

**Table S1** The relationship between  $m_0$  (cathode + Al weight) and  $m_f$  (Al foil)

Size (cm <sup>2</sup> )	$m_0$ (g)	$m_f$ (g)
1.1 × 0.6	0.0328	0.0047
1.2 × 0.8	0.0393	0.0054
1-1.1 × 1.2	0.0518	0.0083
2.55 × 2.6	0.2658	0.0352
3.1-3.4 × 3.2-3.9	0.3523	0.0464