**Supplementary material**

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| (A) |
|  |
| (B) |
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***Fig S1.*** Effects of single-layer nanoemulsion (SN) and alginate double-layer nanoemulsion (AN) on the viability of 3T3-L1 adipocytes after 4 h (A) and 24 h (B) of incubation. 3T3-L1 cells were treated with 0 (untreated control), 0.1, 1, 10, 100, or 1000 ng/mL of SN or AN, and incubated for the times indicated. Cell viability was determined using a WST-8 assay. Data are expressed as mean ± SE (n = 3). Negative control (NC), 0.1% dextran; positive control (PC), 0.1% SDS. One-way ANOVA followed by Tukey’s multiple comparison tests: \*\*\**p* < 0.001 compared with untreated control group.