

**Table S5: Light power of pulsed epifluorescence light source with 60x objective**

SpectraX Teal LED	Power [W cm <sup>-2</sup> ]
10%	0.91
20%	2.06
30%	3.05
40%	3.95
50%	4.71
60%	5.41
70%	6.03
80%	6.61
90%	7.13
100%	7.63

Light power at the sample plane using a "Lumencore Spectra X Light Engine" fluorescence lightsource and a Plan Apo VC NA 1.4 60x oil immersion objective. The teal LED of the lightsource combined with a 504/12nm excitation filter and a HCBS520 beam splitter was measured at different light intensity settings.