## **Electronic Supplementary Information**

## Thermal conversion of Fe<sub>3</sub>O<sub>4</sub>@Metal-Organic Framework: A new method for efficient Fe-Co/nanoporous carbon microwave absorbing material

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**Figure S1** (a) Measured frequency dependence of samples–paraffin (50 wt%) composites permittivity and permeability Co/NPC; (b) Frequency dependence of the microwave reflection loss of the Co/NPC.



Figure S2. TEM image of the ultra-small water-soluble Fe<sub>3</sub>O<sub>4</sub>.



Figure S3. (a) SEM images of ZIF-67 and (b) IONP@ZIF-67-1.0.



**Figure S4**. The elemental mappings of Fe-Co/NPC-0.5 (a, a-1 and a-2) and Fe-Co/NPC-1.0 (b, b-1 and b-2).



**Figure S5.** The Raman spectrum of Fe-Co/NPC-x (x = 0.5, 1.0 and 2.0).



Figure S6. Values of  $\mu''(\mu')^{-2}f^{-1}$  for Fe-Co/NPC-2.0 vs frequency.





**Figure S7.** (a) The dielectric loss tangent  $(\tan \delta_e = \epsilon''/\epsilon')$  and (b) the magnetic loss tangent  $(\tan \delta_{\mu} = \mu''/\mu')$ .