

# 1 SUPPLEMENTARY INFORMATION

## 2 **Criteria for edge selection in EFTEM elemental mapping**

3 An element can have several ionization edges, some being major edges and others being  
4 minor edges. For example, cerium (Ce) has major edges at onset of 20 eV ( $O_{2,3}$ ), 110 eV  
5 ( $N_{4,5}$ ), 883 eV ( $M_5$ ) and 901 eV ( $M_4$ ); minor edges at onset of 207 eV ( $N_{2,3}$ ), 290 eV ( $N_1$ ),  
6 1185 eV ( $M_3$ ), 1273 eV ( $M_2$ ) and 1435 eV ( $M_1$ )<sup>45</sup>. The edge onset energy can vary by  
7 about (-2 eV, +7 eV) due to bonding effects called chemical shifts, in addition to the  
8 spread due to chromatic aberration of the imaging system, which can range from few eV  
9 to tens of meV depending on the instrument<sup>2</sup>. The edge that is selected for elemental  
10 mapping/quantification needs to fulfill certain requirements. Firstly, the edge should be a  
11 major edge in the range  $\sim 100 - 2000$  eV<sup>3</sup>, the optimum EELS energy region being  
12 within 1000 eV<sup>1</sup>. Secondly, the edge should have a distinct shape, for e.g. a sawtooth or  
13 peaked at threshold like white-line for easy identification<sup>3</sup>. Finally, the edge location (in  
14 eV) should be distinct with no overlapping edge due to other adjacent elements in the  
15 periodic table.

16 For Ce, as described above there are potentially 4 major edges, however the first major  
17 edge  $O_{2,3}$  at 20 eV does not satisfy any of the three conditions. However, using complex  
18 instrumentation like monochromators fitted to a state-of-the-art TEM and with the aid of  
19 mathematical tools such as nonlinear multivariate statistical analysis, ability to  
20 differentiate material compositions based on subtle differences in edge  $< 50$  eV has been  
21 shown<sup>62,63</sup>.

22 The  $N_{4,5}$  edge (see figure 2b and 2d) satisfies the first two conditions, it is a major peak  $>$   
23 100eV and has a sharp and distinct sawtooth shape. However, the  $N_{4,5}$  edge for Ce is at

24 110 eV, and for praseodymium (Pr) it is at 113 eV, and due to the chemical shifts and the  
25 chromatic aberrations of the imaging system, unambiguous identification of the element  
26 solely based on this edge is not possible. The last two of these edges, the  $M_5$  and the  $M_4$   
27 edge are very close to each other (see figure 2a and 2c), and for the purpose of elemental  
28 mapping, they are generally considered together as the  $M_{4,5}$  edge. The  $M_{4,5}$  edge for Ce  
29 has the so called white lines shape, that starts at  $\sim 883$  eV and extends to  $\sim 920$  eV. This  
30 edge is sufficiently separately from the  $M_{4,5}$  edge of Pr, which starts only at  $\sim 931$  eV is  
31 the preferred choice for elemental mapping/quantification. In fact, we have previously  
32 shown a multicolor EM of two astrocyte processes contacting the same synapse, with one  
33 astrocyte being labeled with Cerium conjugated DAB and the other with Praseodymium  
34 conjugated DAB<sup>23</sup>. It should be pointed out that, although the Cerium  $M_{4,5}$  edge is  
35 explicitly separated from the Praseodymium, the extended energy-loss fine structure  
36 (EXELFS) of Ce bleeds into the Pr edge and beyond (see the area shaded in red in figure  
37 2c), this spectral bleed-through has to be mathematically subtracted when maps of  
38 adjacent elements in the periodic table are computed<sup>23</sup>.

39 Alternatively, if there is already a priori information on the elemental composition of the  
40 sample, and the primary purpose of using EELS/EFTEM is not element identification but  
41 localization or distribution of a particular element in the sample, then the criteria for the  
42 edge selection for the particular element can be slightly relaxed. For e.g., if a single  
43 cellular protein/organelle in cells was labeled by the deposition of only one lanthanide  
44 conjugated to diaminobenzidine, and the localization of this protein/organelle is to be  
45 visualized by acquiring an EFTEM elemental map of the specific lanthanide metal, in a  
46 so-called single color EM. In such a scenario, the elemental map for the lanthanide can be

47 potentially acquired on the intermediate-loss region of the N<sub>4,5</sub> edge instead of the high-  
48 loss region of the M<sub>4,5</sub> edge, provided that there are no overlapping edge from any of the  
49 endogenous elements in the sample.

50

## 51 **Synthesis of Ln2-DAB**

52 *2,2'-Dibromo-6,6'-dinitrobenzidine (2)*: 2,2'-dinitrobenzidine (2.7 g, 10 mmol) was  
53 suspended in glacial acetic acid at 100°C with stirring, cooled to room temperature and  
54 bromine (1.13 ml, 22 mmol) in glacial acetic acid (10 ml) was added dropwise. After 30  
55 mins at room temperature, LC-MS showed reaction was incomplete, so an additional 0.5  
56 ml of bromine was added. After 30 min, water (100 ml) was added and the crude product  
57 collected by filtration, air-dried, and boiled in 95% EtOH (100 ml), cooled and re-filtered  
58 to give the product, **2** as an orange powder (2.34 g, 54%). ES-MS (m/z) [M]<sup>+</sup>, [M+ H]<sup>+</sup>  
59 for C<sub>12</sub>H<sub>9</sub>Br<sub>2</sub>N<sub>4</sub>O<sub>4</sub>, 430.9, 432.9. Found, 431.0, 433.0.

60 *Diethyl 2,2'-dinitrobenzidine-2,2'-bis-propenoate, 3*: Compound 2 (1.1 g, 2.5 mmol),  
61 ethyl acrylate (2.5 ml, 23.5 mmol), triethylamine (1 ml, 7.1 mmol). Tri(o-tolyl)  
62 phosphine (30 mg, 0.1 mmol) and palladium acetate (10 mg, 0.045 mmol) suspended in  
63 dry DMF were heated with stirring at 80°C for 3 hours and filtered hot through a glass  
64 sinter. After evaporation to dryness, the solid was suspended in 95% EtOH (50 ml) and  
65 filtered to yield the product as a brick-red solid (1.17 g, 99%). ES-MS (m/z) [M]<sup>+</sup>, [M+  
66 H]<sup>+</sup> for C<sub>22</sub>H<sub>23</sub>N<sub>4</sub>O<sub>8</sub>, 471.1. Found, 471.2.

67 *Diethyl 2,2'-dinitro-N,N'-tetra(t-butyloxycarbonyl)benzidine-2,2'-bis-propenoate, 4*:  
68 Compound 3 (1.0 g, 2.1 mmol) was heated at 50°C in dry DMF (40 ml) with di-t-butyl  
69 carbonate (2.3 g, 10.6 mmol) and DMAP (50 mg, 0.41 mmol) for 3 h. The reaction mix

70 was evaporated and the product purified by silica gel column chromatography by eluting  
71 with 10-25% ethyl acetate-hexane to give an oil (1.69, 92%). ES-MS (m/z)  $[M]^+$ ,  $[M+$   
72  $Na]^+$  for  $C_{42}H_{54}N_4NaO_{16}$ , 893.3. Found, 893.4.

73 *2,2'-Diamino-N,N'-tetra(t-butyloxycarbonyl)benzidine-2,2'-bis-propanoic acid*, 5:  
74 Compound 4 (1.69 g, 1.93 mmol) was hydrogenated in ethyl acetate-ethanol (1:1) with  
75 Pd/C for 6 days at rt and pressure. After filtration and evaporation to dryness, the residue  
76 was dissolved in dioxane (10 ml) and methanol (10 ml) followed by aqueous 1M- NaOH  
77 (3 ml) was then added. After overnight reaction under  $N_2$ , the organic solvents were  
78 removed by evaporation. Water and additional NaOH was then added until all solid was  
79 dissolved. After LC-MS indicated complete saponification, glacial HOAc was added  
80 dropwise to give a precipitate that was collected by filtration after chilling in ice. The  
81 product was dried over  $P_2O_5$  in vacuo overnight to give the desired product as an off-  
82 white solid (1.40 g, 96%). ES-MS (m/z)  $[M]^+$ ,  $[M+ H]^+$  for  $C_{38}H_{55}N_4O_{12}$ , 759.4. Found,  
83 759.4. LC-MS showed 20% of the material has lost one BOC group during  
84 saponification. Tri-BOC, ES-MS (m/z)  $[M]^+$ ,  $[M+ H]^+$  for  $C_{33}H_{47}N_4O_{10}$ , 659.3. Found,  
85 659.3.

86 *2,2'-Diamino-N,N'-tetra(t-butyloxycarbonyl)benzidine-2,2'-bis-(propanoic succinimidyl*  
87 *ester)*, 6: Compound 5 (1.40 g, ~2 mmol), N-hydroxysuccinimide (0.58 g, 5 mmol) and  
88 N-ethyl-N'-(3-dimethylaminopropyl)carbodiimide (EDC; 0.96 g, 5 mmol) were  
89 dissolved in dry DMF and kept overnight at room temperature. The desired products  
90 (tetra and tri-Boc) were purified by prep RP-HPLC using a water-acetonitrile-0.05%  
91 trifluoroacetic acid gradient and lyophilization of the immediately frozen fractions. Yield  
92 of off-white powder, 1.14 g (60%). Tetra-Boc, ES-MS (m/z)  $[M]^+$ ,  $[M+ H]^+$  for

93 C<sub>46</sub>H<sub>61</sub>N<sub>6</sub>O<sub>16</sub>, 953.4. Found, 953.4. Tri-Boc, ES-MS (m/z) [M]<sup>+</sup>, [M+ H]<sup>+</sup> for  
94 C<sub>41</sub>H<sub>53</sub>N<sub>6</sub>O<sub>14</sub>, 953.4. Found, 953.4.

95 *N-(N-2-aminoethylacetamido)-ethanediamine-N,N',N'-triacetic acid*, 7. EDTA free acid  
96 (161 mg, 0.55 mmol) was heated in dry DMSO (4 ml) under nitrogen with a heat gun  
97 until dissolved. After cooling to room temperature, EDC (106 mg, 0.55 mmol) was added  
98 with stirring. After 30 min, N-hydroxysuccinimide (63 mg, 0.55 mmol) was added  
99 followed by N-Boc ethylenediamine (174 ul, 1.1 mmol) after an additional 30 min. The  
100 reaction was kept overnight, evaporated to dryness and purified by prep RP-HPLC  
101 eluting with a gradient of water-acetonitrile-0.05% trifluoroacetic acid. Yield, 120 mg  
102 (27%) white solid. ES-MS (m/z) [M]<sup>+</sup>, [M+ H]<sup>+</sup> for C<sub>17</sub>H<sub>31</sub>N<sub>4</sub>O<sub>9</sub>, 435.2. Found, 435.3.

103 The BOC group was removed by dissolving the solid in trifluoroacetic acid for 30 min,  
104 evaporation and lyophilization of the resulting oil from 50% water-acetonitrile-0.05%  
105 trifluoroacetic acid.

106 *Compound 8*; 6 (130 mg, 0.14 mmol) was added to a solution of 7 (150 mg of BOC  
107 derivative cleaved as above, 0.35 mmol) in DMSO (1 ml) with triethylamine (0.24 ml,  
108 1.75 mmol) at room temperature. After 24h, acetic acid (0.25 ml) was added and the  
109 product separated by prep RP-HPLC eluting with a water-acetonitrile-0.05%  
110 trifluoroacetic acid gradient. Lyophilization gave a white solid, 165 mg (84%). ES-MS  
111 (m/z) [M]<sup>+</sup>, [M+ H]<sup>+</sup> for C<sub>62</sub>H<sub>95</sub>N<sub>12</sub>O<sub>24</sub>, 1391.7. Found, 1391.8. Boc groups were  
112 removed by treating with TFA for 15 min at rt followed by immediate evaporation. The  
113 desired product was purified by prep RP-HPLC eluting with a water-acetonitrile-0.05%  
114 trifluoroacetic acid gradient. Lyophilization gave a white solid, 80 mg. ES-MS (m/z)  
115 [M]<sup>+</sup>, [M+ H]<sup>+</sup> for C<sub>42</sub>H<sub>63</sub>N<sub>12</sub>O<sub>16</sub>, 991.4. Found, 992.0. Titration with solutions of CeCl<sub>3</sub>

116 using arsenazo III pH 7.2 as endpoint indicator in 100mM MOPS buffer gave 60% purity  
117 by weight indicating 6 TFA molecules are present in the resulting product.

118 *Ln2-DAB*, 9: To a 2 mg/ml (1.2 mM) solution of 8 in 0.1M sodium cacodylate pH 7.4, 25  
119  $\mu$ l  $\text{LnCl}_3$  (where Ln= La, Ce, Pr, Nd; 100 mM solutions in water, except Nd was a  
120 100mM solution in 0.1N HCl) were added per ml and the pH adjusted to pH 7.4 with  
121 1M-NaOH.

122

### 123 **Sample Preparation**

124 *Mitochondrial matrix-APEX2 labeled with Ce2-DAB (second generation lanthanide*  
125 *DAB) and DAB*

126 HEK293T cells were cultured on imaging plates containing poly-d-lysine coated  
127 glass bottom No. 0 coverslips (P35GC-0-14C, MatTek Corporation). Cells were  
128 transiently transfected with Mitochondrial matrix-APEX2 fusion using Lipofectamine  
129 3000 (Life Technologies). APEX2 was fused to C- terminal fusion of mito matrix<sup>5</sup>. After  
130 16 hours transfection, cells were fixed with 2% glutaraldehyde (18426, Ted Pella  
131 Incorporated) in 0.1M sodium cacodylate buffer, pH 7.4 (18851, Ted Pella Incorporated)  
132 containing 1 mM  $\text{CaCl}_2$  for 5 minutes at 37°C and then on ice for 55 minutes. Fixative  
133 was removed and cells were rinsed with 0.1M sodium cacodylate buffer pH 7.4 (5X1min)  
134 on ice. On a set of plates an enzymatic reaction with 1.2 mM Ce2-DAB with 5 mM  $\text{H}_2\text{O}_2$   
135 (from 30% stock) in 0.1M sodium cacodylate buffer, pH 7.4 containing 1mM  $\text{CaCl}_2$   
136 buffer solution at pH 7.4 for 5 minutes was completed. On a separate control plate of  
137 transfected cells was an enzymatic reaction of 2.5 mM DAB with 5 mM  $\text{H}_2\text{O}_2$  in 0.1M

138 sodium cacodylate buffer, pH 7.4 containing 1 mM CaCl<sub>2</sub> buffer solution at pH 7.4 for 5  
139 minutes. After reactions, all plates of cells were rinsed with 0.1M sodium cacodylate  
140 buffer pH 7.4 (5X1min) on ice and then were posted fixed with 0.100% ruthenium  
141 tetroxide (20700-05, Electron Microscopy Sciences) containing 2 mM CaCl<sub>2</sub> and in 0.1M  
142 sodium cacodylate buffer, pH 7.4 for 20 minutes.

143

144 *MiniSOG-H2B labeled with La2-DAB (second generation lanthanide DAB)*

145 HEK293T cells were cultured on imaging plates containing poly-d-lysine coated glass  
146 bottom No. 0 coverslips (P35GC-0-14C, MatTek Corporation). Cells were transiently  
147 transfected with miniSOG-H2B fusion using Lipofectamine 3000 (Life Technologies).  
148 MiniSOG was fused to N-terminus of H2B. After 16 hours of transfection, cells were  
149 fixed with 2% glutaraldehyde (18426, Ted Pella Incorporated) in 0.1M sodium  
150 cacodylate buffer, pH 7.4 (18851, Ted Pella Incorporated) containing 1 mM CaCl<sub>2</sub> for 5  
151 minutes at 37°C and then on ice for 55 minutes. Fixative was removed, cells were rinsed  
152 with 0.1M sodium cacodylate buffer pH 7.4 (5X1min) on ice and treated for 30 min in  
153 blocking buffer consisting of 50 mM glycine, 10 mM KCN, and 5 mM aminotriazole to  
154 reduce nonspecific back-ground reaction of diaminobenzidine (DAB). Pre-equilibration  
155 with second generation La2-DAB was carried out in 0.1M sodium cacodylate buffer, pH  
156 7.4 containing 1 mM CaCl<sub>2</sub> buffer solution at pH 7.4 that was added to the plates for 30  
157 minutes following filtration with a 0.22 µm Millex 33mm PES sterile filter  
158 (SLGSR33RS, Sigma-Aldrich) at room temperature. Photooxidation was performed by  
159 blowing medical grade oxygen over the La2-DAB solution and cells were illuminated  
160 using a standard FITC filter set (EX470/40, DM510, BA520) with intense light from a

161 150W xenon lamp. Illumination was stopped as soon as a light brown precipitate  
162 occurred after 8-10 minutes. After reaction, the La2-DAB solution was removed and cells  
163 were rinsed with 0.1M sodium cacodylate buffer pH 7.4 (5X1min) on ice and then were  
164 posted fixed with 1% osmium tetroxide (19150, Electron Microscopy Sciences)  
165 containing 0.8% potassium ferrocyanide, 2mM CaCl<sub>2</sub> and in 0.1M sodium cacodylate  
166 buffer, pH 7.4 for 30 minutes.

167 DNA labeled with EdU and clicked with Fe-TAML-azide for oxidation of Nd-DAB2 (first  
168 generation lanthanide DAB)

169 Small epithelial airway cells (SEAC) were cultured on imaging plates containing  
170 poly-d-lysine coated glass bottom No. 0 coverslips (P35GC-0-14C, MatTek Corporation).  
171 SEAC were incubated with EdU (1149-100, Click Chemistry Tools) the night before for  
172 12 hours. The cells were fixed with 2% glutaraldehyde (18426, Ted Pella Incorporated)  
173 in 0.1M sodium cacodylate buffer, pH 7.4 (18851, Ted Pella Incorporated) containing  
174 1mM CaCl<sub>2</sub> for 5 minutes at 37°C and then on ice for 55 minutes. Fixative was removed  
175 and cells were washed with 0.1M sodium cacodylate buffer pH 7.4 (5X2min) on ice, with  
176 1X PBS (2X2min) at room temperature and rinsed 2 times quickly with 1%BSA-1XPBS  
177 by using a 0.22 µm Millex 33mm PES sterile filter (SLGSR33RS, Sigma-Aldrich) at  
178 room temperature. Cells were click reacted with 1 ml solution containing and added in  
179 the order listed, 900 µl click buffer (50 mM HEPES pH 7.6 100 mM NaCl, 0.1%  
180 saponin), 10 µl CuSO<sub>4</sub> (100 mM), 1 µl Fe-TAML-azide (14 mM stock, giving 28 µM,  
181 Mackay et al, manuscript in preparation) and 50 µl of freshly made sodium ascorbate  
182 (100 mM) and kept covered at room temperature for 60 minutes with protection from  
183 light. During the halfway point of the click reaction, an additional 50 µl of freshly made



184 sodium ascorbate solution (100 mM) was added to the incubation solution. Cells were  
185 then washed with filtered 1%BSA-1XPBS (2X2min) at room temperature, 1X PBS  
186 (2X2min) at room temperature, 50 mM Bicine-100mM NaCl buffer at pH 8.3 (2X2min)  
187 and reacted with 2.5 mM Nd2-DAB in 50 mM Bicine-100mM NaCl buffer solution with  
188 40 mM H<sub>2</sub>O<sub>2</sub> (from 30%) at pH 8.3 for 15 minutes. Cells were then washed with filtered  
189 1%BSA-1XPBS (2X1min) at room temperature, 1X PBS (2X1min) at room temperature,  
190 50 mM Bicine-100mM NaCl buffer at pH 8.3 (2X2min), rinsed with 0.1M sodium  
191 cacodylate buffer pH 7.4 (5X1min) on ice and then were posted fixed with 1% osmium  
192 tetroxide (19150, Electron Microscopy Sciences) containing 0.8% potassium  
193 ferrocyanide, 2mM CaCl<sub>2</sub> and in 0.1M sodium cacodylate buffer, pH 7.4 for 30 minutes.

194

#### 195 **EFTEM acquisition parameters**

196 For the high-loss EFTEM images of the mitochondrial matrix-APEX2 labeled with Ce2-  
197 DAB by the 3-window method (See figure 3e), a series of 3 images with a 100 s  
198 exposure/image, was acquired by the DE-12 detector at a frame rate of 0.04 fps and a  
199 magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-edge1, pre-  
200 edge2 and post-edge were acquired for a slit width of 30 eV at energy shifts of 815, 855  
201 and 899 eV, respectively. The EFTEM images were acquired at a dose rate of  $\sim 1.2 \times 10^4$   
202  $\text{PA/nm}^2$  and the total dose for the acquisition was  $\sim 6.8 \times 10^5 \text{ e}^-/\text{nm}^2$ .

203 For the intermediate-loss EFTEM images of the mitochondrial matrix-APEX2 labeled  
204 with Ce2-DAB by the 3-window method (See figure 3f), a series of 29 images with a 10 s  
205 exposure/image, was acquired by the DE-12 detector at a frame rate of 2 fps and a  
206 magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-edge1, pre-

207 edge2 and post-edge were acquired for a slit width of 20 eV at energy shifts of 75, 98 and  
208 138 eV, respectively. The EFTEM images were acquired at a dose rate of  $\sim 1.2 \times 10^{-4}$   
209 PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 6.6 \times 10^5$  e<sup>-</sup>/nm<sup>2</sup>.

210 For the high-loss EFTEM images of the control sample of mitochondrial matrix-APEX2  
211 labeled with plain DAB by the 3-window method (See figure 4c), a series of 5 images  
212 with a 100 s exposure/image, was acquired by the DE-12 detector at a frame rate of 0.04  
213 fps and a magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-  
214 edge1, pre-edge2 and post-edge were acquired for a slit width of 30 eV at energy shifts of  
215 815, 855 and 899 eV, respectively. The EFTEM images were acquired at a dose rate of  $\sim$   
216  $1.2 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 1.1 \times 10^6$  e<sup>-</sup>/nm<sup>2</sup>.

217 For the intermediate-loss EFTEM images of the control sample of mitochondrial matrix-  
218 APEX2 labeled with plain DAB by the 3-window method (See figure 4d), a series of 30  
219 images with a 10 s exposure/image, was acquired by the DE-12 detector at a frame rate of  
220 2 fps and a magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-  
221 edge1, pre-edge2 and post-edge were acquired for a slit width of 20 eV at energy shifts of  
222 75, 98 and 138 eV, respectively. The EFTEM images were acquired at a dose rate of  $\sim$   
223  $1.2 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 6.8 \times 10^5$  e<sup>-</sup>/nm<sup>2</sup>.

224 For the high-loss EFTEM images of the control sample of mitochondrial matrix-APEX2  
225 labeled with plain DAB by the 3-window method (See figure 4g), a series of 5 images  
226 with a 100 s exposure/image, was acquired by the DE-12 detector at a frame rate of 0.04  
227 fps and a magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-  
228 edge1, pre-edge2 and post-edge were acquired for a slit width of 30 eV at energy shifts of

229 815, 855 and 899 eV, respectively. The EFTEM images were acquired at a dose rate of ~  
230  $1.2 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 1.1 \times 10^6$  e<sup>-</sup>/nm<sup>2</sup>.

231 For the intermediate-loss EFTEM images of the control sample of mitochondrial matrix-  
232 APEX2 labeled with plain DAB by the 3-window method (See figure 4h), a series of 30  
233 images with a 10 s exposure/image, was acquired by the DE-12 detector at a frame rate of  
234 2 fps and a magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-  
235 edge1, pre-edge2 and post-edge were acquired for a slit width of 15 eV at energy shifts of  
236 84, 102 and 135 eV, respectively. The EFTEM images were acquired at a dose rate of ~  
237  $1.2 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 6.8 \times 10^5$  e<sup>-</sup>/nm<sup>2</sup>.

238 For the intermediate-loss EFTEM images of the control sample of mitochondrial matrix-  
239 APEX2 labeled with DAB by the 3-window method (See figure 4h), a series of 30  
240 images with a 10 s exposure/image, was acquired by the DE-12 detector at a frame rate of  
241 2 fps and a magnification of 10kX (pixel size 0.5 nm) for each energy window. The pre-  
242 edge1, pre-edge2 and post-edge were acquired for a slit width of 15 eV at energy shifts of  
243 84, 102 and 135 eV, respectively. The EFTEM images were acquired at a dose rate of ~  
244  $1.2 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 6.8 \times 10^5$  e<sup>-</sup>/nm<sup>2</sup>.

245 For the intermediate-loss EFTEM images of the control sample of mitochondrial matrix-  
246 APEX2 labeled with DAB by the EFTEM SI method (See figure 4l), the stack was  
247 acquired by the DE-12 detector from energy-loss of 165 eV to 87 eV, with a slit width of  
248 8 eV and energy step of 3 eV. The stack was acquired at a magnification of 12 kX (pixel  
249 size 0.4 nm), frame rate of 0.1 fps and exposure of 60 s per individual energy plane. The  
250 EFTEM images were acquired at a dose rate of  $\sim 1.8 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose  
251 for the acquisition was  $\sim 1.9 \times 10^6$  e<sup>-</sup>/nm<sup>2</sup>.

252 For the intermediate-loss EFTEM images of the mitochondrial matrix-APEX2 labeled  
253 with Ce2-DAB by the EFTEM SI method (See figure 5c), the stack was acquired by the  
254 DE-12 detector from energy-loss of 150 eV to 90 eV, with a slit width of 8 eV and  
255 energy step of 3 eV. The stack was acquired at a magnification of 12 kX (pixel size 0.4  
256 nm), frame rate of 0.1 fps and exposure of 60 s per individual energy plane. The EFTEM  
257 images were acquired at a dose rate of  $\sim 1.8 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the  
258 acquisition was  $\sim 1.5 \times 10^6$  e<sup>-</sup>/nm<sup>2</sup>.

259 For the intermediate-loss EFTEM images of the MiniSOG-H2B labeled with La2-DAB  
260 by the EFTEM SI method (See figure 5g), the stack was acquired by the DE-12 detector  
261 from energy-loss of 78 eV to 144 eV, with a slit width of 8 eV and energy step of 3 eV.  
262 The stack was acquired at a magnification of 10 kX (pixel size 0.5 nm), frame rate of 0.1  
263 fps and exposure of 60 s per individual energy plane. The EFTEM images were acquired  
264 at a dose rate of  $\sim 2.6 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 2.2 \times$   
265  $10^6$  e<sup>-</sup>/nm<sup>2</sup>.

266 For the intermediate-loss EFTEM images of the EdU-DNA labeled with Nd-DAB2 by  
267 the EFTEM SI method (See figure 5k), the stack was acquired by the DE-12 detector  
268 from energy-loss of 96 eV to 165 eV, with a slit width of 8 eV and energy step of 3 eV.  
269 The stack was acquired at a magnification of 10 kX (pixel size 0.5 nm), frame rate of 0.1  
270 fps and exposure of 60 s per individual energy plane. The EFTEM images were acquired  
271 at a dose rate of  $\sim 2.6 \times 10^{-4}$  PA/nm<sup>2</sup> and the total dose for the acquisition was  $\sim 2.3 \times$   
272  $10^6$  e<sup>-</sup>/nm<sup>2</sup>.