

## Supporting Information

### **Mn<sup>2+</sup>-Assisted High-Capacity Retention in Iron-Chromium Flow**

### **Batteries via Hydrogen Evolution Inhibition and Cr<sup>3+</sup>/Cr<sup>2+</sup> Activation**

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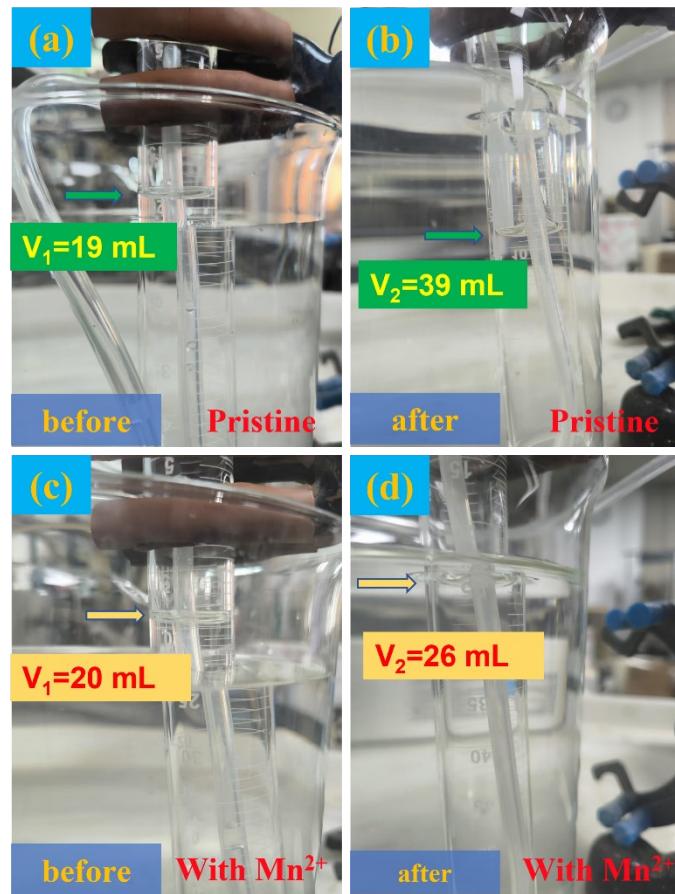
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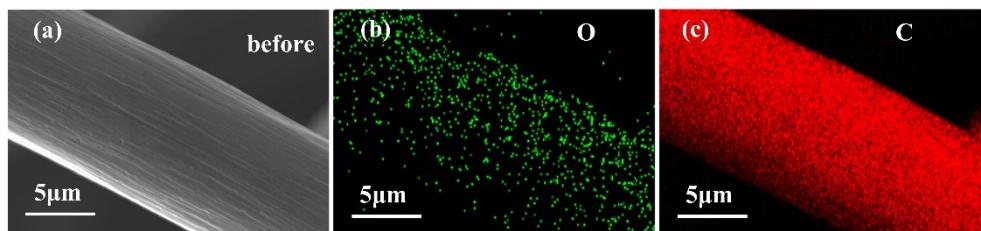
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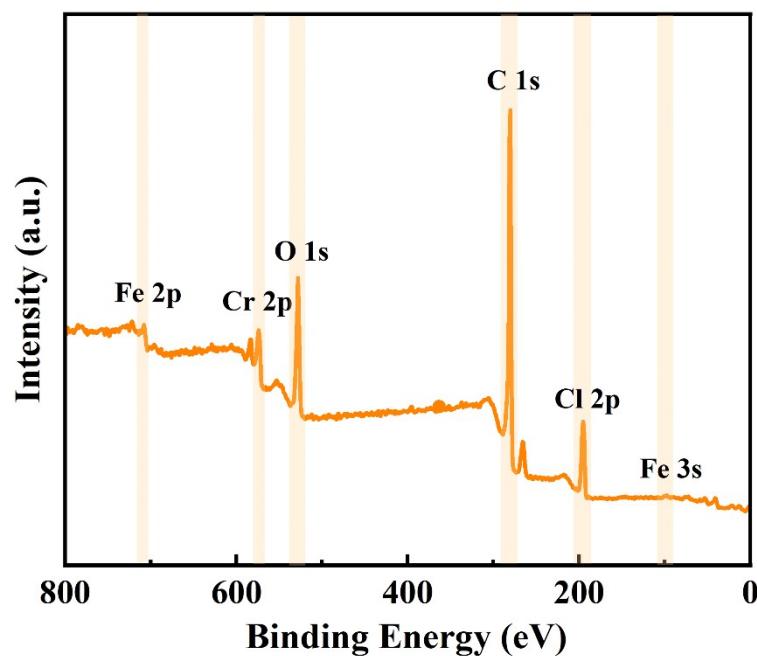
**Fig. S1.** The amount of hydrogen produced by the manganese-containing system and the blank control group was measured at  $40 \text{ mA cm}^{-2}$ : (a) uncycled and (b) cycled for 20 cycles at  $40 \text{ mA cm}^{-2}$ , and the pristine electrolyte with  $0.002 \text{ M Mn}^{2+}$ : (c) uncycled and (d) cycled for 20 cycles at  $40 \text{ mA cm}^{-2}$ .

The generated hydrogen was collected via water displacement, with the initial water level maintained at 20 mL to ensure experimental consistency. The results showed that after 20 charge-discharge cycles, the hydrogen production was significantly reduced (from 20 mL to 6 mL) after the addition of  $\text{Mn}^{2+}$ , confirming the inhibitory effect of manganese ions on HER.



**Fig. S2.** SEM and EDS of graphite felt before charge (a) SEM; (b) O; (c) C.

The pristine graphite felt exhibited a characteristic fibrous morphology, with individual fibers measuring approximately 10  $\mu\text{m}$  in diameter. The elemental distribution appeared homogeneous throughout the material, while the fiber surfaces displayed pronounced groove-like textures.



**Fig. S3.** XPS Spectra of Electrode after Cycling in Electrolyte Containing  $Mn^{2+}$