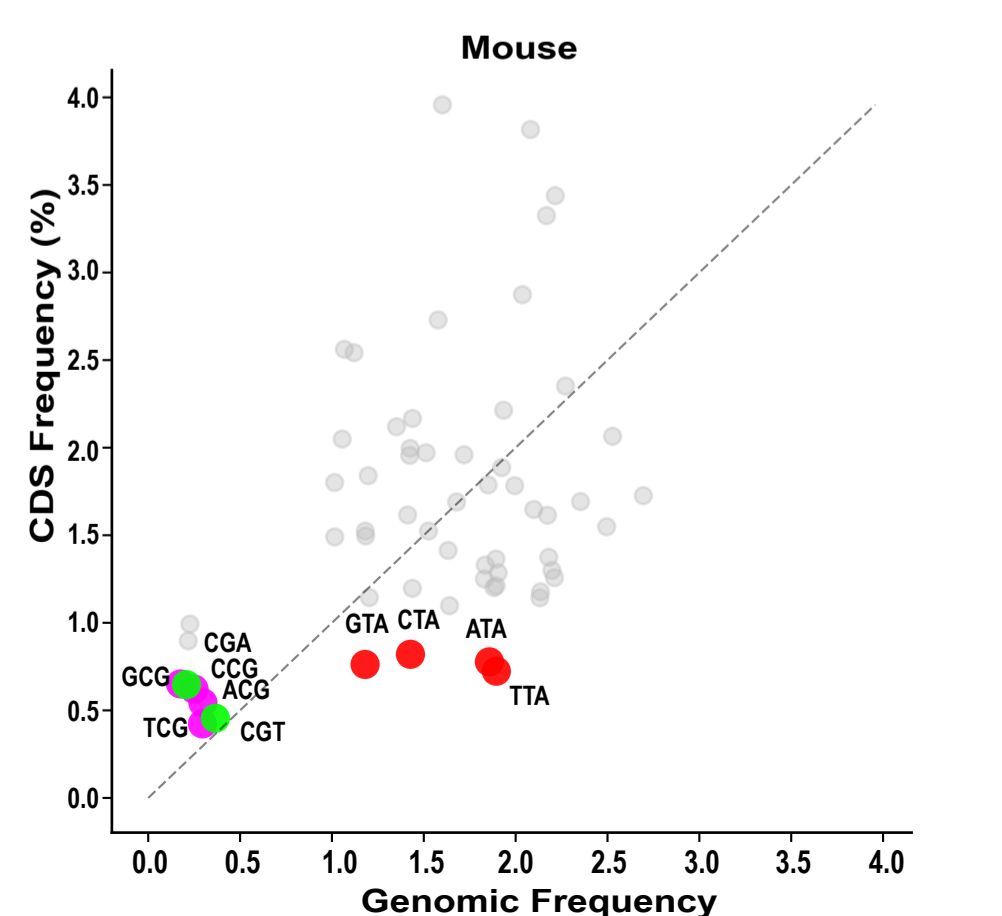
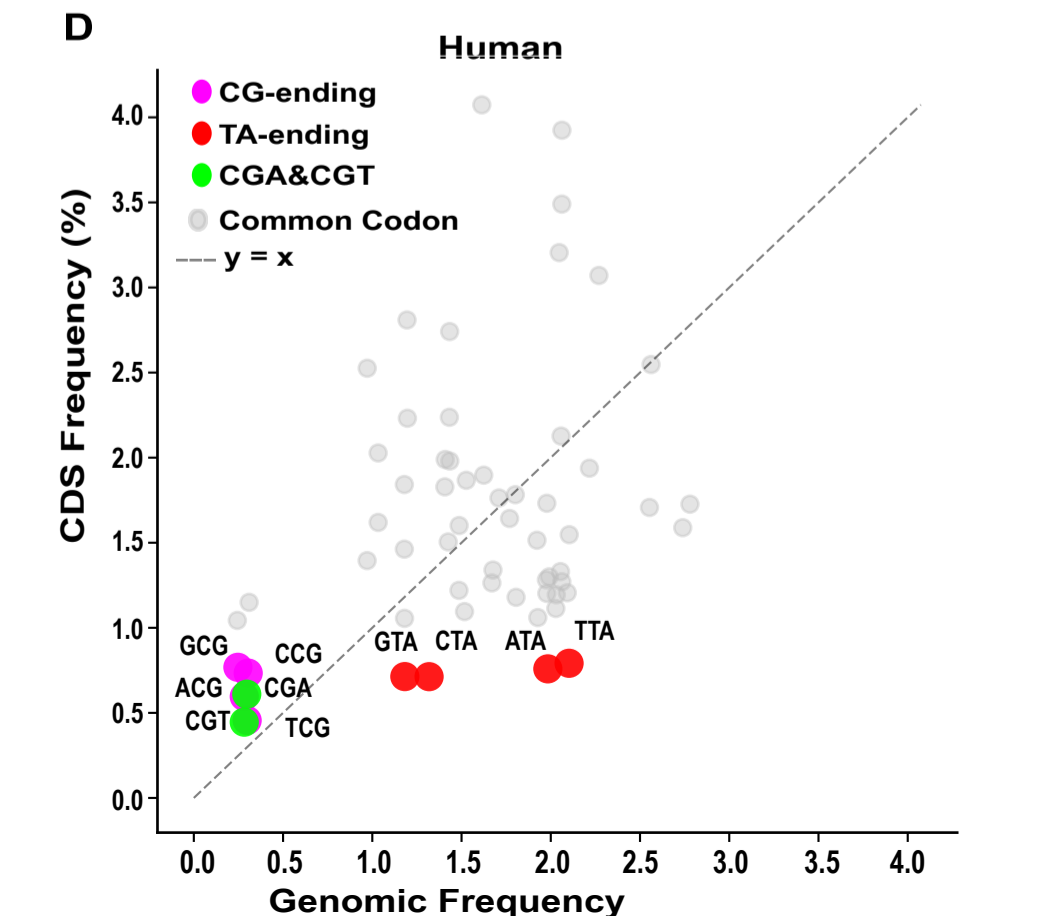
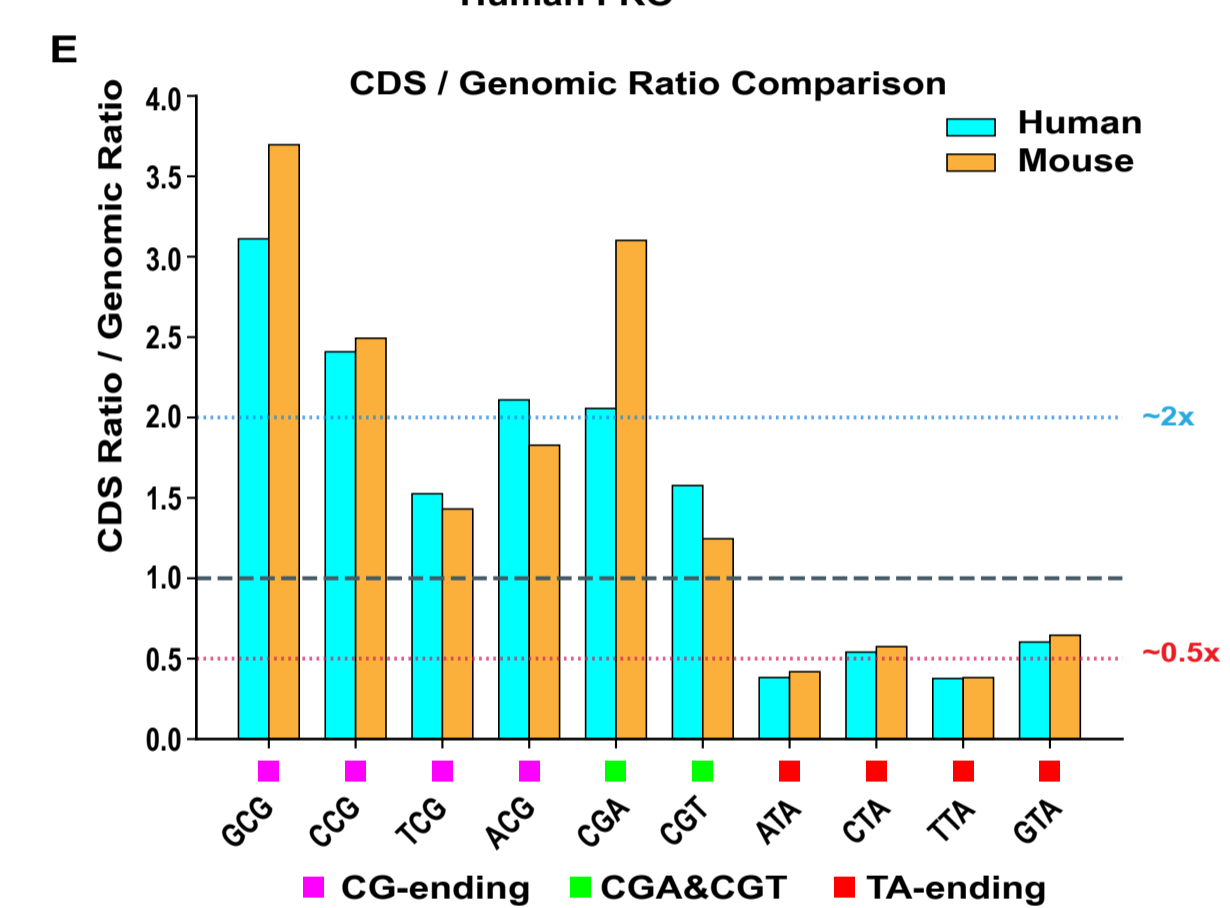
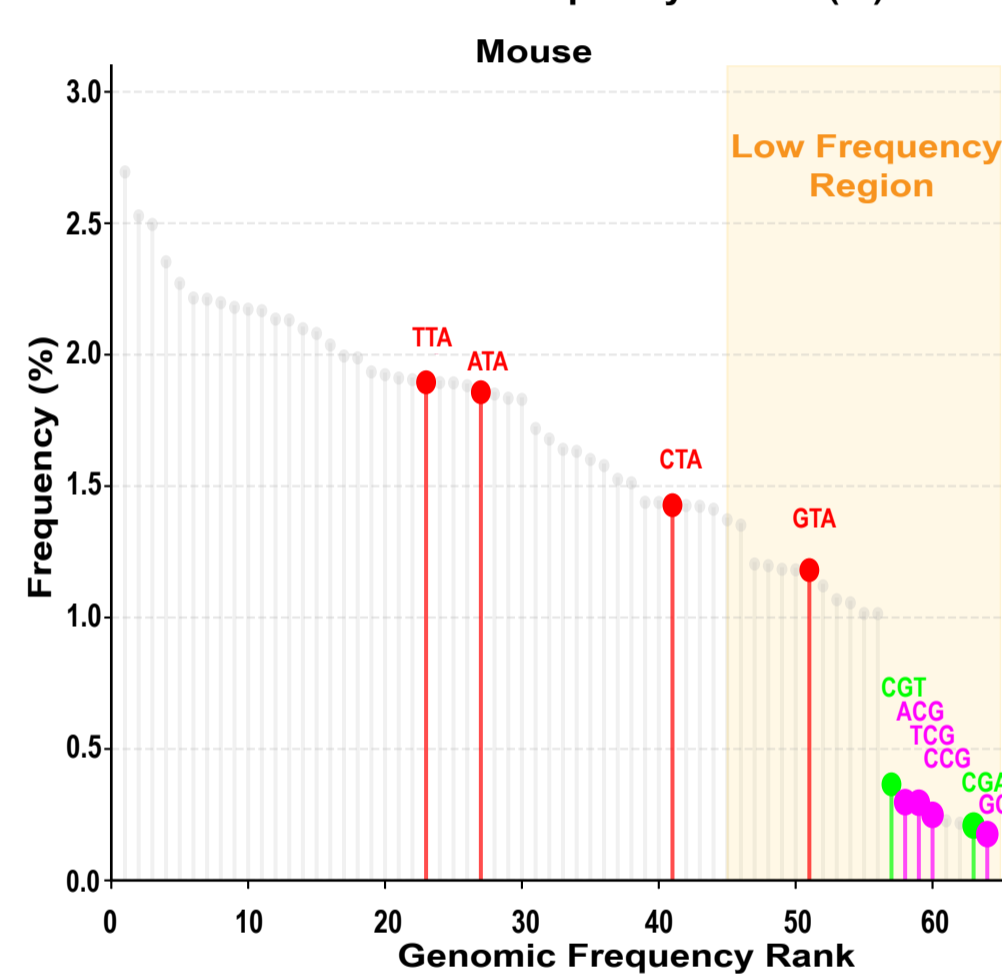
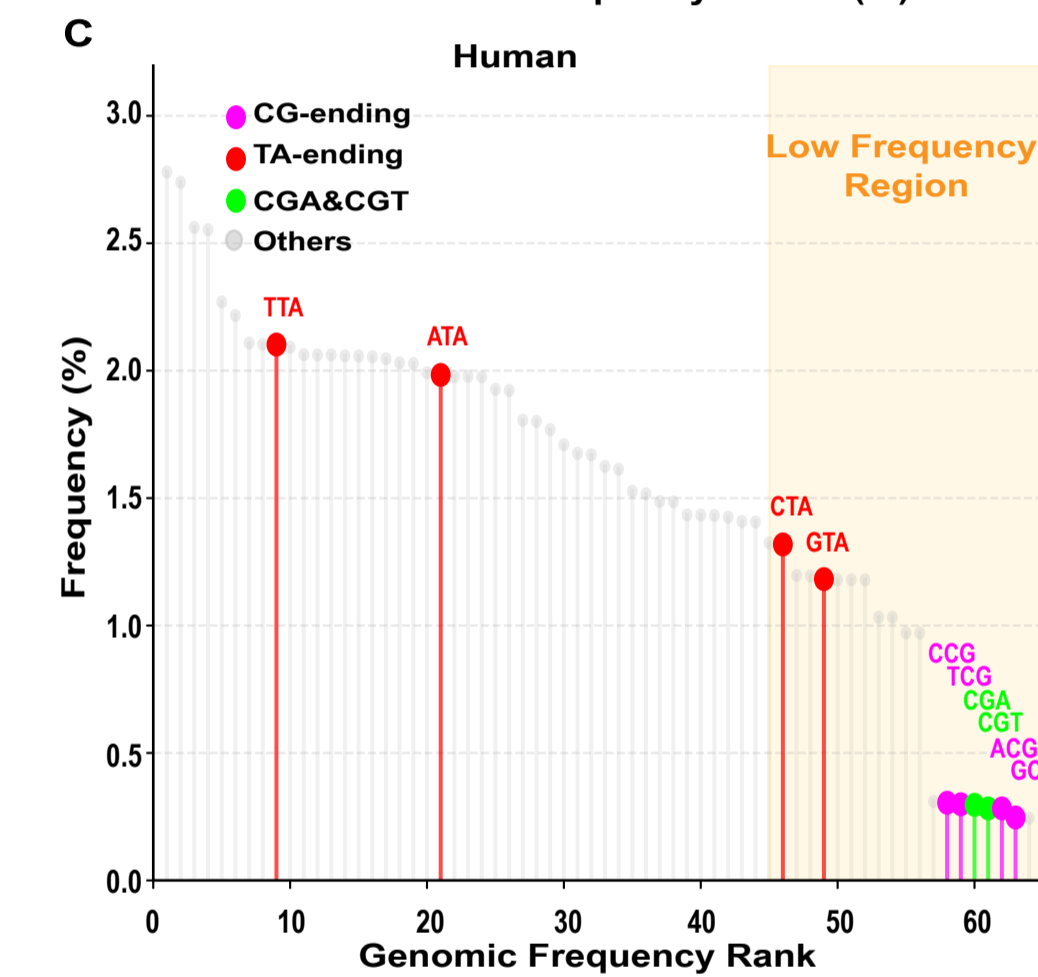
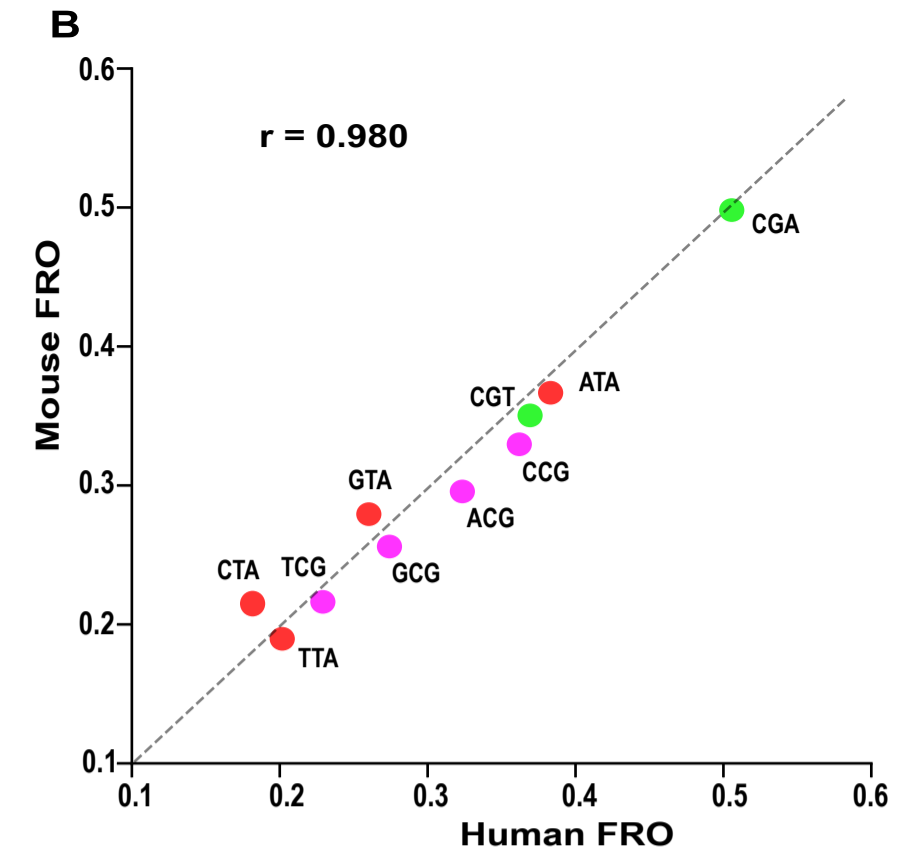
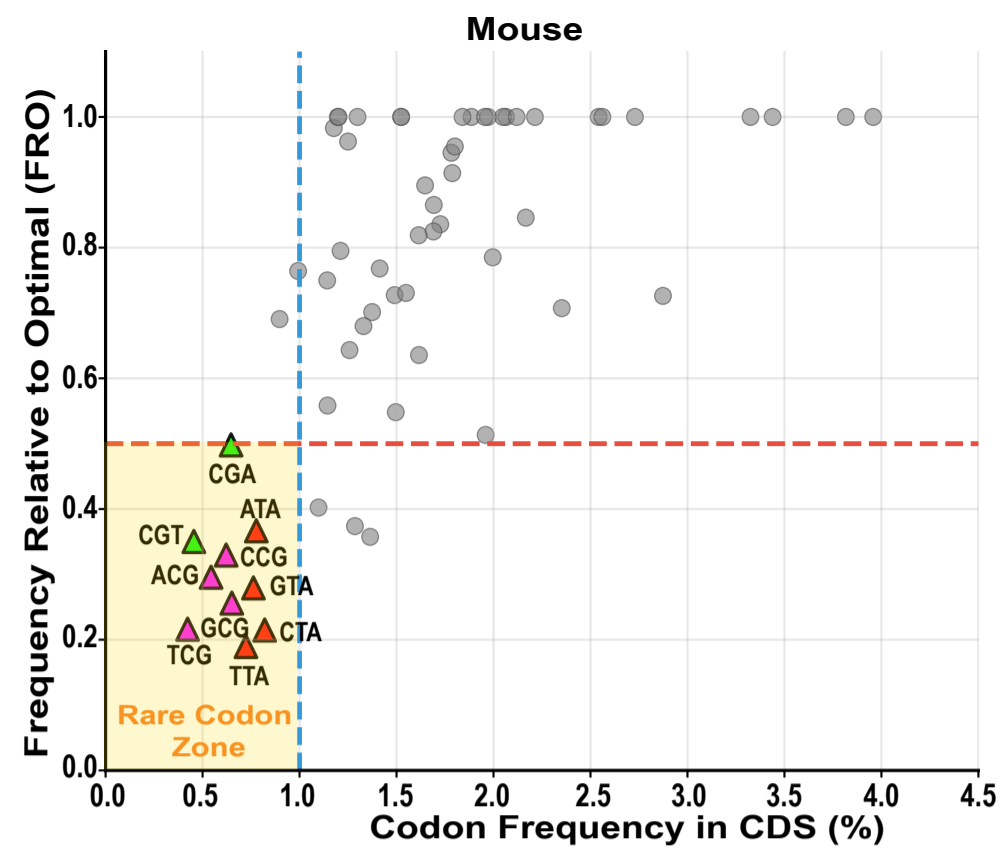
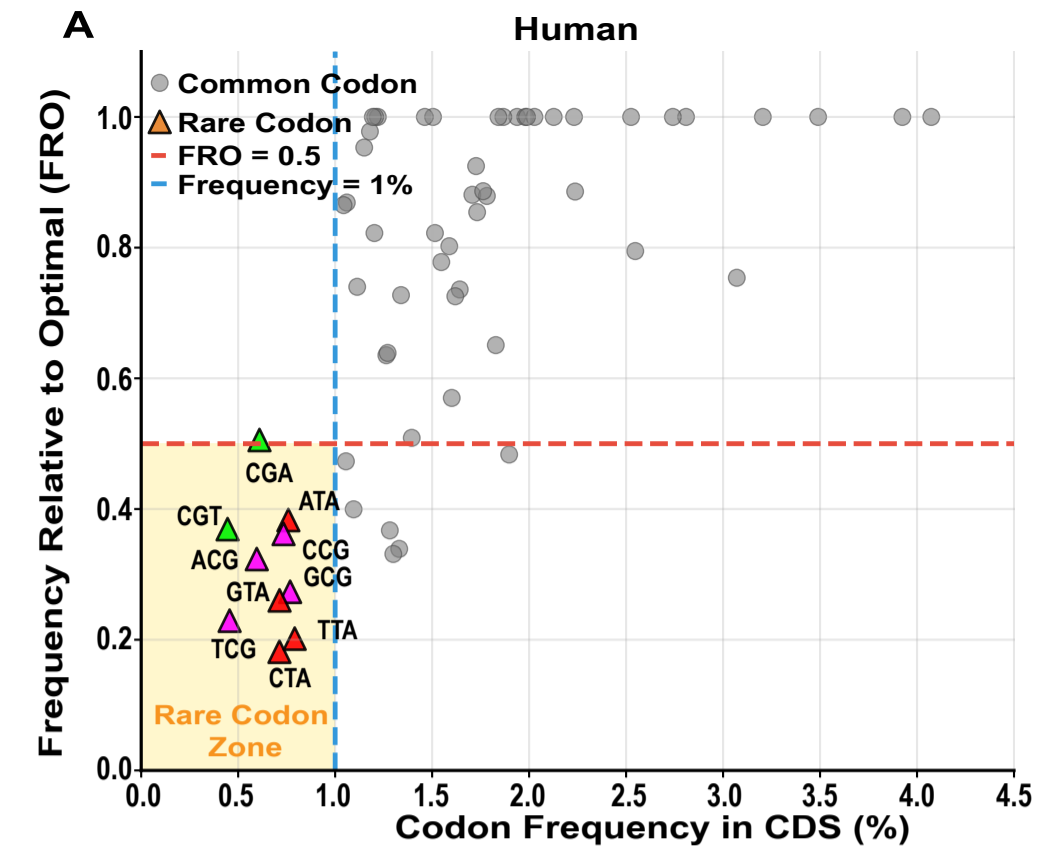
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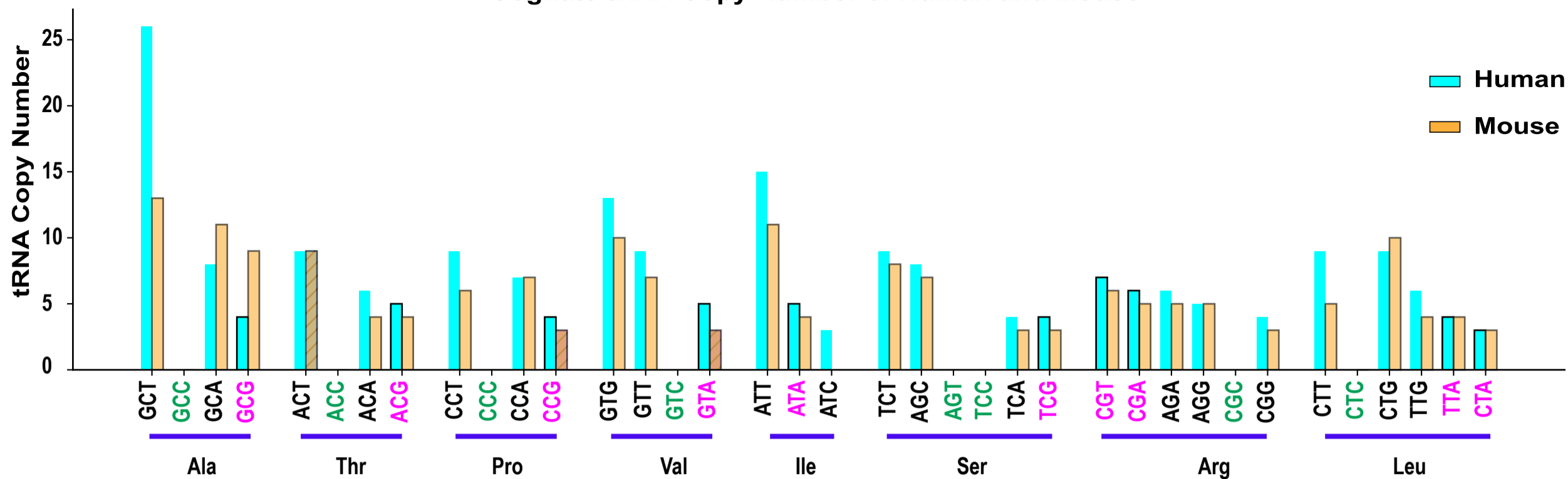
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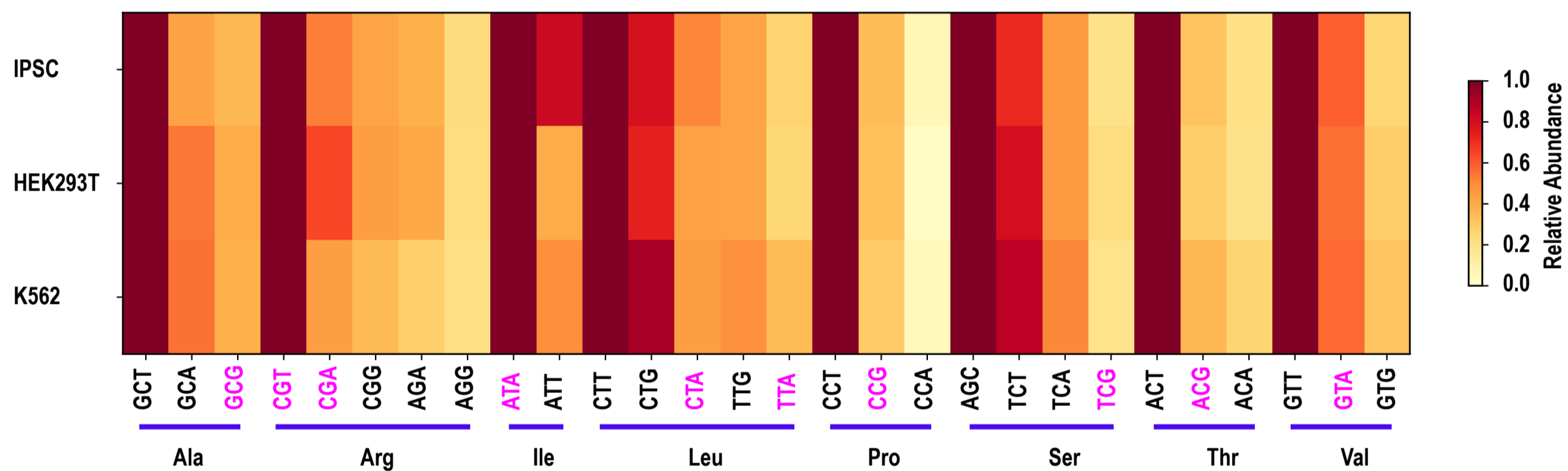
A

Cognate tRNA Copy Number of Human and Mouse



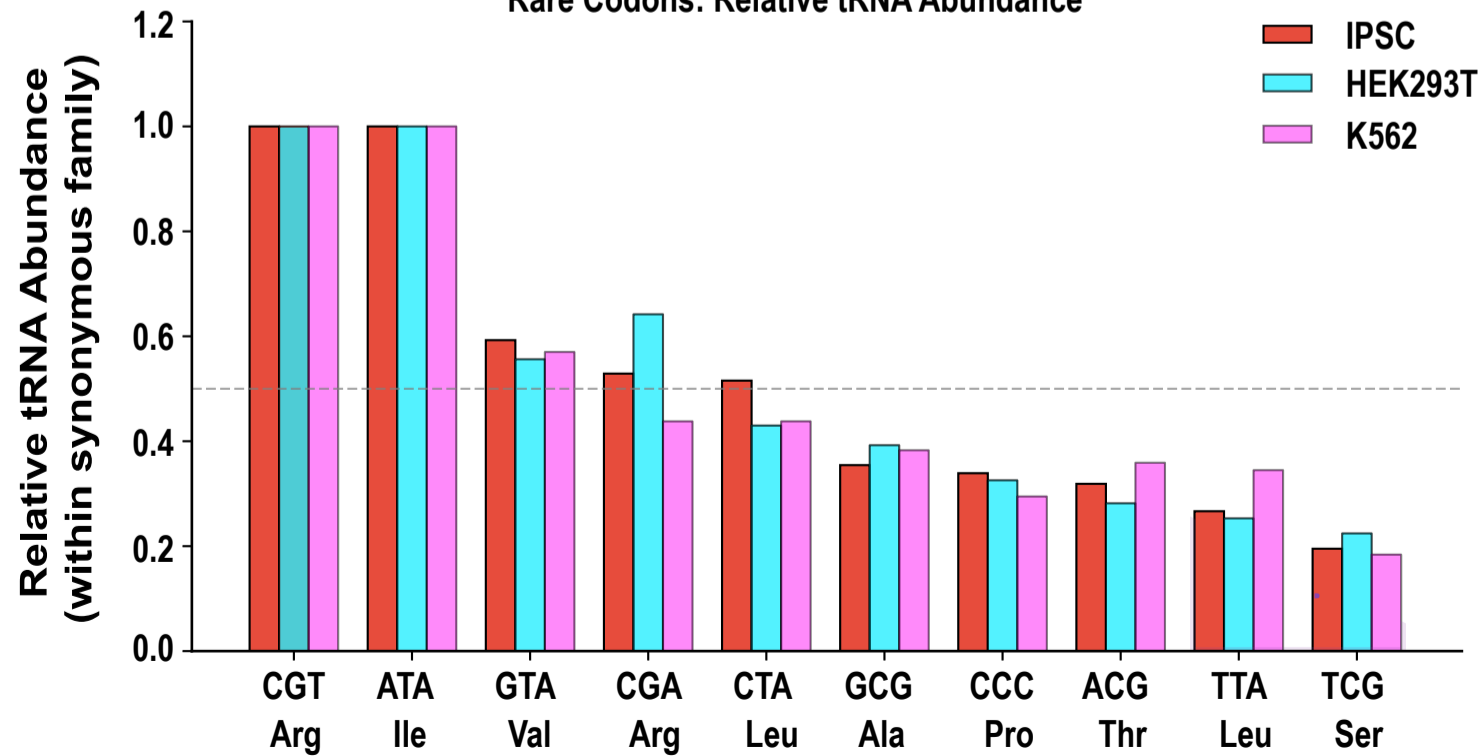
B

mim-tRNAseq: Relative tRNA Abundance Across Cell Lines



C

Rare Codons: Relative tRNA Abundance



D

Cell Line Correlation

