## Supplementary Information Fast and Facile Preparation of S Nanoparticle by Flash Nanoprecipitation for Lithium-sulfur Battery

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struct	structured sulfur hosts.			
Host materials	S content	Ref.		
S-x	99 wt. %	In this paper		
HCS	70 wt. %	1		
Multi shelled HCS	S 86 wt. %	2		
Yolk-Shell S@Ti	O₂ 71 wt. %	3		
Yolk-Shell S@PA	NI 82 wt. %	4		
S@PTh	71.9 wt. %	5		
TiO@C-HS	70 wt. %	6		
SCSPs/mrGO	90 wt. %	7		
S/PPy-MnO <sub>2</sub>	70 wt. %	8		

Table S1. Sulfur loading percentage of Li-S batteries based on various hollow

structured sulfur hosts.	
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**Figure S1** XPS spectra of S-x. C 1s spectra of (a) S-20, (b) S-50, (c) S-80. S 2p spectra of (d) S-20, (e) S-50, (f) S-80.



Figure S2 DLS size distribution of (a) S-20, (b) S-50, (c) S-80, (d) S-110

	Table S2. Physical Parameters for S-x			
Sample	Speed	R <sub>e</sub>	DLS size (nm)	PDI
1	20	672.7	1036.7	0.340
2	50	1849.9	763.1	0.109
3	80	3228.9	532.4	0.076
4	110	4809.7	507.9	0.068

 Table S2
 Physical Parameters for S-x



Figure S3 TEM images of (a) S-110 and (b) S-110 after being heated at 155 °C for 5 h

Host materials	Cycle capacity (mAh g <sup>-1</sup> )		Ref.	
-	Initial	Retention	Current density	
S-110	1030.7	807.7	50 cycles at 0.1C	In this work
Sulphur-TiO <sub>2</sub>	1030	690	1000 cycles at 0.5C	9
Polyaniline-Coated Sulfur	1101	765	200 cycles at 0.2C	10
Sulfur/Polythiophene	1119.3	830.2	80 cycles at 0.1 A g <sup>-1</sup>	11
Polyaniline-Coated Sulfur/Carbon	1405	596	100 cycles at 0.1C	12
Sulfur/Carbon	1285	750	500 cycles at 0.2C	13
SiO <sub>2</sub> -coated sulfur	1420	763	50 cycles at 0.1C	14
Hollow Carbon-Sulfur	1070	900	150 cycles at 0.2C	15

**Table S3.** Electrochemical performance of Lithium-Sulfur batteries based on various

 hollow structured sulfur hosts

Sample	$R_{s}\left(\Omega ight)$	$R_{ct}\left(\Omega ight)$
S-20	7.6	62.5
S-50	5.08	78.2
S-80	4.375	55.5
S-110	2.105	15.5

**Table S4.** The EIS spectra fitting of the S-x cathode.

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