

| Final conc. | Component (FW) | Amount per 1 liter |
|-------------|---|-----------------------------|
| 125 mM | NaCl (58,44) | 7,305g / 25 ml of 5M stock |
| 5 mM | KCl (74,56) | 0,373g / 5 ml of 1M stock |
| 1,2 mM | NaH ₂ PO ₄ (137,99) | 0,166g / 1,2 ml of 1M stock |
| 1 mM | CaCl ₂ (147) | 0,15 g / 1ml of 1M stock |
| 1,2 mM | MgCl ₂ (203,3) | 10,24g / 1,2 ml of 1M stock |
| 1 uM | ZnCl ₂ | 1 ml of 1mM stock |
| 10 mM | Glucose (180,16) | 1,8g / 10 ml of 1M stock |
| 25 mM | Hepes (238,31 free acid) | 5,96g / 25 ml of 1M stock |
| 0,25% | BSA | 2,5 g |

Supplementary Table SI.

Modified Hanks medium. The composition of the medium used in the Quantum Dot single molecule tracking experiments is detailed in the table.