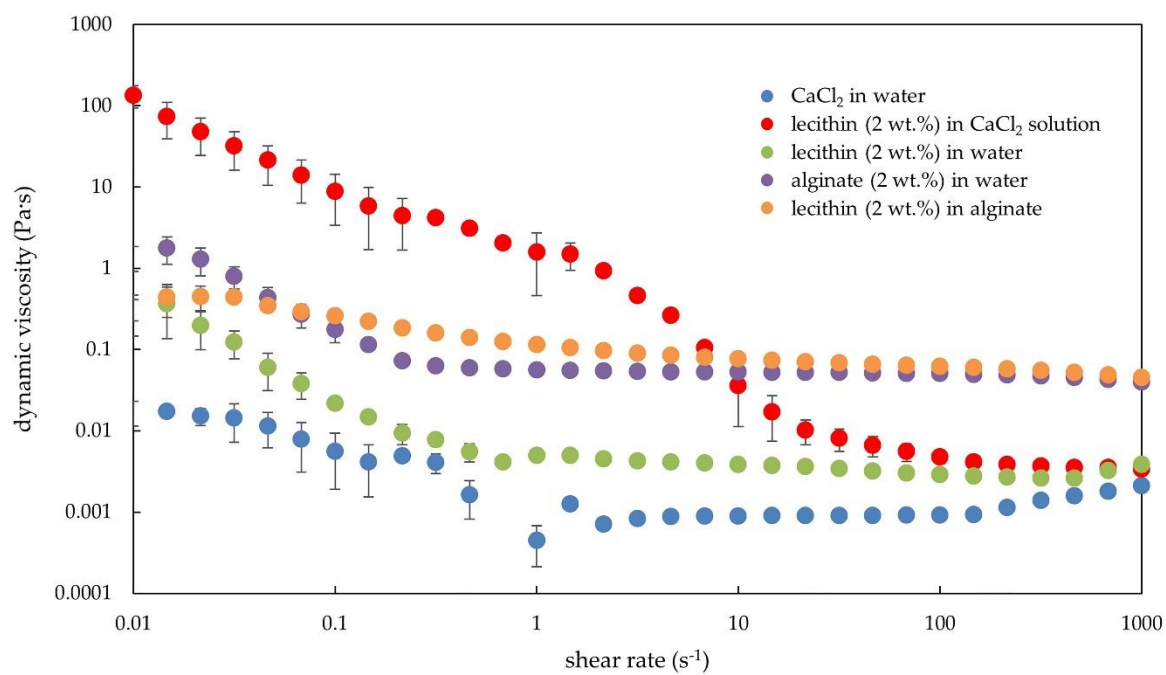
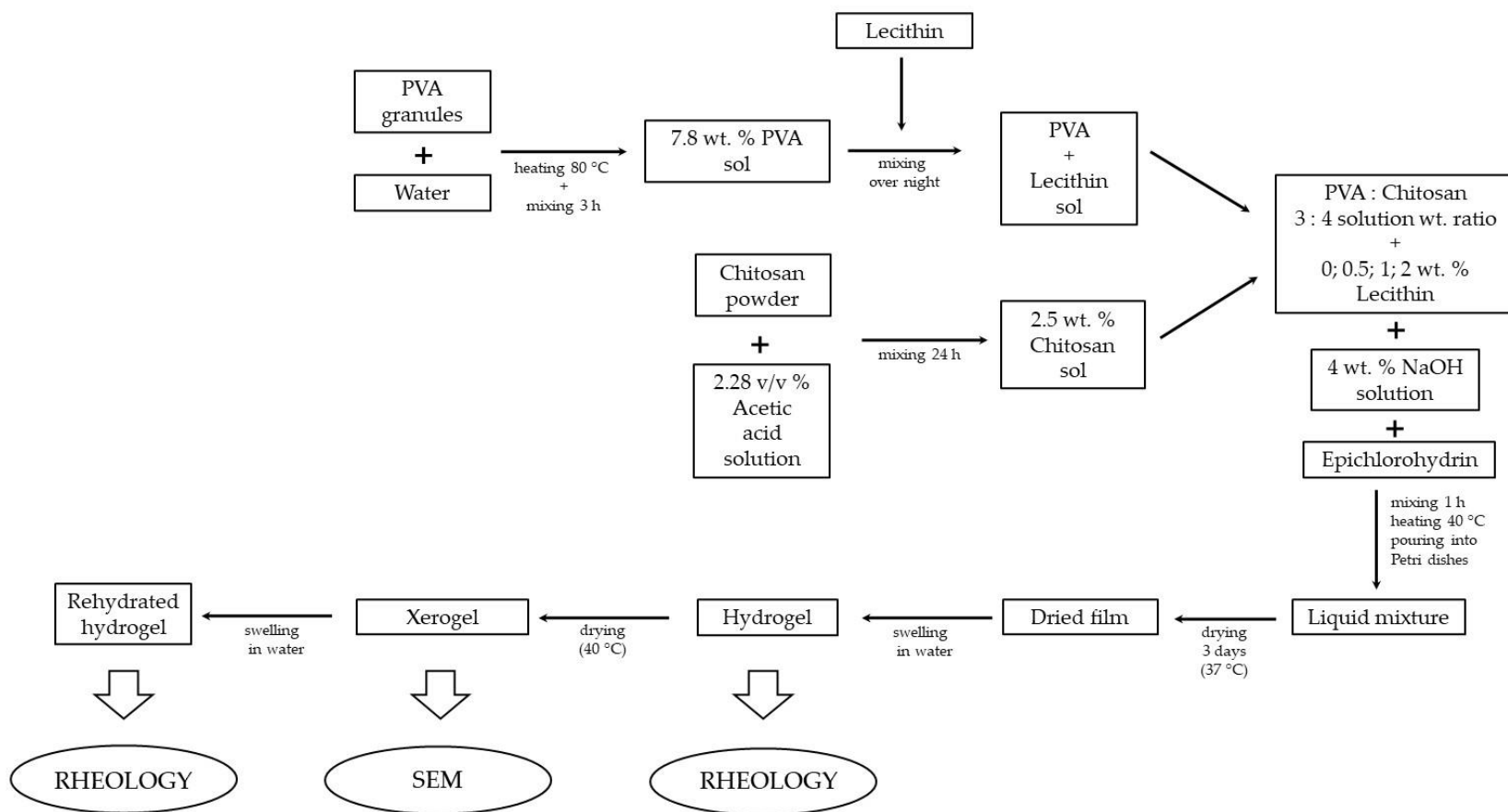


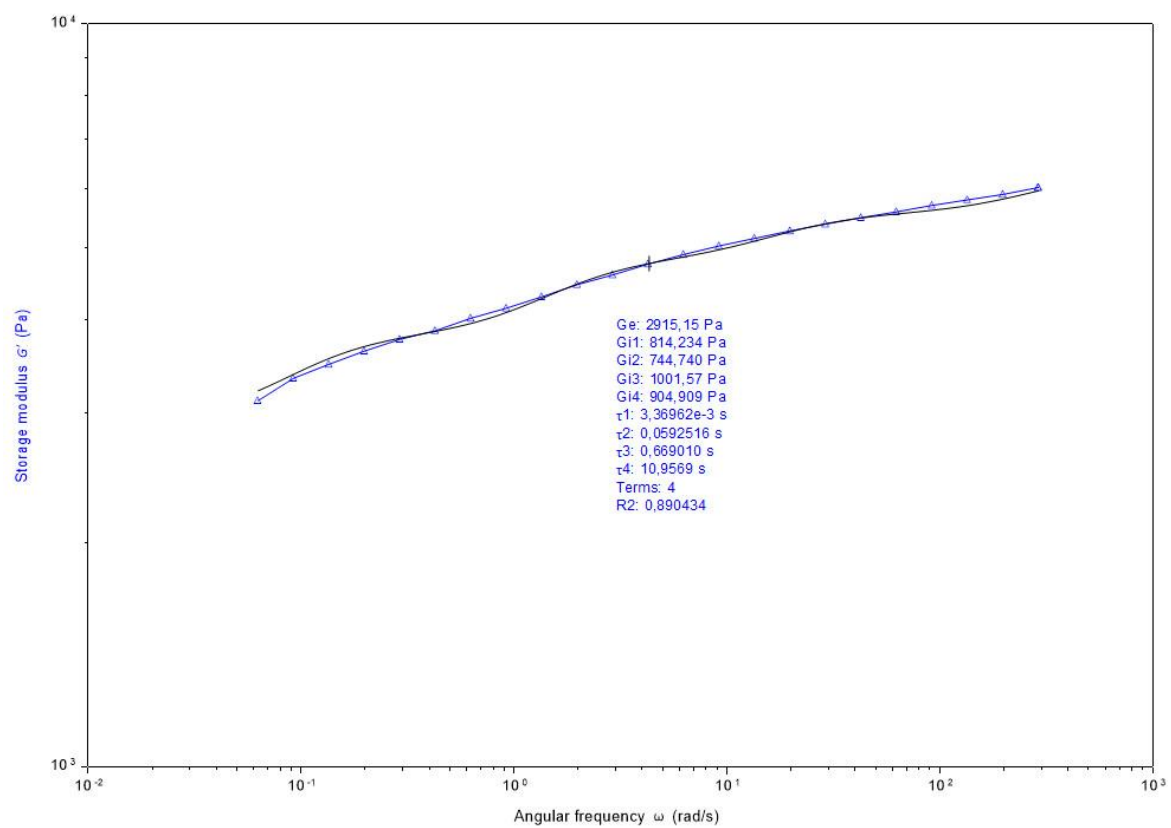
**Figure S2.** Preparation procedure of ionically crosslinked alginate hydrogels.



**Figure S3.** Dynamic viscosity measurements for combinations of solutions of lecithin, CaCl<sub>2</sub> and alginate.



**Figure S4.** Preparation procedure of physically crosslinked PVA-chitosan hydrogels.



**Figure S5.** Typical relaxation spectra for mesh size calculations, TRIOS software (TA Instruments).