#### Supporting Information

#### Soft, strong, tough, and durable bio-hydrogels via maximizing elastic entropy

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Figure S1. Biomechanical tests and measurement of maximum energy density. (C) To measure the maximum energy density, samples were loaded in creep-fatigue at 1 Hz until failure or for 20 hrs. (D) Samples showed creep behaviors when the applied stress was above critical point  $\sigma_m$ : the peak strain increased with loading cycles, and samples eventually ruptured. The peak strain stabilized with loading cycles and maintained stable when the applied stress is below the critical point (E) The maximum energy density  $W(\sigma_m)$  is the area under the strain-stress curve when samples were loaded at their critical stress  $\sigma_m$ . (F) Creep-fatigue tests of purified elastin, elastin samples could sustain a creep stress up to 50% of their ultimate tensile stress (UTS), giving a maximum energy density as large as 0.12 MJ m<sup>-3</sup>. (G) Creep-fatigue tests of isolated collagen, collagen samples could only sustain a creep stress around 15% of their UTS, giving a maximum energy density less than 0.03 MJ m<sup>-3</sup>.



**Figure S2. Deconvoluted FTIR amide I band** of (**A**) unloaded elastin and (**B**) elastin after having been loaded in creep-fatigue to 50% of their UTS for 20 hours, (**C**) unloaded collagen and (**D**) collagen after having been creep-fatigue loaded to 15% of their UTS for 20 hours.



Figure S3. Stress-strain curves of MHEG prepared from different energy states.



**Figure S4. Kitchen table version of fabrication process.** (**A**) A PCL shell was produced by melting PCL pellets and then molding and rolling them into hollow tubes. (**B**) The gelatin loaded PCL tube was first melted by heating to 65 °C and then repeatedly stretched and folded. (**C**) The solidified PCL was dissolved in acetone, and the retrieved fibers were crosslinked with glutaraldehyde in methanol overnight.