

**Table S1.** Particle size distribution of 0.02% and 0.2% nMH.

	D10 (nm)	D50 (nm)	D90 (nm)
0.02% nMH	66	98	178
0.2% nMH	61	101	172

D10, 50, and 90; The portion of particles with diameters smaller than this value is 10% , 50%, and 90%, respectively.