

Figure S1. Particle size distribution of commercial and milled *A. diaperinus* powder.

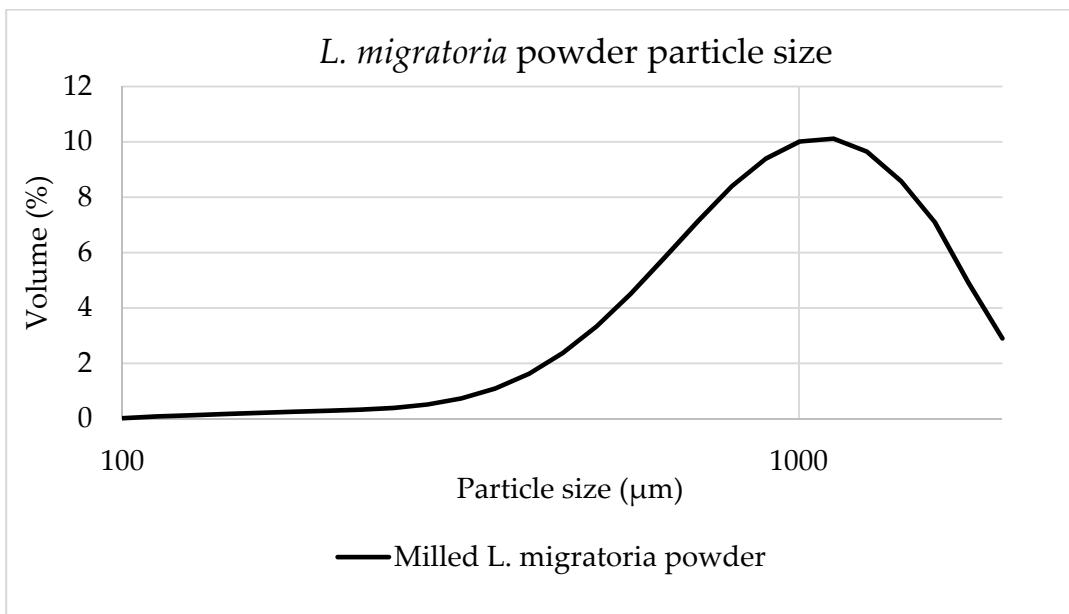


Figure S2. Particle size distribution of milled *L. migratoria* powder.