

protein	location	diffusion rate	fold slower
GFP	water	$87.0 \pm 2.0$	n.a.
GFP	cytoplasm <i>E. coli</i>	$8.0 \pm 2.3$	~10 X
GFP over produced	cytoplasm <i>E. coli</i>	$3.6 \pm 0.7$	~24 X
GFP + protein with sugar	cytoplasm <i>E. coli</i>	$2.5 \pm 0.6$	~35 X
GFP	periplasm <i>E. coli</i>	$2.6 \pm 1.2$	~33 X
GFP + membrane protein	membrane <i>E. coli</i>	$0.13 \pm 0.03$	~669 X