

## **Description of Additional Supplementary Files**

### **File name: Supplementary Movie 1**

**Description:** The dynamic binding process for the simplified reaction system between 3 Se atoms and tri(ethylene glycol) monoethyl ether chain in the synthetic reaction of Or/In-Se NPs.

### **File name: Supplementary Data 1**

**Description:** The uncropped Western blotting images of Nrf2, Keap1, selenoproteins and  $\beta$ -actin.