

Table S4: Light power of pulsed epifluorescence light source

Omicron LED Hub 455nm LED	Constant wave Power [W cm^{-2}]	200.000 Hz 50% duty cycle Power [W cm^{-2}]
10%	2.29	0.07
20%	4.62	0.81
23.2%	5.35	-
30%	6.90	1.45
40%	9.16	2.06
50%	11.43	2.65
60%	13.66	3.23
70%	15.88	3.79
80%	18.12	4.34
90%	20.32	4.85
100%	22.51	5.35

Light power at the sample plane using a "Omicron LED Hub"
(Omicron-Laserage Laserprodukte GmbH, Rodgau-Dudenhofen, Germany)
fluorescence lightsource and a Plan Fluor NA 1.3 40x oil immersion objective.
The 455 nm LED of the lightsource combined with a 438/24nm excitation
filter and a T495LPXR beam splitter was measured at different light intensity
settings. The light intensity at 23.2% in constant wave mode is equivalent to
100% in pulsed illumination mode, and was used to compare photosensitivity
(see Figure S12)