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## **Integrated Strength and Toughness in Calcium Alginate/Graphene Film for Highly Efficient Electromagnetic Interference Shielding**

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**1. The power coefficient including reflection coefficient (R), absorption coefficient (A), and transmission coefficient (T) as well as EMI SE ( $SE_{total}$ ), microwave reflection ( $SE_R$ ) and microwave absorption ( $SE_A$ ) from scattering parameters**

The R, T, and A can be obtained by using measured scattering parameters, as given below:<sup>1</sup>

$$R = |S_{11}|^2 \quad (1)$$

$$T = |S_{21}|^2 \quad (2)$$

$$A = 1 - R - T \quad (3)$$

Then  $SE_{total}$ ,  $SE_R$ ,  $SE_A$  can be calculated as follows:

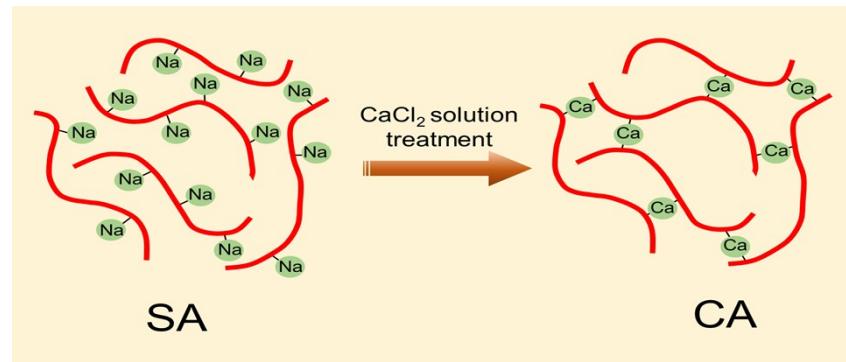
$$SE_R = -10 \lg(1 - R) \quad (4)$$

$$SE_A = -10 \lg\left(\frac{T}{1 - R}\right) \quad (5)$$

$$SE_{total} = SE_R + SE_A + SE_M \quad (6)$$

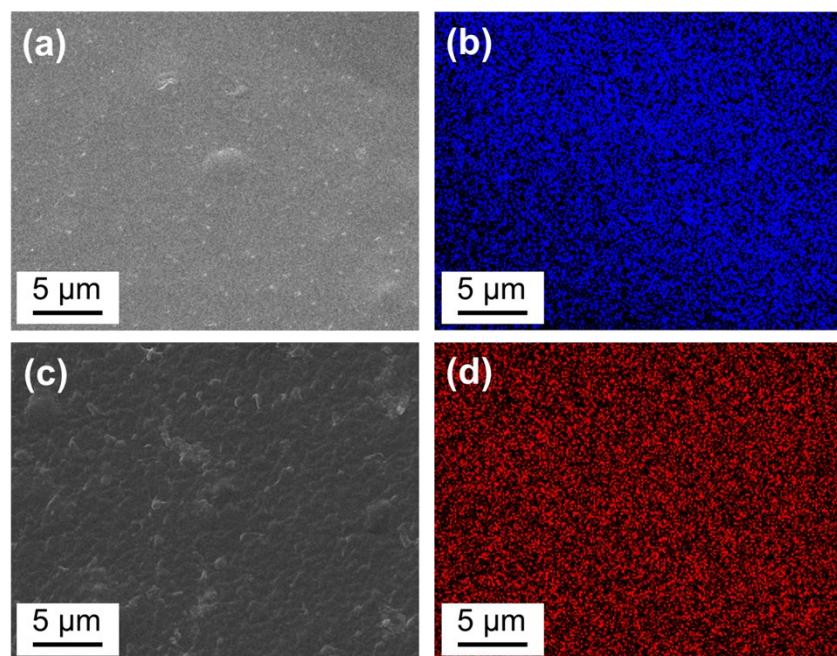
where  $SE_M$  is the microwave multiple internal reflections, which can be negligible when  $SE_{total}$  is higher than 10 dB.<sup>1</sup>

**2. The schematic diagram for the transformation of sodium alginate (SA) to calcium alginate (CA)**

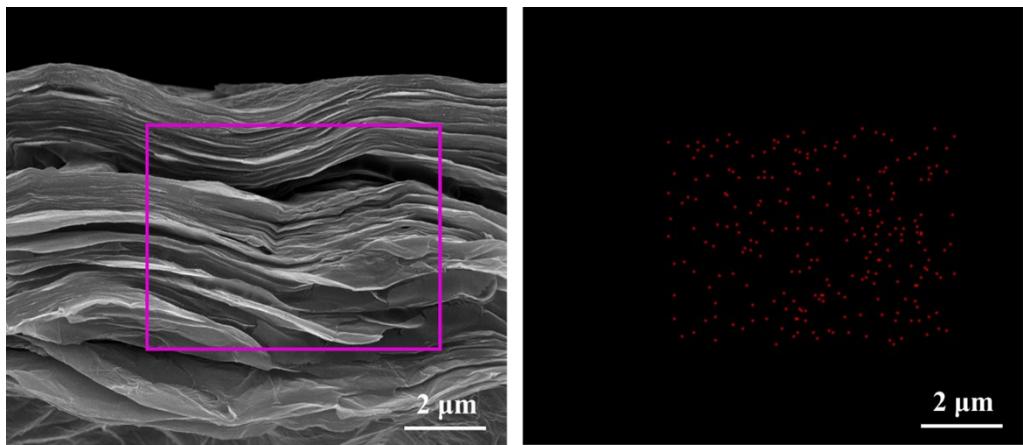


**Fig. S1** Schematic diagram for the transformation of SA to CA

**3. The energy dispersive spectroscopy (EDS) mapping analysis of the SA, CA and rGO-I films**



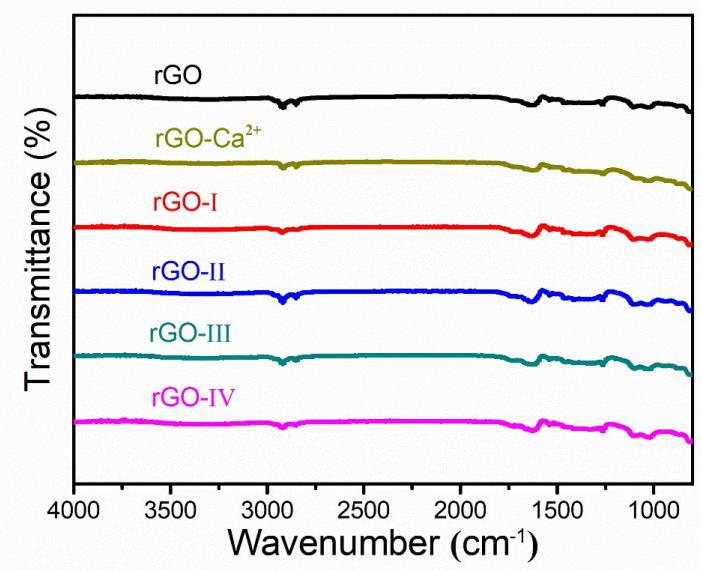
**Fig. S2** (a) SEM image of the SA film surface and (b) the corresponding Na element mapping. (c) SEM image of the CA film surface and (d) the corresponding Ca element mapping. The EDS results reveal that a generous amount of Ca element is observed after the SA treated by the  $\text{CaCl}_2$  solution, indicating the successful transformation of SA to CA.



**Fig. S3** (a) SEM images of rGO-I film and (b) the corresponding Ca element mapping.

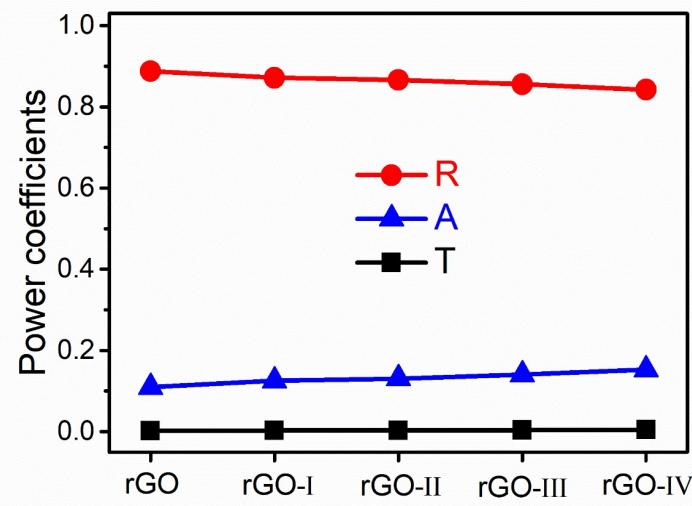
The Ca elemental mapping of rGO-I shows that Ca element is still remained after reduction by HI.

#### 4. The Fourier transform infrared (FTIR) spectra of the rGO, rGO-Ca<sup>+</sup> and rGO/CA films



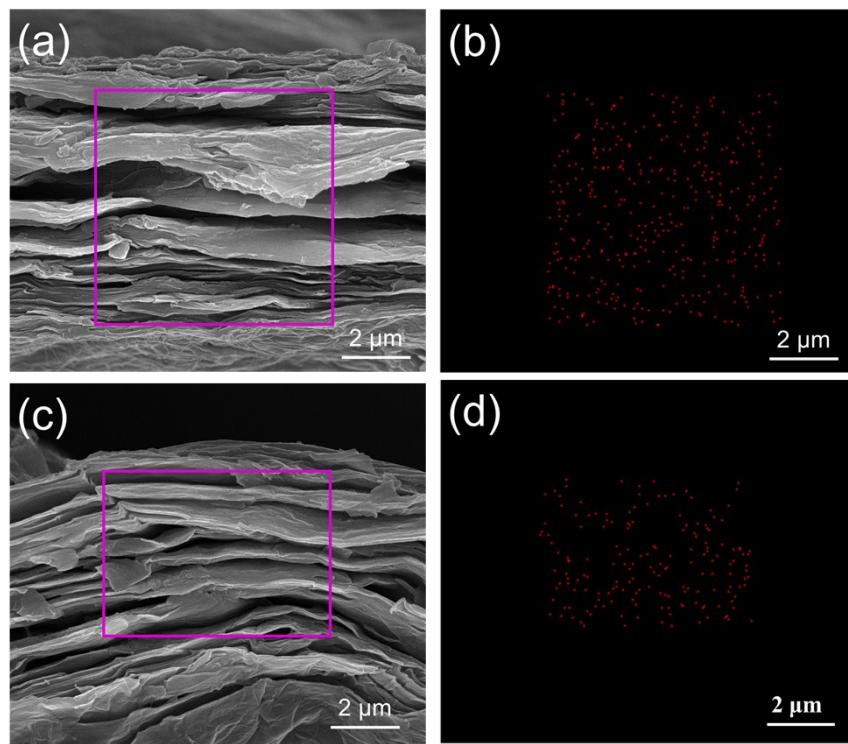
**Fig. S4** FTIR spectra of rGO, rGO-Ca<sup>2+</sup> and rGO/CA films;

## 5. The power coefficients of the rGO and rGO/CA films



**Fig. S5** Power coefficients of the rGO and rGO/CA films at 10.3 GHz.

## 6. SEM images and Ca-element mapping of the GO-Ca<sup>2+</sup> and rGO-Ca<sup>2+</sup> films



**Fig. S6** SEM images of cross-sectional surface of (a) GO-Ca<sup>2+</sup> film and the corresponding Ca-element mapping (b); SEM images of cross-sectional surface of (c) rGO-Ca<sup>2+</sup> film and the corresponding Ca-element mapping (d).

## 7. Comparison of EMI SE of rGO/CA films in this work with the literature.

**Table S1** EMI shielding performance for rGO/CA films compared with other carbon-based materials reported in the literature.

Materials	Thickness (mm)	EMI SE (dB)	Specific EMI SE (dB/mm)	Tensile strength and toughness (MPa@MJ/m <sup>3</sup> )	Reference
<b>rGO-I</b>	<b>0.012</b>	<b>25.7</b>	<b>2142</b>	<b>118.0@4.6</b>	<b>This work</b>
rGO <sup>a)</sup>	0.0084	20.0	2381	~	2
rGO <sup>a)</sup>	0.015	20.2	1347	77.7@~	3
F-doped rGO <sup>a)</sup>	0.35	22.5	64		4
rGO/PVA <sup>a)</sup>	0.23	9.1	40	62.4@1.8	5
rGO-Fe <sub>2</sub> O <sub>3</sub> /PVA <sup>a)</sup>	0.36	20.3	56	55.2@2.4	5
rGO/CNF <sup>a)</sup>	0.023	26.2	1139	67.0@~	6
GNS <sup>a)</sup>	0.05	60.0	1200	22.0@~	7
GNS <sup>a)</sup>	0.1	19.0	190	~	8
GNS/CuPc <sup>a)</sup>	0.47	55.2	117	~	9
GNS/Fe <sub>3</sub> O <sub>4</sub> <sup>a)</sup>	0.2-0.25	22.0	88-110	~	10
GNS/EVA <sup>a)</sup>	0.35	25.0	71	~	11
GNS/AAP <sup>a)</sup>	0.03	36.0	1200	~	12
GNS/PDMS <sup>a)</sup>	1.0	20.0	20		13
GNS/PU <sup>a)</sup>	2.0	32.0	16		14
Pd-CNT-Cu	0.2	35.0	175	~	15
Co/Ni-CNT	1.0	12.0	12	~	16
CNT/PU <sup>a)</sup>	0.05	24.0	480		17
CNT/NR <sup>a)</sup>	0.05	21.4	428		18
CNT/cellulose	0.17	20.3	119		19
CNT/cellulose	0.15	35.0	233		20
CNT/PU <sup>a)</sup>	1.5	29.0	19		1
CNT/PU <sup>a)</sup>	2.0	17.0	9		21

CNT/PVDF <sup>a)</sup>	2.0	20.9	15	22
CNT/PANI <sup>a)</sup>	2.4	31.5	13	23
CF/cellulose	0.167	24.6	147	24
CF/ABS <sup>a)</sup>	1.1	26.1	24	25
CB/ABS <sup>a)</sup>	1.1	20.9	19	25
CB/EPDM <sup>a)</sup>	2.0	30.3	15	26
Graphite/PANI <sup>a)</sup>	2.0	33.6	17	27

<sup>a)</sup> rGO, PVA, CNF, GNS, CuPc, EVA, AAP, PDMS, PU, CNT, NR, PVDF, PANI, CF, CB, ABS and EPDM indicate reduced graphene oxide, polyvinyl alcohol, cellulose nanofiber, graphene, copper phthalocyanine, ethylene vinyl acetate, acrylic artists' paint, polydimethylsiloxane, polyurethane, carbon nanotube, natural rubber, polyvinylidene fluoride, polyaniline, carbon fiber, carbon black, acrylonitrile butadiene styrene-acrylonitrile butadiene styrene and ethylene propylene diene monomer, respectively.

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