

Figure S1 – Structural formulae for  $\beta$ -sitosterol (top) and  $\gamma$ -oryzanol (bottom). Both molecules have a central androsterol core but different alkyl chains.  $\gamma$ -oryzanol is a sterol ester containing a ferulic acid moiety.

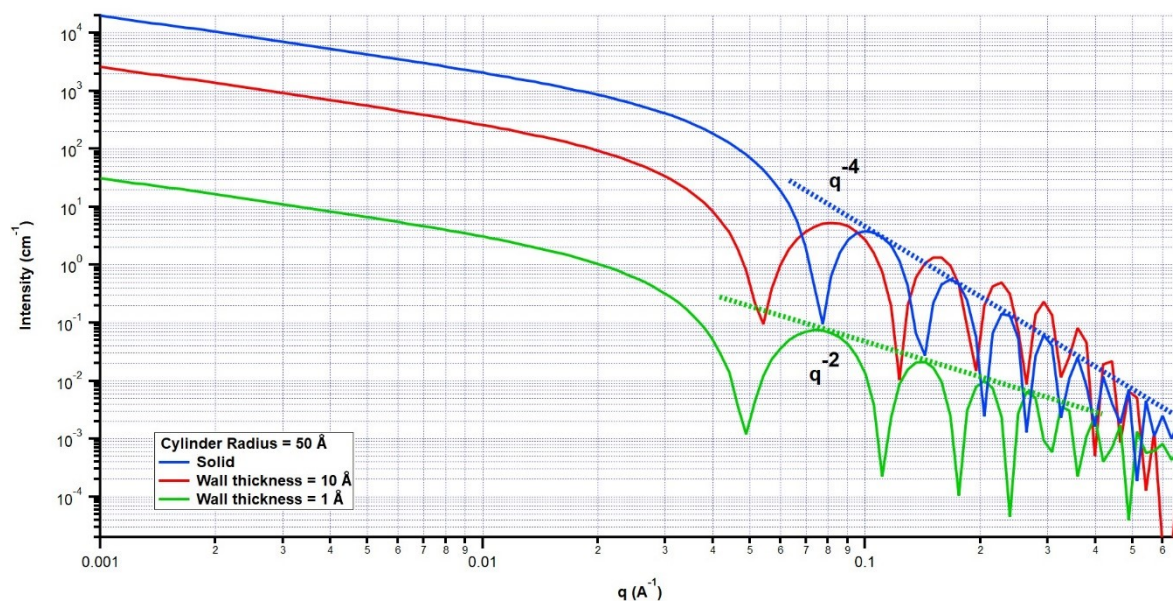


Figure S2 – Scattering from solid cylinder and hollow cylinder with finite wall thickness; all objects have the same outer radius of 50  $\text{\AA}$ . In the low  $q$  region, the scattering from all objects decays as  $q^{-1}$ . At higher  $q$ , the scattering from the solid cylinder decays as  $q^{-4}$ . The scattering from the narrow-walled cylinder of thickness of 1  $\text{\AA}$  decays as  $q^{-2}$  whereas the cylinder with thicker wall of 10  $\text{\AA}$ , transitions from  $q^{-2}$  to  $q^{-4}$  scattering.

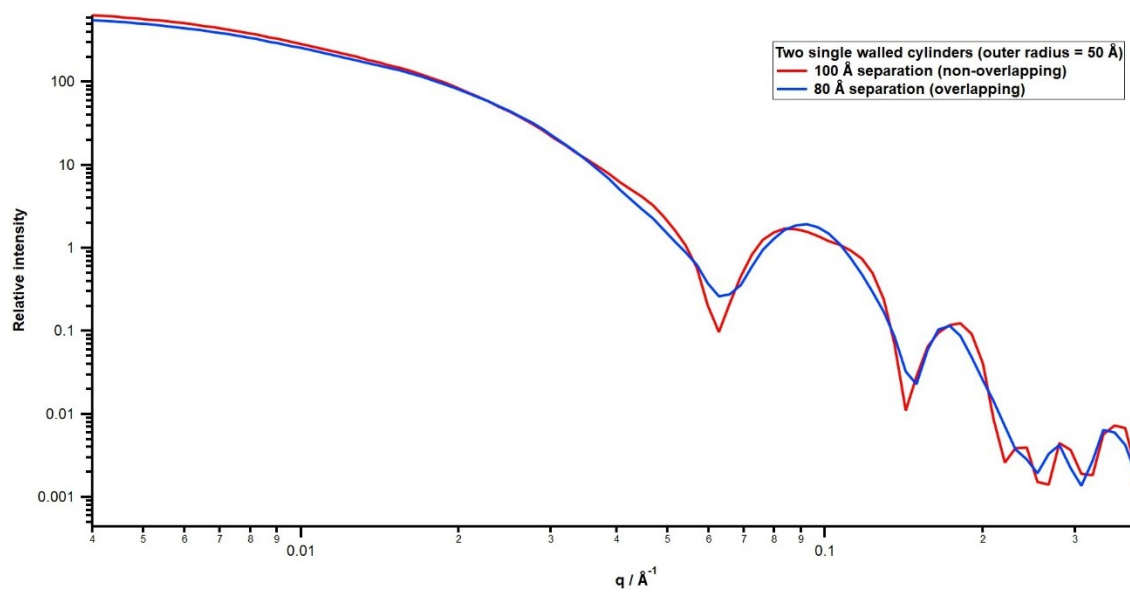


Figure S3 – Predicted scattering from two non-overlapping and overlapping single-walled cylinders from real space modelling.