

SUPPORTING INFORMATION

Video S1: The motion of CMS and PCMS in PBS (pH 7.4).

Video S2: The motion of CMS and PCMS in PBS (pH 7.4+50 μM H_2O_2).

Video S3: The motion of CMS and PCMS in PBS (pH 7.4+500 μM H_2O_2).

Video S4: The motion of CMS *in vivo* in heart, lung, liver, spleen and renal tissues.

Video S5: The motion of PCM *in vivo* in heart, lung, liver, spleen and renal tissues.

Video S6: The motion of PCMS *in vivo* in heart, lung, liver, spleen and renal tissues.