

## Supplementary Information for

Microplastics destabilize lipid membranes by mechanical stretching

**Movie S1 (separate file).** 1  $\mu$ m red fluorescent PS microplastics in contact with a lipid bilayer under red fluorescence with the length bar provided in Fig. 2A; 1 frame = 0.1 second.

**Movie S2 (separate file).** Enlarged and inverted colors version of the Supp Movie 1 in black-and-white. 1 frame = 0.1 second and  $100 \mu m = 285$  pixels.

Movie S3 (separate file).  $8 \mu m$  PMMA microplastics in contact with a lipid bilayer under bright light. 1 frame = 2 seconds.

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