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Figure S1. Pseudoternary phase diagram of microemulsion composed of different (a) surfactant, (b) Km values and (c) cosurfactant. G and M represent the zones of gel, and microemulsion, respectively.

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Figure S2. (a) The sizes of microemulsions with various amounts of RH40. (b) The sizes of microemulsions with various weight ratio (wt%) of GLP for equivalent surfactant RH40. \**P* < 0.05, \*\**P* < 0.01. All the data are presented as mean ± SD (n = 3).

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Figure S3. Stability studies of of MEs(PS-Free) and MEs(PS-GLP) after (a) freeze-drying, (b) centrifugation, (c) dilution and (d) thermocycling. All the data are presented as mean ± SD (n = 3).

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Figure S4. Characterization of CSF and DTF. (a) FTIR spectra of CSF, (b) FTIR spectra of DTF, (c) 1H NMR spectra of CSF, (d) 1H NMR spectra of DTF.

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Figure S5. UV-Vis absorption of CSF, DTF and MEs.

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Figure S6. Fluorescent spectra of (a) CSF and (b) Rh123 MEs.

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Figure S7. FRET analysis of fluorescence emission spectra of (a) the mixture of CSF and Rh123, (b) the mixture of DTF and Rh123.

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Figure S8. (a) Fluorescence emission spectra of donor of DTF. (b) The excitation spectrum of the acceptor of Rh123 MEs. (c) Fluorescence lifetime of DTF and DTF-Rh123 MEs.

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Figure S9. Cell viabilities of Caco-2 cells incubated with MEs (1944CS), MEs (PS-free) and MEs (PS-GLP) at various oil phase concentrations for 48h. All the data are presented as mean ± SD (n = 6).