

Supplementary Table 1

Alginate	%M/G	MW (Da)
MVG	>60% G	>200,000
MVM	>50% M	>200,000
LVG	>60% G	75,000-200,000
LVM	>50% M	75,000-200,000
VLVG	>60% G	<75,000
VLVM	>50% M	<75,000
G Blocks	100% G	5,000-10,000
M Blocks	100% M	5,000-10,000