Electronic Supplementary Material (ESI) for Journal of Materials Chemistry C. This journal is © The Royal Society of Chemistry 2023

1	Supporting Information
2	Versatile chewed gum with liquid metal for strain sensors,
3	electromagnetic interference shielding and flexible electronics
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2 Fig. S1 (a & b) Photographs of chewed gum (a) and its stretched state (b).





5 Fig. S2 Diameter histogram of LM droplets in chewed gum.



Fig. S3 (a & b) LM droplets on chewed gum (a) and its stretched state at strain of 300%
(b). (c) Chewed gum filled with LM micro/nano droplets and its schematic diagram. (d)
SEM images of chewed gum filled with different contents of LM micro/nano droplets.
(e-g) Resistance (e), conductivity test (f) and current-voltage curve (g) of chewed gum
filled with LM micro/nano droplets.



Fig. S4 (a & b) Optical image of chewed gum filled with LM droplets before (a) and
after (b) adhering to skin test. (c) Twisting, bending and stretching test of chewed gum
filled with LM droplets.



7 Fig. S5 Mechanical performance chewed gum before and after healing.



Fig. S6 (a) Response time of chewed gum as strain sensor. (b) The sensing performance
of chewed gum based sensor when fixed on the finger under repeated bending (angle
of 90°)-release for 500 cycles. (c) The relative resistance change curves extracted from
the red part in (b). (d) Preparation process of chewed gum for electrical conductivity
measurement.



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9 Fig. S7 (a) Conductive gum wrapped with LM as an electrode. (b–d) SEM image of 10 surface (b) and cross section (c & d) of conductive chewed gum. (e) SEM images of 11 surface morphology for liquid metal layer wrapped on the chewed gum during 12 stretching process, which corresponding to strain of 400%, 600% and 700%.



2 Fig. S8 (a) schematic diagram of chewed gum with liquid metal for EMI shielding
3 measurement. (b) Average EMI SE value of chewed gum wrapped with liquid metal
4 for different cycles.



8 Fig. S9 (a) Reflection and absorption coefficient of chewed gum wrapped with liquid
9 metal in frequency range 8.2-12.4 GHz. (b)Recycled test of conductive chewed gum
10 wrapped with bulk LM in 1 M HCl solution.