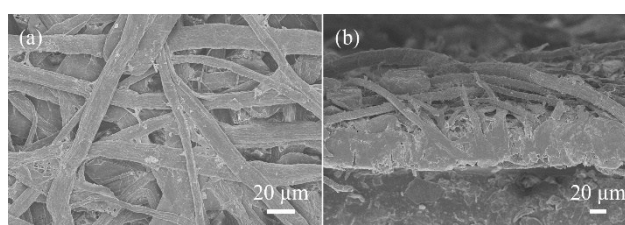


Supplementary Information

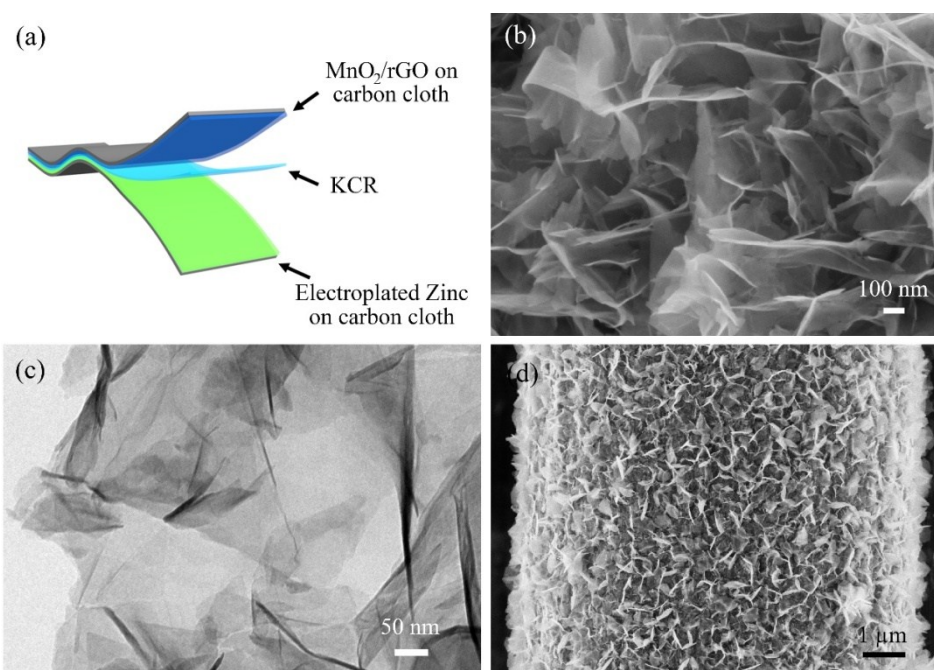
**Flexible quasi-solid-state zinc ion batteries enabled by highly  
conductive carrageenan bio-polymer electrolyte**

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**Fig. S1** (a) SEM image of rice paper. (b) The cross-sectional SEM image of rice paper.



**Fig. S2** (a) Schematic illustration for the structure of solid-state Zn-MnO<sub>2</sub> battery. (b) SEM image of the MnO<sub>2</sub> nanosheets. (c) TEM image of the MnO<sub>2</sub> nanosheets. (d)

SEM images of electroplated Zn on carbon cloth.

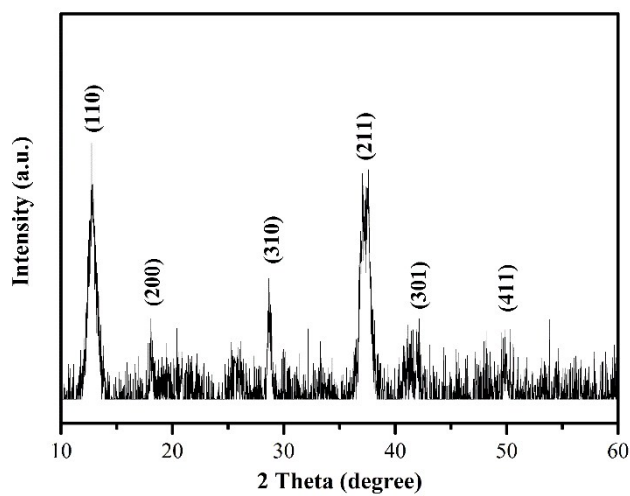


Fig. S3 XRD spectrum of MnO<sub>2</sub>.

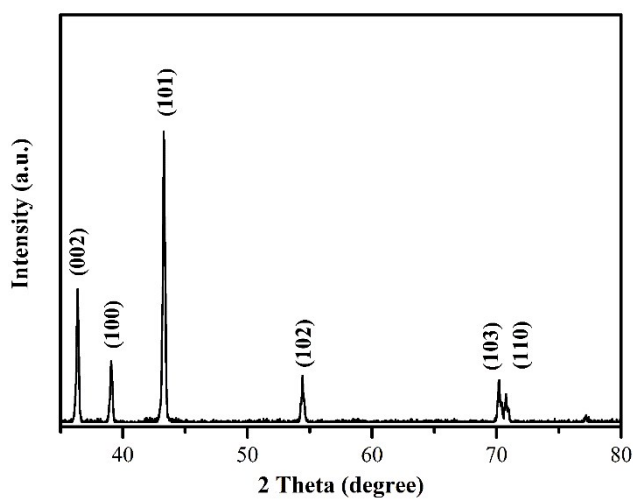
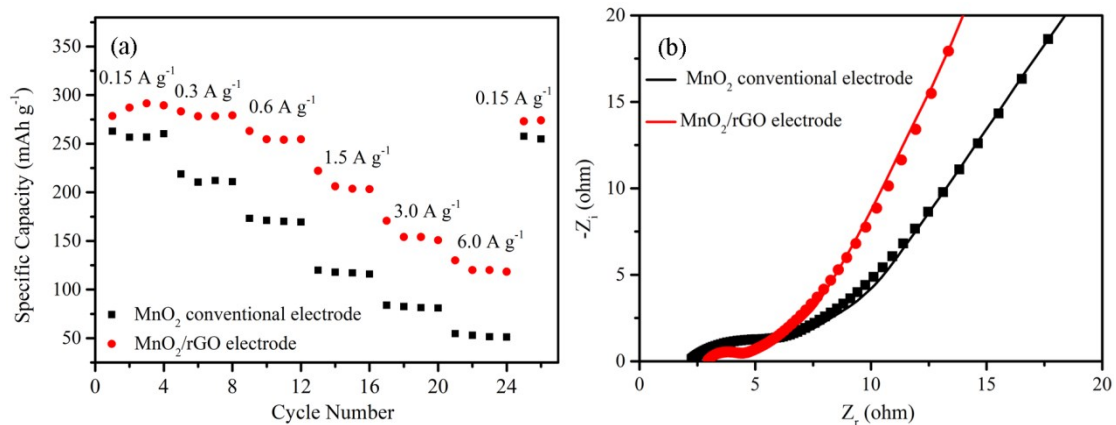
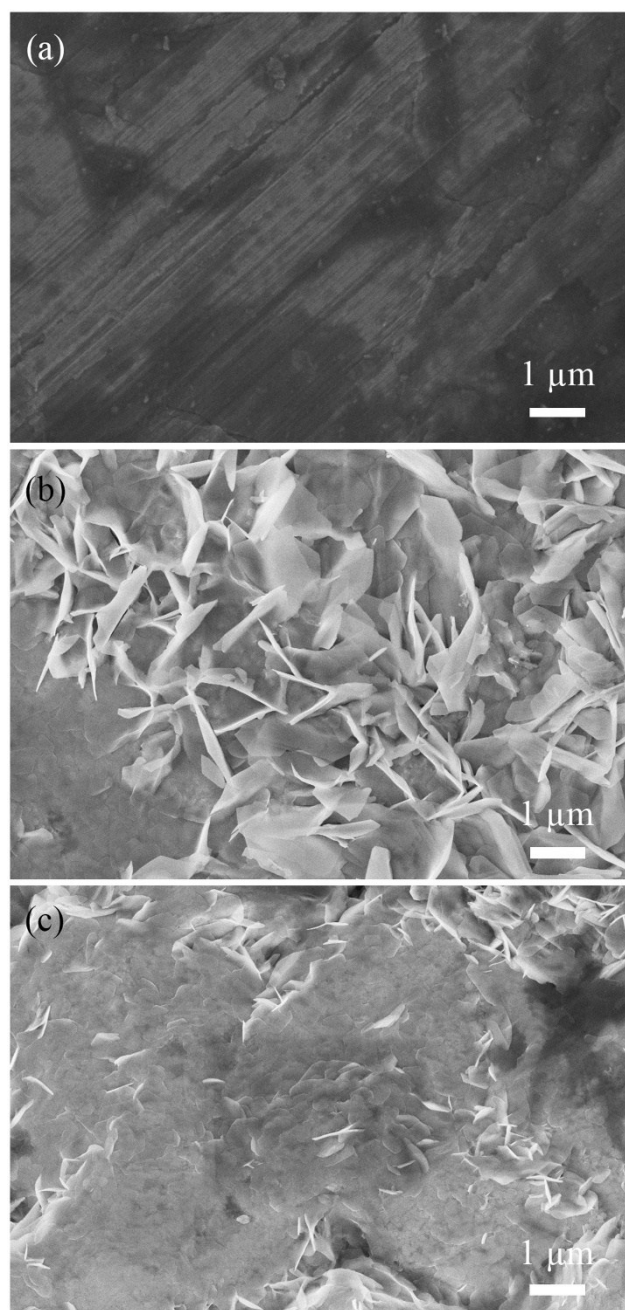


Fig. S4 XRD spectrum of electroplated Zn on carbon cloth.

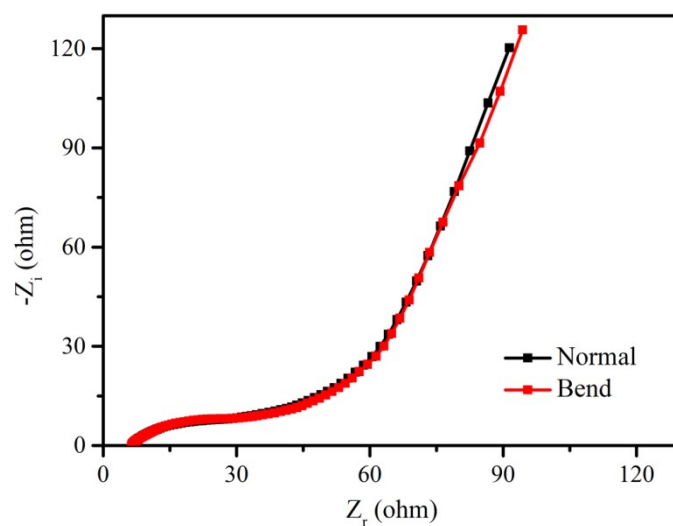


**Fig. S5** (a) Specific capacities of solid-state ZIBs with MnO<sub>2</sub> conventional electrode and MnO<sub>2</sub>/rGO electrode at various current density. (d) Nyquist plots of the samples after charging to ~1.9 V vs. Zn<sup>2+</sup>/Zn.

As shown in Fig. S5a, solid-state ZIBs with MnO<sub>2</sub>/rGO electrode can deliver discharging capacity of ~291.5 mAh g<sup>-1</sup> at 0.15 A g<sup>-1</sup>. When the rate is increased to 6.0 A g<sup>-1</sup>, the cell achieves a discharge capability of 120.0 mA h g<sup>-1</sup>. As a comparison, solid-state ZIBs with conventional MnO<sub>2</sub> electrode exhibit much lower discharge capacity, that is, ~262.9 mA h g<sup>-1</sup> at 0.15 A g<sup>-1</sup>, and further drops to ~54.7 mA h g<sup>-1</sup> at 6.0 A g<sup>-1</sup>. The electrochemical impedance spectroscopy (EIS) measurements were also carried out on the cell with MnO<sub>2</sub>/rGO electrode and conventional MnO<sub>2</sub> electrode. The corresponding Nyquist plots (dot) and fitting results (line) are shown in Fig. S5b. The charge-transfer resistance of MnO<sub>2</sub>/rGO sample is 1.3 Ω, which is lower than that of conventional MnO<sub>2</sub> sample (3.7 Ω). On the basis of the results above, the incorporation of rGO in MnO<sub>2</sub>-based electrodes improves rate performance of the cells. This enhancement ascribed to the formation of conductive pathways for electron transport during the charging/discharging process, as evidenced in decreased charge transfer resistance.



**Fig. S6** SEM images of (a) fresh zinc foil, zinc foil after 100 cycles (at  $6 \text{ A g}^{-1}$ ) in (b) aqueous electrolyte and (c) KCR electrolyte.



**Fig. S7** AC impedance spectra of the solid-state ZIBs with KCR electrolyte under normal and bending conditions.

**Table S1.** Comparison of KCR electrolyte with some zinc-salt-polymer-electrolytes in terms of ionic conductivity in the literatures.

Polymer matrices	Ionic conductivity (mS cm <sup>-1</sup> )	Zinc salts	Reference
Kappa-Carrageenan	33.2	ZnSO <sub>4</sub>	This work
xanthan gum	14.6	ZnSO <sub>4</sub>	J. Mater. Chem. A, 2018, 6, 12237
A gelatin and PAM based hierarchical polymer	17.6	ZnSO <sub>4</sub>	Energy Environ. Sci., 2018, 11, 941
Gelatin	5.68	ZnSO <sub>4</sub>	
poly(vinylidene fluoride-co- hexafluoropropylene)	1.73	Zn(CF <sub>3</sub> SO <sub>3</sub> ) <sub>2</sub>	J. Membrane Sci., 2014, 469, 499
PEO	0.5~0.8	ZnCl <sub>2</sub>	Solid State Ion., 2005, 176, 1797
PEO	2~4	ZnCl <sub>2</sub>	J. Electrochem.Soc., 2007, 154, A554

Poly- $\epsilon$ -caprolactone Express	0.88	Zn(CF <sub>3</sub> SO <sub>3</sub> ) <sub>2</sub>	Polym. Lett., 2013,7,495
Poly(4-vinylpyridine)	2×10 <sup>-5</sup>	Zn(ClO <sub>4</sub> ) <sub>2</sub>	Macromolecules, 2004, 37, 192
PAN	0.22	ZnSO <sub>4</sub>	J. New Mat. Electr. Sys., 2001, 4, 135
PAN	0.78	ZnCl <sub>2</sub>	J. New Mat. Electr. Sys., 2001, 4, 135
poly(vinylidene fluoride -co-hexafluoropropylene)	3.82	ZnTf <sub>2</sub>	Electrochim. Acta, 2015,176, 1447
poly(vinylidene fluoride)	3.94	zinc triflate	Solid State Ion., 2003,160,289

Table S2. Comparison of the rate performance of ZIBs (Zn-MnO<sub>2</sub>) with KCR electrolyte and other solid-state electrolyte in the literature.

Solid-state Electrolyte	Rate	Ref
Kappa-Carrageenan/rice paper electrolyte +ZnSO <sub>4</sub> /MnSO <sub>4</sub>	120 mAh g <sup>-1</sup> at 6.0 A g <sup>-1</sup> 206 mAh g <sup>-1</sup> at 1.5 A g <sup>-1</sup>	This work
EG based waterborne anionic polyurethane acrylates/polyacrylamide +ZnSO <sub>4</sub> /MnSO <sub>4</sub>	162 mAh g <sup>-1</sup> at 1.6 A g <sup>-1</sup>	<i>Energy Environ. Sci.</i> <b>2019</b> , 12, 706
polyacrylamide+gelatin+ ZnSO <sub>4</sub> /MnSO <sub>4</sub>	150 mAh g <sup>-1</sup> at 1.848 A g <sup>-1</sup>	<i>Energy Environ. Sci.</i> <b>2018</b> , 11, 941
xanthan gum+ ZnSO <sub>4</sub> /MnSO <sub>4</sub>	120-150 mAh g <sup>-1</sup> at 3.08 A g <sup>-1</sup>	<i>J. Mater. Chem. A</i> <b>2018</b> , 6, 12237
poly(vinyl alcohol)/LiCl+ZnCl <sub>2</sub> /MnSO <sub>4</sub>	201 mAh g <sup>-1</sup> at 6.0 A g <sup>-1</sup>	<i>J. Mater. Chem. A</i> <b>2017</b> , 5, 14838

poly(vinyl alcohol)/LiCl+ZnCl <sub>2</sub> /MnSO <sub>4</sub>	76 mAh g <sup>-1</sup> at 5.58 A g <sup>-1</sup>	<i>Adv. Mater.</i> <b>2017</b> , <i>29</i> , 1700274
1-Buthyl-3-methylimidazolium trifluoromethanesulfonate+ZnTf <sub>2</sub>	78 mAh g <sup>-1</sup> at 2 A g <sup>-1</sup>	<i>Electrochem. Commun.</i> <b>2015</b> , <i>60</i> ,190
poly(vinylidene fluoride)+zinc triflate	37 mAh g <sup>-1</sup> at 200 μA cm <sup>-2</sup> (66 mA g <sup>-1</sup> )	<i>Solid State Ion.</i> <b>2003</b> , <i>160</i> , 289
poly(vinyl alcohol)+ZnTFS	45 mAh g <sup>-1</sup> at 2 A g <sup>-1</sup>	<i>ACS Appl. Mater. Interfaces</i> <b>2018</b> , <i>10</i> , 24573
1-Ethyl-3-methylimidazolium bis(trifluoromethylsulfonyl) imide+ ZnTf <sub>2</sub>	125 mAh g <sup>-1</sup> at 1 mA cm <sup>-2</sup>	<i>Electrochim. Acta</i> <b>2015</b> , <i>176</i> , 1447

Table S3. Comparison of the rate performance of ZIBs (Zn-MnO<sub>2</sub>) with KCR electrolyte and other solid-state electrolyte in the literature.

Electrochemical energy storage devices	Energy density and Power density	Ref
Kappa-Carrageenan/rice paper electrolyte +ZnSO <sub>4</sub> /MnSO <sub>4</sub>	400 W h kg <sup>-1</sup> / 0.2 kW kg <sup>-1</sup> 171 W h kg <sup>-1</sup> / 7.9 kW kg <sup>-1</sup>	This work
solid state ZIB (ZnSO <sub>4</sub> /MnSO <sub>4</sub> -xanthan gum)	364 Wh kg <sup>-1</sup> at 1C 2.5 KW kg <sup>-1</sup> at 10C	<i>J. Mater. Chem. A</i> <b>2018</b> , <i>6</i> , 12237
solid state ZIB (LiCl-ZnCl <sub>2</sub> /MnSO <sub>4</sub> -PVA)	504.9 W h kg <sup>-1</sup> / 0.67 kW kg <sup>-1</sup> 117 W h kg <sup>-1</sup> / 8.6 kW kg <sup>-1</sup>	<i>Adv. Mater.</i> <b>2017</b> , <i>29</i> , 1700274
solid state ZIB (LiCl-ZnCl <sub>2</sub> -PVA)	360 W h kg <sup>-1</sup> / 0.1 kW kg <sup>-1</sup>	<i>ACS Appl. Mater. Interfaces</i> <b>2018</b> , <i>10</i> , 24573

