

1 **Electronic Supplementary Information**

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5 **Exploring Tunable Excitation of QDs to Maximize the Overlap** 6 **with Absorber for Inner Filter Effect-based phosphorescent** 7 **Sensing of Alkaline Phosphatase**

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1. Experimental Section

2. Materials and chemicals

ALP was purchased from Shanghai Yuanye Biotechnology Co., Ltd. Glucose oxidase (GOD), bovine serum albumin (BSA), pepsin, papain, lysozyme, cytochrome C and glutathione were purchased from Sigma-Aldrich (Shanghai, China). Ultra-pure water (resistance $>18.2\text{ M}\Omega\cdot\text{cm}$) purified by a purification system (PCUJ-10, Chengdu Pure Technology Co., Ltd., Chengdu, China), was used for all experiments. *p*-Nitrophenylphosphate (PNPP), amino acids, N-acetyl-cysteine (N-L-Cys), Mercaptosuccinic acid (MPA), $\text{ZnAc}_2\cdot 7\text{H}_2\text{O}$, $\text{MnAc}_2\cdot 4\text{H}_2\text{O}$, $\text{Na}_2\text{S}\cdot 9\text{H}_2\text{O}$, $\text{CdCl}_2\cdot 2\text{H}_2\text{O}$, NaBH_4 , Na_2TeO_3 , $\text{C}_6\text{H}_5\text{Na}_3\text{O}_7\cdot 2\text{H}_2\text{O}$, NaOH , $\text{CuCl}_2\cdot 2\text{H}_2\text{O}$, Citric Acid, ethylenediamine, 3-mercaptopropionic acid (MPA) (Aladin) and Tris (Sinopharm Chemical Reagent Co., Ltd) were used in this work.

3. Apparatus

Fluorescence and phosphorescence spectra of the prepared QDs were collected with an F-7000 spectrofluorometer (Hitachi, Japan) equipped with a plotter unit and a quartz cell ($1\text{ cm} \times 1\text{ cm}$). Fluorescence and phosphorescence lifetime were measured on a Fluorolog-3 spectrofluorometer (Horiba Jobin Yvon) with DeltaDiode (Horiba Scientific, for fluorescence) and SpectraLED (Horiba Scientific, for phosphorescence) as the excitation source and a picosecond photon detection module (PPD-850, Horiba Scientific) as the detector respectively. Absorption spectra were recorded using a UV-1750 UV/Vis spectrophotometer (Shimadzu, Japan). TEM and HRTEM images of QDs were obtained using a Tecnai G2 F20 S-TWIN transmission electron microscope at an

1 accelerating voltage of 200 kV (FEI Co., USA). XRD patterns were recorded by an
2 EMPYREAN (Panalytical Inc., Netherlands) with a CuK α radiation; XPS was carried
3 out with an AXIS Ultra DLD 800 X (Kratos, UK).

4 **Synthetic methods of several QDs**

5 **BSA-coated Mn-ZnS QDs.**¹ In brief, 40 μ L BSA (10 mg mL⁻¹), 40 μ L MnAc₂ (1 mM),
6 38 μ L ZnAc₂ (20 mM) and 50 μ L Tris-HCl solution (pH = 7.0, 0.1 M) were added to
7 298 μ L ultrapure water for five minutes in room temperature. Then, 34 μ L Na₂S (20
8 mM) was quickly injected into the precursor solution above followed gently vortexing
9 in room temperature. Phosphorescent BSA-capped Mn-ZnS QDs were thus obtained.

10

11 **L-Cys-capped Mn-ZnS QDs.**¹ In brief, 60 μ L L-Cys (2 mM), 40 μ L MnAc₂ (1 mM),
12 38 μ L ZnAc₂ (20 mM) and 50 μ L Tris-HCl solution (pH = 8.0, 0.1 M) were added to
13 298 μ L ultrapure water for five minutes in room temperature. Then, 34 μ L Na₂S (20
14 mM) was quickly injected into the precursor solution above followed gently vortexing
15 in room temperature. Phosphorescent L-Cys-capped Mn-ZnS QDs were thus obtained.

16

17 **L-Cys-capped Cu-doped CdS QDs.**² In a typical synthesis, aqueous solutions of
18 CdCl₂ (10 mL, 0.02 M), CuCl₂ (50 μ L, 0.02 M) and 25 mL deionized water were mixed
19 in a 100 mL three-neck flask. Then, L-Cys (10 mL 0.1 M) was added in the system.
20 The pH of the mixed solution was adjusted to 8.0 with 1.0 M NaOH. After that, 20 mL
21 0.004 M fresh Na₂S solution dropwise with stirring. Finally, the mixed solution was
22 refluxed at 100°C with stirring for 45 min in a N₂ atmosphere.

1 **N-L-Cys-capped O/R-CdTe QDs.**³ Briefly, 0.5 mmol of CdCl₂, 0.2 g sodium citrate
2 dehydrate and 1 mmol N-acetyl-cysteine were dissolved in 25 mL water. The pH was
3 adjusted about 11 by dropping 1 mol/L NaOH. Then 0.125 mmol Na₂TeO₃ and 50 mg
4 NaBH₄ were added quickly, and at last, the solution was refluxed at 100 °C for 0.5 h (O-
5 CdTe QDs) and 1 h (R-CdTe QDs).

6

7 **MSA-capped G-CdTe QDs.**⁴ Briefly, 0.5 mmol of CdCl₂, and 1 mmol MSA were
8 dissolved in 25 mL citric acid buffer (15 mM) with pH 7. Then 0.125 mmol Na₂TeO₃
9 and 50 mg NaBH₄ were added quickly, and at last, the solution was refluxed at 100 °C
10 for 0.5 h (R-CdTe QDs).

11

12 **B-CDs.**⁵ In brief, citric acid (1.0507 g) and ethylenediamine (335 µL) were dissolved
13 in DI-water (10 mL). Then the solution was transferred to a poly (tetrafluoroethylene)
14 (Teflon)-lined autoclave (20 mL) and heated at 180°C for 8 h. After the reaction, the
15 reactors were cooled to room temperature naturally. The product, which was brown-
16 black and transparent, was subjected to dialysis in order to obtained the B-CDs.

17

18 **G-CDs.**⁶ Briefly, 500 µL of ethanediamine and 440 mg catechol were mixed into 8 mL
19 water and then transferred into a 20 mL Teflon-lined autoclave and heated at 180 °C
20 for 12 h. The resultant dark brown mixture centrifuged to remove the large dots at 12
21 000 rpm for 10 min, and then the supernatant was collected to dialysis in order to
22 obtained the G-CDs.

1 **Procedures for Screening of IFE Pairs and Subsequent IFE sensing**

2 Different concentration of the prepared QDs were mixed with 100 μ M PNPP to gain
3 the similar quenching of QDs. The excitation is set at 312 nm. The optimized incubation
4 conditions were set as follows: buffer, 0.01 M Tris-HCl (pH, 8.0); incubation time, 1 h;
5 and temperature, 40 $^{\circ}$ C.

6 **Procedures for ALP Detection Based on the PNPP-Mn-ZnS QDs IFE Pair**

7 BSA-Mn-ZnS QDs (50 μ L) and PNPP (2 mM, 50 μ L) were mixed with 1 mL buffer
8 solution (0.01 M Tris-HCl, pH, 8.0) for quenching the phosphorescence of QDs (λ_{ex} =
9 312 nm). Then, different concentrations of ALP from different origins (Escherichia
10 coli, human serum, and bovine) were added to catalyze the conversion from PNPP to
11 PNP at 40 $^{\circ}$ C and restore the quenched phosphorescence of QDs. The optimized
12 incubation time is 1 h for ALP from Escherichia coli and 3 h for ALP from human
13 serum and bovine.

14 **Real Serum Samples Detection**

15 Human serum samples were collected from Sichuan Provincial People's Hospital. 50
16 μ L the prepared Mn-ZnS QDs, 50 μ L PNPP (2 mM), and 100 μ L Tris-HCl (pH, 8.0,
17 0.1 M) and 5 μ L human serum were added to 1 mL water at 40 $^{\circ}$ C 3 h. Then, the
18 quantitation of ALP activity of serum samples was carried out according to the above
19 procedure.

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2. Characterization of several QDs

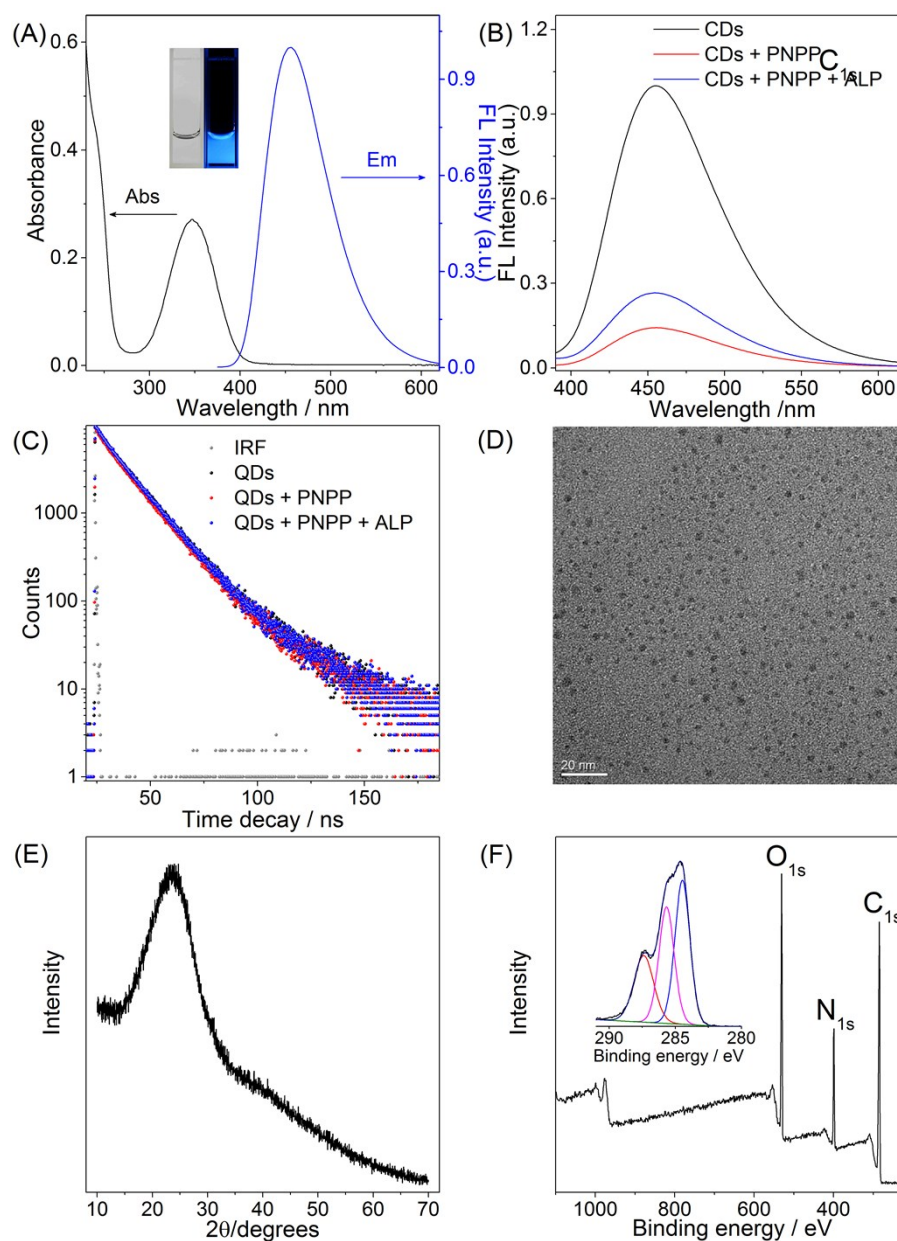
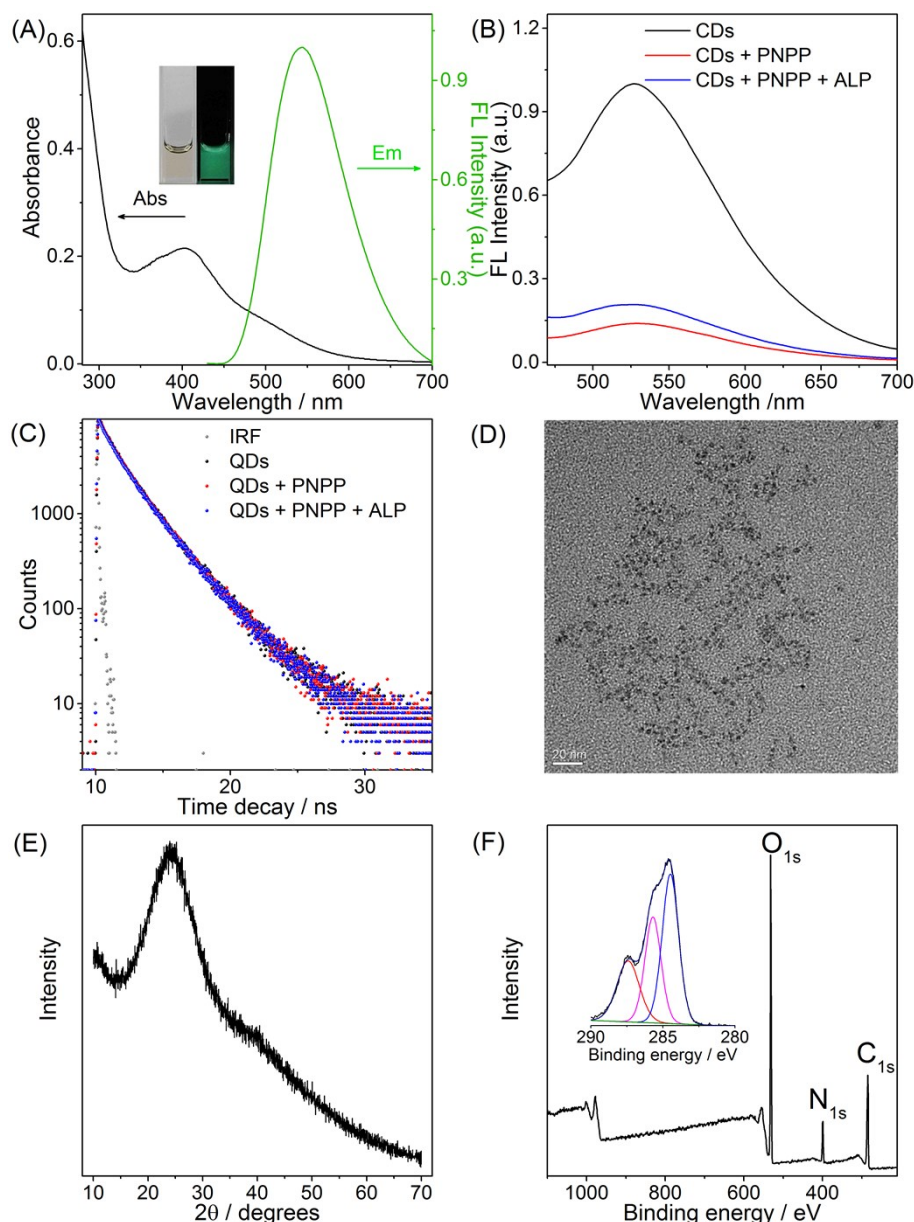


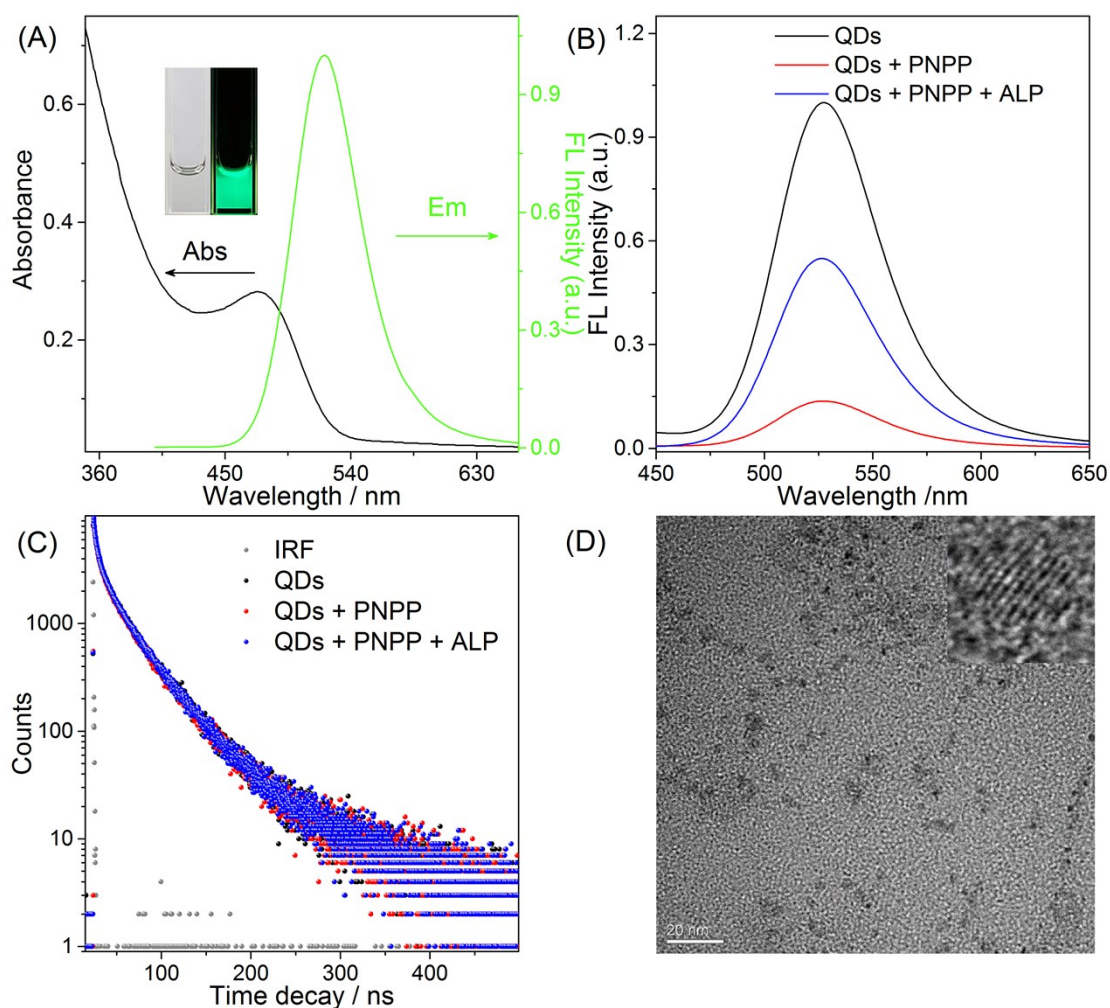
Fig. S1 Characterization of the B-CDs: (A) UV-Vis absorption spectra and fluorescence emission spectra (the inset are the photographs of B-CDs in ambient light (left) and under irradiation by UV light (right)); (B) fluorescence intensity and (C) fluorescent decay curve of B-CDs in the absence and presence of PNPP (100 μ M), and in the presence of PNPP (100 μ M) + ALP (10 U/L). (D) TEM image; (E) XRD pattern and (F) XPS of CDs. (excitation source: DeltaDiode 320 nm, time range: 400 ns, the data is fitted with the second order exponential decay).



1

2 **Fig. S2** Characterization of the G-CDs: (A) UV-Vis absorption spectra and fluorescence
 3 emission spectra (the inset are the photographs of G-CDs in ambient light (left) and under
 4 irradiation by UV light (right)); (B) fluorescence intensity and (C) fluorescent decay
 5 curve of G-CDs in the absence and presence of PNPP (100 μ M), and in the presence of
 6 PNPP (100 μ M) + ALP (10 U/L). (D) TEM image; (E) XRD pattern and (F) XPS of CDs.
 7 (excitation source: DeltaDiode 320 nm, time range: 200 ns, the data is fitted with the
 8 second order exponential decay).

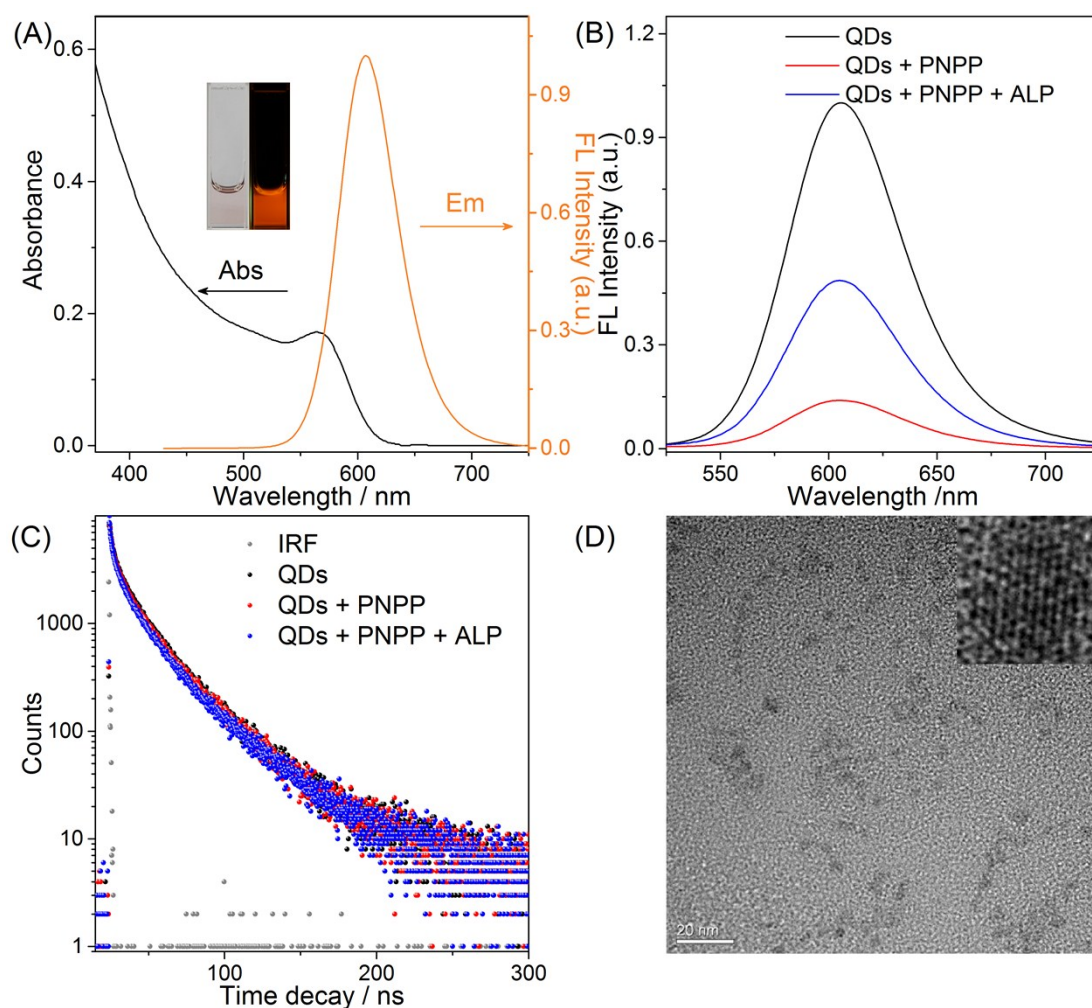
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2 **Fig. S3** Characterization of the G-CdTe QDs: (A) UV-Vis absorption spectra and
 3 fluorescence emission spectra (the inset are the photographs of G-CdTe QDs in ambient
 4 light (left) and under irradiation by UV light (right)); (B) fluorescence intensity and (C)
 5 fluorescent decay curve of G-CdTe QDs in the absence and presence of PNPP (100
 6 μM), and in the presence of PNPP (100 μM) + ALP (10 U/L). (D) TEM image of QDs with
 7 a high-magnification TEM image shown in the inset. (excitation source: DeltaDiode 320
 8 nm, time range: 800 ns, the data is fitted with the second order exponential decay).

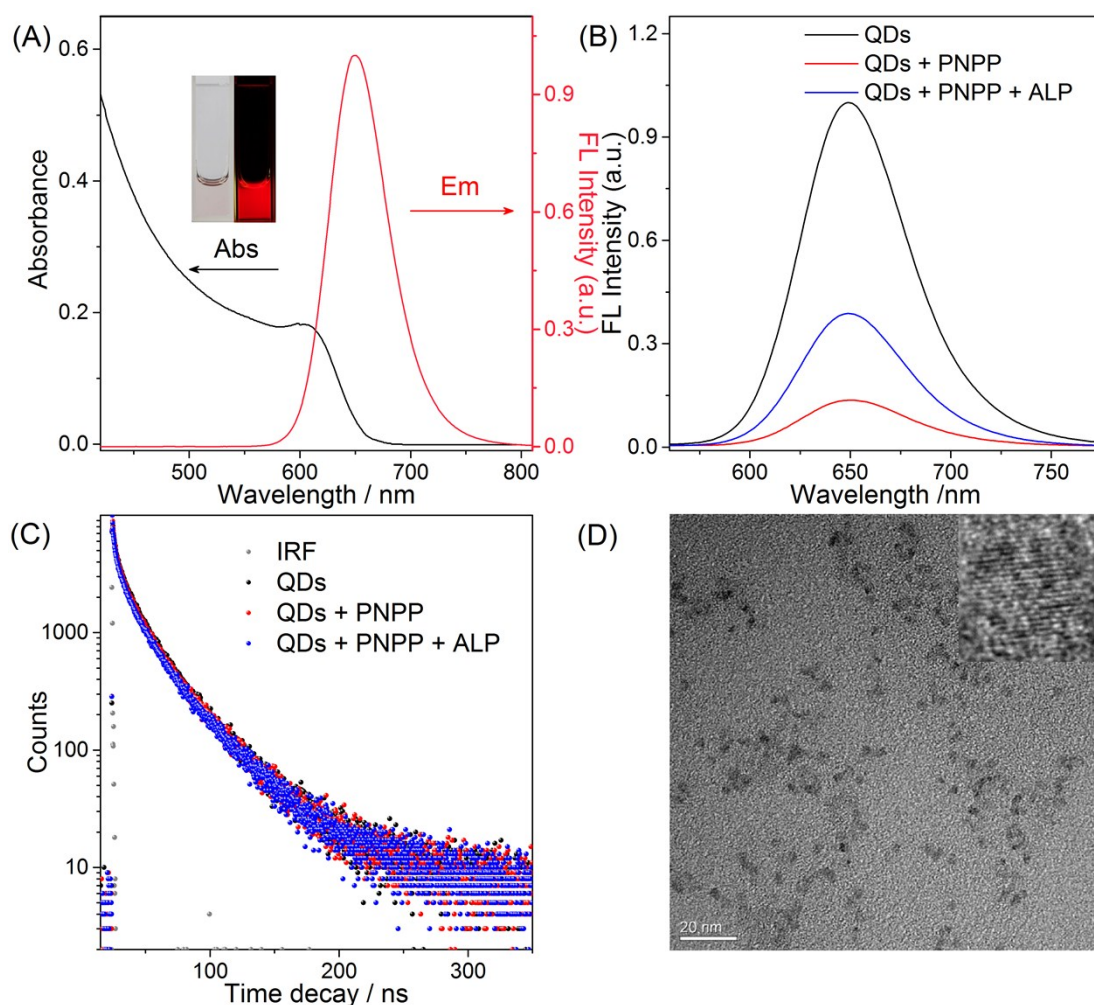
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2 **Fig. S4** Characterization of the O-CdTe QDs: (A) UV-Vis absorption spectra and
 3 fluorescence emission spectra (the inset are the photographs of O-CdTe QDs in ambient
 4 light (left) and under irradiation by UV light (right)); (B) fluorescence intensity and (C)
 5 fluorescent decay curve of O-CdTe QDs in the absence and presence of PNPP (100
 6 μM), and in the presence of PNPP (100 μM) + ALP (10 U/L). (D) TEM image of QDs with
 7 a high-magnification TEM image shown in the inset. (excitation source: DeltaDiode 320
 8 nm, time range: 800 ns, the data is fitted with the second order exponential decay.)

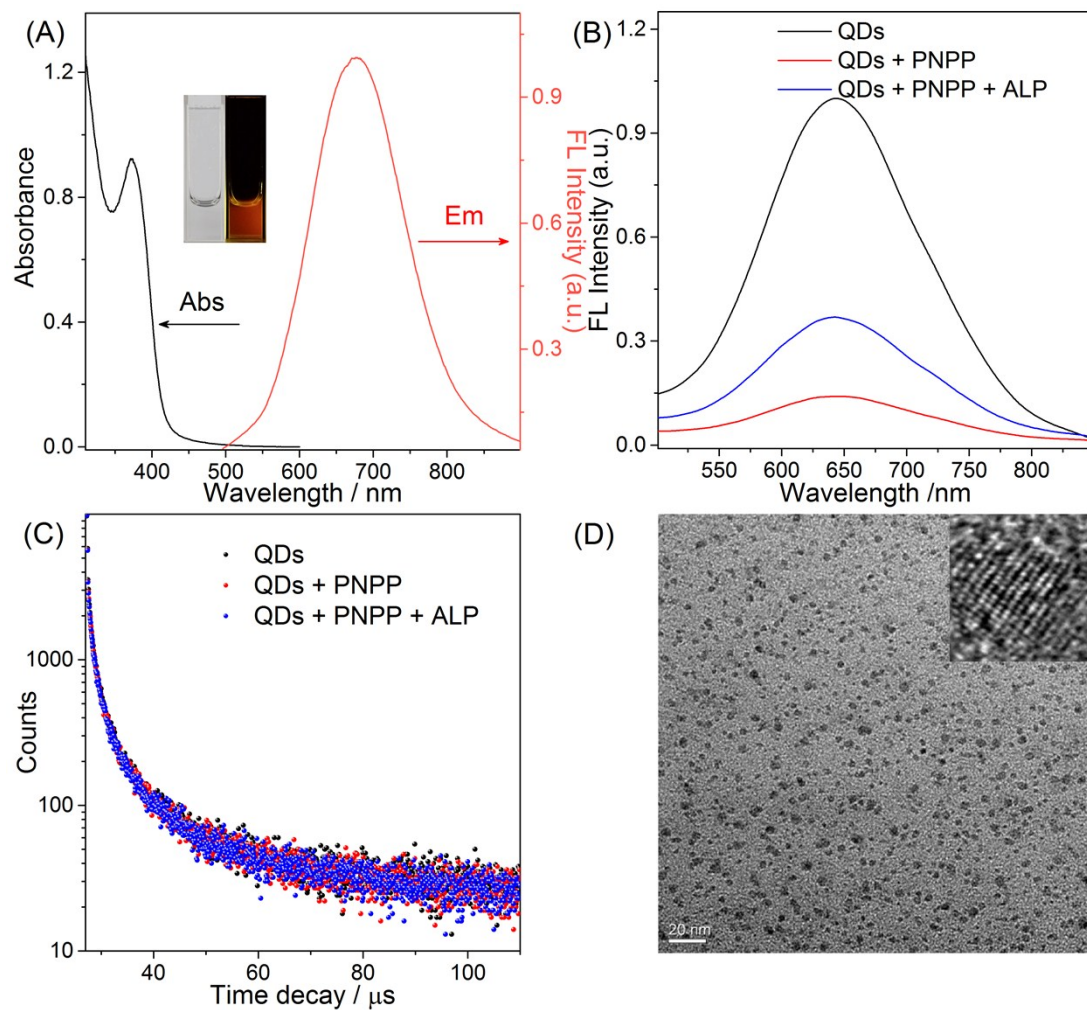
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2 **Fig. S5** Characterization of the R-CdTe QDs: (A) UV-Vis absorption spectra and
 3 fluorescence emission spectra (the inset are the photographs of R-CdTe QDs in ambient
 4 light (left) and under irradiation by UV light (right)); (B) fluorescence intensity and (C)
 5 fluorescent decay curve of R-CdTe QDs in the absence and presence of PNPP (100
 6 μM), and in the presence of PNPP (100 μM) + ALP (10 U/L). (D) TEM image of QDs with
 7 a high-magnification TEM image shown in the inset. (excitation source: DeltaDiode 320
 8 nm, time range: 800 ns, the data is fitted with the second order exponential decay).

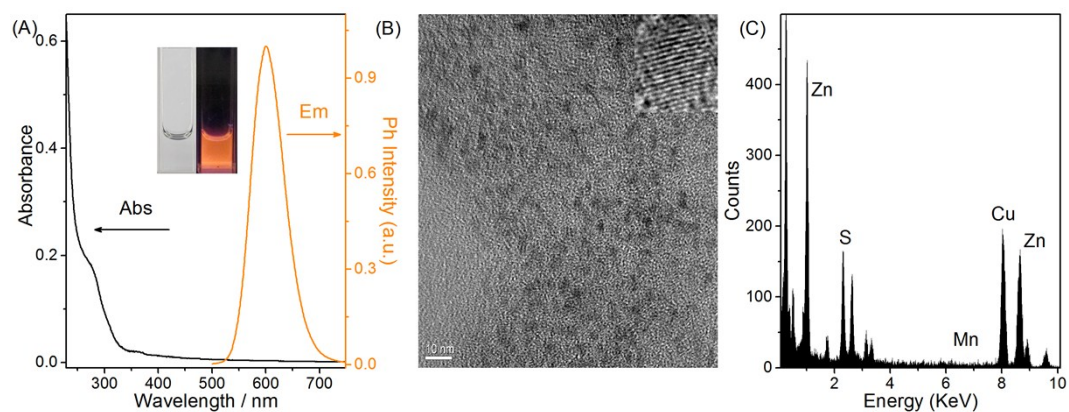
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2 **Fig. S6** Characterization of the Cu-CdS QDs: (A) UV-Vis absorption spectra and
 3 fluorescence emission spectra (the inset are the photographs of R-CdTe QDs in ambient
 4 light (left) and under irradiation by UV light (right)); (B) fluorescence intensity and (C)
 5 fluorescent decay curve of R-CdTe QDs in the absence and presence of PNPP (100
 6 μ M), and in the presence of PNPP (100 μ M) + ALP (10 U/L). (D) TEM image of QDs with
 7 a high-magnification TEM image shown in the inset. (excitation source: SpectraLED 355
 8 nm, time range: 340 μ s, the data is fitted with the third order exponential decay).

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2 **Fig. S7** Characterization of the Mn-ZnS QDs: (A) UV-Vis absorption spectra and
 3 fluorescence emission spectra (the inset are the photographs of Mn-ZnS QDs in ambient
 4 light (left) and under irradiation by UV light (right)); (B) TEM image of the Mn-ZnS QDs,
 5 with a high-magnification TEM image shown in the inset; and (C) the EDX of the Mn-ZnS
 6 QDs.

7

3. Screening of IFE Pairs Based on Tunable Excitation of QDs

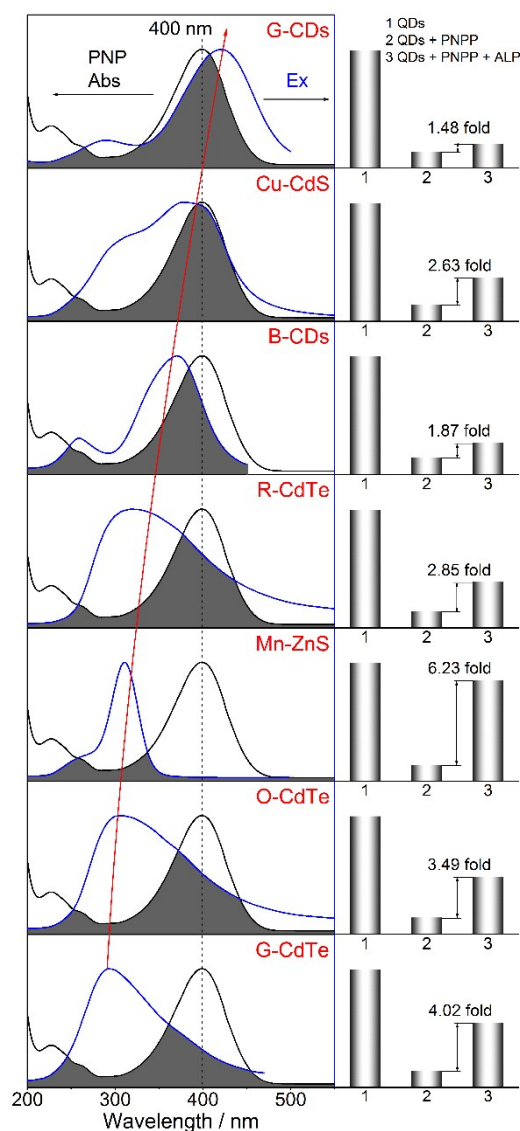


Fig. S8 Screening of the IFE pair based on tunable excitation of various QDs: the left part shows the overlap between the absorption of PNP (black lines) and the excitation of various QDs (blue lines), and the exact overlapped area was shadowed; the right panel shows the corresponding normalized fluorescence intensity of QDs (1), quenched fluorescence intensity in the presence of PNP (2), and the restored fluorescence intensity due to ALP enzymatic reaction (3).

4. Definition of areas (A_{overlap} and $A_{\text{excitation}}$) of spectral overlap

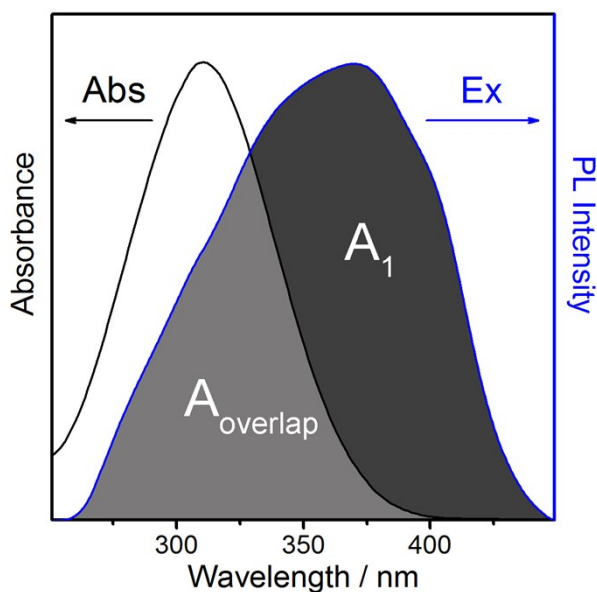


Fig. S9 The spectra overlap of excitation and absorbance. The A_{overlap} stands the part of overlap (gray shadow), the A_1 stands the remaining part of excitation (black shadow), A_{overlap} plus A_1 is the $A_{\text{excitation}}$. Therefore, the $A_{\text{overlap}}/A_{\text{excitation}}$ is the overlap ratio of total part of the excitation.

5. Optimization of experimental conditions

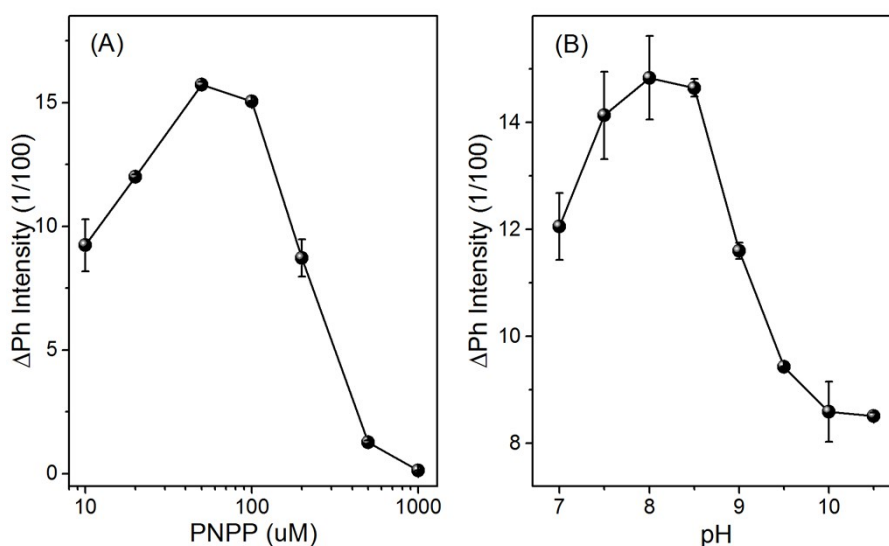
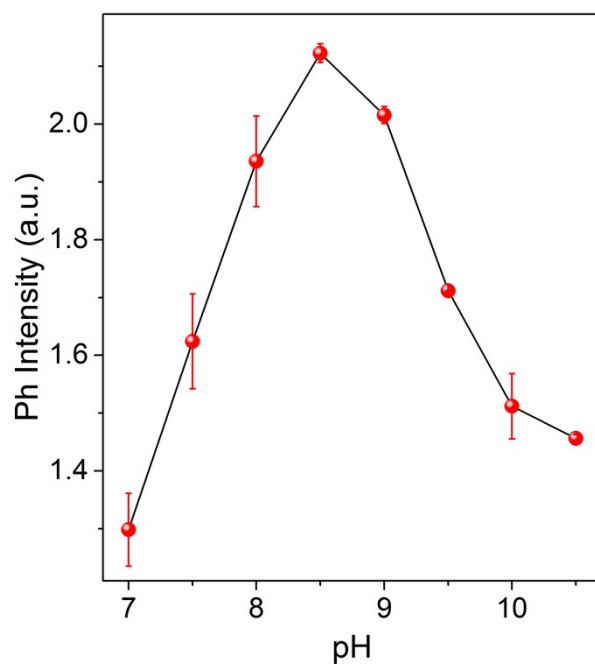


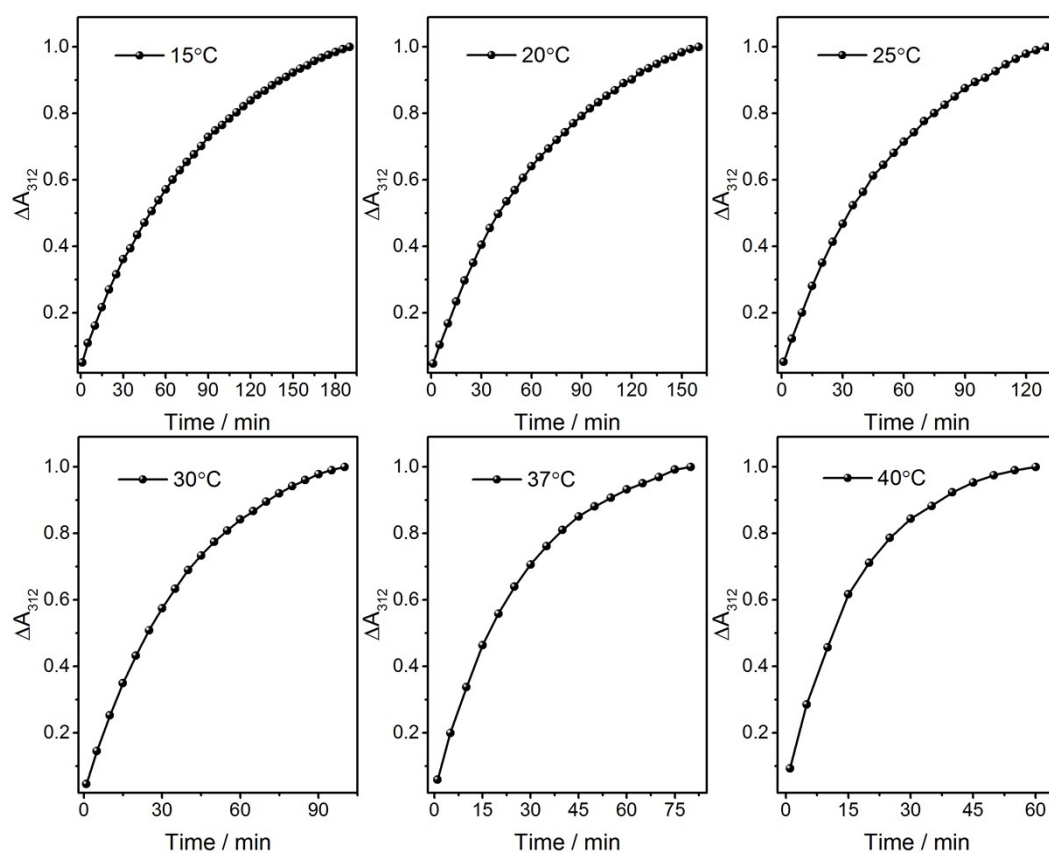
Fig. S10 Optimization of the (A) concentration of PNPP and (B) pH in the conditions of incubation with ALP and Mn-ZnS QDs. The buffer solution is 0.01 M Tris-HCl.



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2 **Fig. S11** Phosphorescence intensity of Mn-ZnS QDs at different pH of Tris-HCl buffer.

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5 **Fig. S12** Optimization of the temperature and time in the conditions of incubation with ALP.

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6. Comparison of analytical performance for ALP detection

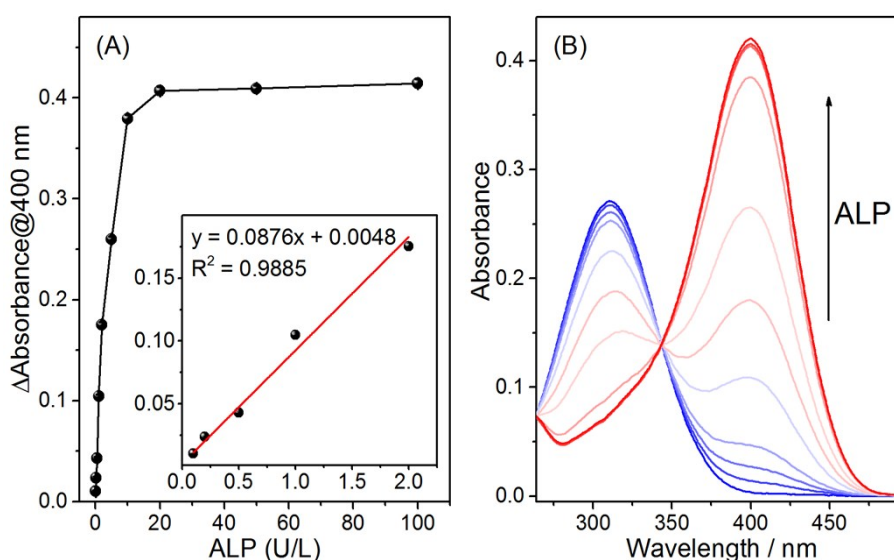
Table S1 Analytical performance of some assays for ALP detection.

Analytical methods	Principle of sensing	LOD (U/L)	References
Colorimetric assay	cerium oxide-based redox reaction	0.04	7
Fluorescence assay	CDs quenched with Cu^{2+}	1.1	8
Fluorescence assay	CDs quenched with Ce^{3+}	1.4	9
Fluorescence assay	AuNCs quenched with Cu^{2+}	0.1	10
Fluorescence assay	AuNCs-based redox reaction	0.002	11
Fluorescence assay	AuNCs-based IFE	0.002	12
Fluorescence assay	CDs-based IFE	0.001	6
Fluorescence assay	Fluorescence dye based sol-gel transition	60	13
Ratiometric fluorescence assay	Betaine-modified PEI-based Excimer/Monomer Conversion	100	14
Phosphorescence spectroscopy	Mn-ZnS QDs-based IFE	4×10^{-4}	This work

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7. Analytical performance of UV-Vis assay for ALP (Escherichia coli)

5 detection



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Fig. S13 Analytical performance of the UV-Vis assay for ALP detection: (A) plots of the increased absorbance as a function of ALP concentration; and (B) UV-Vis spectra of PNPP and PNP in the presence of increasing amounts of ALP.

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1 **8. Interferences of relevant metal ions and other biomolecules**

2 **Table S2** Effect of co-existing substances on the quenched RTP intensity of Mn-doped

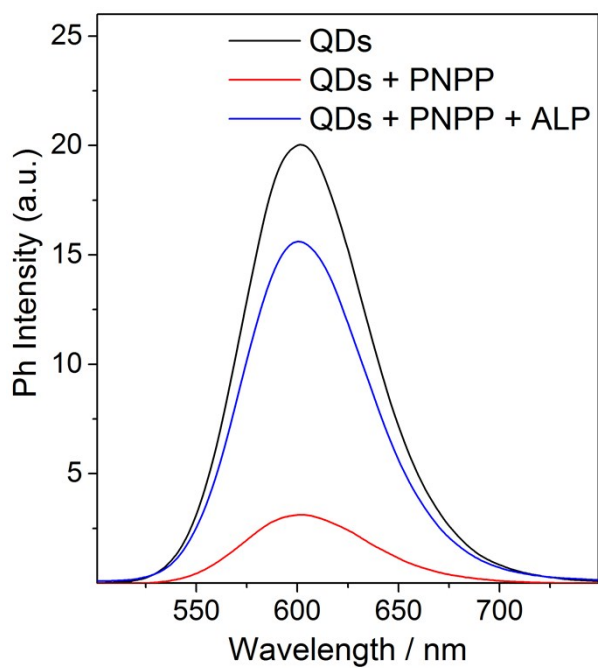
3 ZnS QDs by 1 U/L alkaline phosphatase.

Existing substances	Concentration	Changed RTP intensity (%)
Tryptophan	100 μ M	0.4
Isoleucine	100 μ M	-1.3
Glycine	100 μ M	4.4
Lysine	100 μ M	5.6
L-cysteine	20 μ M	3.0
Valine	100 μ M	-2.7
Proline	100 μ M	3.5
Alanine	50 μ M	8.2
Leucine	100 μ M	6.8
Glutamic acid	100 μ M	4.0
Asparagine	100 μ M	8.1
Arginine	50 μ M	5.2
Methionine	100 μ M	5.4
Threonine	100 μ M	4.4
Tyrosine	50 μ M	5.4
Asparaginic acid	100 μ M	2.5
Histidine	100 μ M	5.3
Ascorbic acid	1 μ M	3.5
GSH	1 μ M	7.9
Glucose	1 mM	5.7
Ca ²⁺	100 μ M	-3.7
Cu ²⁺	200 nM	-1.7
Fe ³⁺	500 nM	-2.3
K ⁺	1 mM	-2.3
Mg ²⁺	50 μ M	1.4

Mn ²⁺	500 nM	-3.0
Na ⁺	1 mM	5.6
Zn ²⁺	2 μM	1.9

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2 **9. L-Cys capped Mn-ZnS QDs detect ALP based on IFE assay.**



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4 **Fig. S14** Phosphorescence intensity of L-Cys-Mn-ZnS QDs in the absence and presence
5 of PNPP (100 μM), and in the presence of PNPP (100 μM) + ALP (10 U/L).

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10. Analytical performance of UV-Vis assay for ALP (human) detection

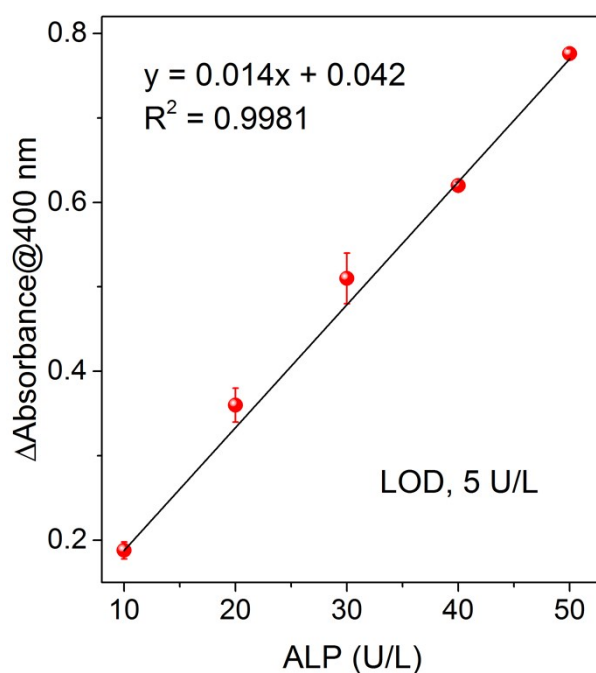


Fig. S15 Analytical performance of the UV-Vis assay for ALP (human) detection with the LOD of 5 U/L.

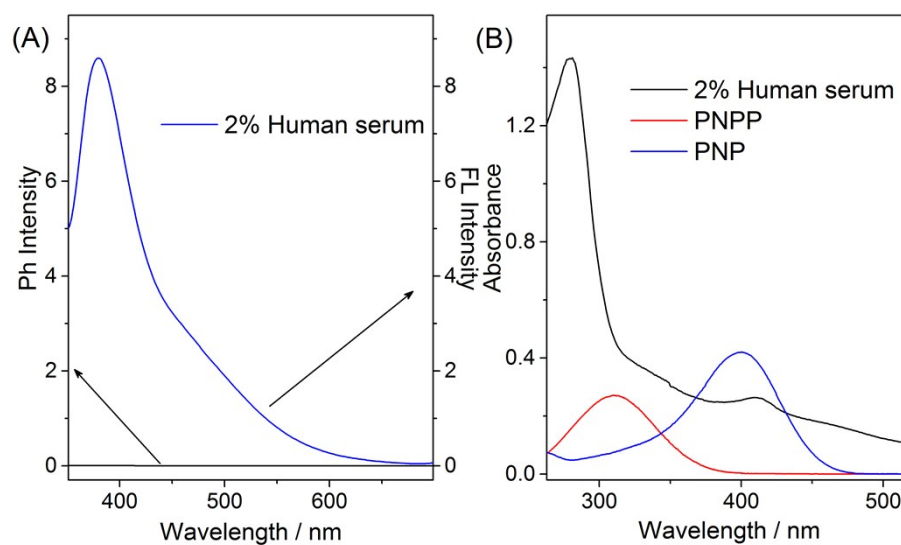
11. ALP detection in human serum samples

Table S3 Alkaline phosphatase detection in human serum samples by this probe and testing in hospital.

Samples	ALP amount (U/L) by this probe	ALP amount (U/L) test in hospital
Serum 1	78.3 ± 3.5	79
Serum 2	125.9 ± 8.6	130
Serum 3	46.3 ± 3.5	49
Serum 4	97.4 ± 6.9	91
Serum 5	108.1 ± 12.9	105
Serum 6	89.0 ± 9.0	96
Serum 7	354.6 ± 10.0	341
Serum 8	290.9 ± 29.8	292
Serum 9	2591.8 ± 69.3	2599
Serum 10	226.8 ± 6.9	220
Serum 11	90.3 ± 6.9	88

1 12. Fluorescence, phosphorescence and UV-Vis background of serum

2 samples



3

4 **Fig. S16** Fluorescence, phosphorescence and UV-Vis background of serum sample.

1 References

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