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Supplementary Figure Captions:

Figure S1: Fluorescent intestines of FITC labeled C-NCs and CB-NCs (A-I and A-II).

Figure S2: Leucine standard curve; used to quantify the digestion of protein-layer by OPA assay from void and carvacrol loaded C-BSA core-shell NCs.

Figure S3: Transmission electron microscopy of C-NCs (at 50 nm scale).

Figure S1

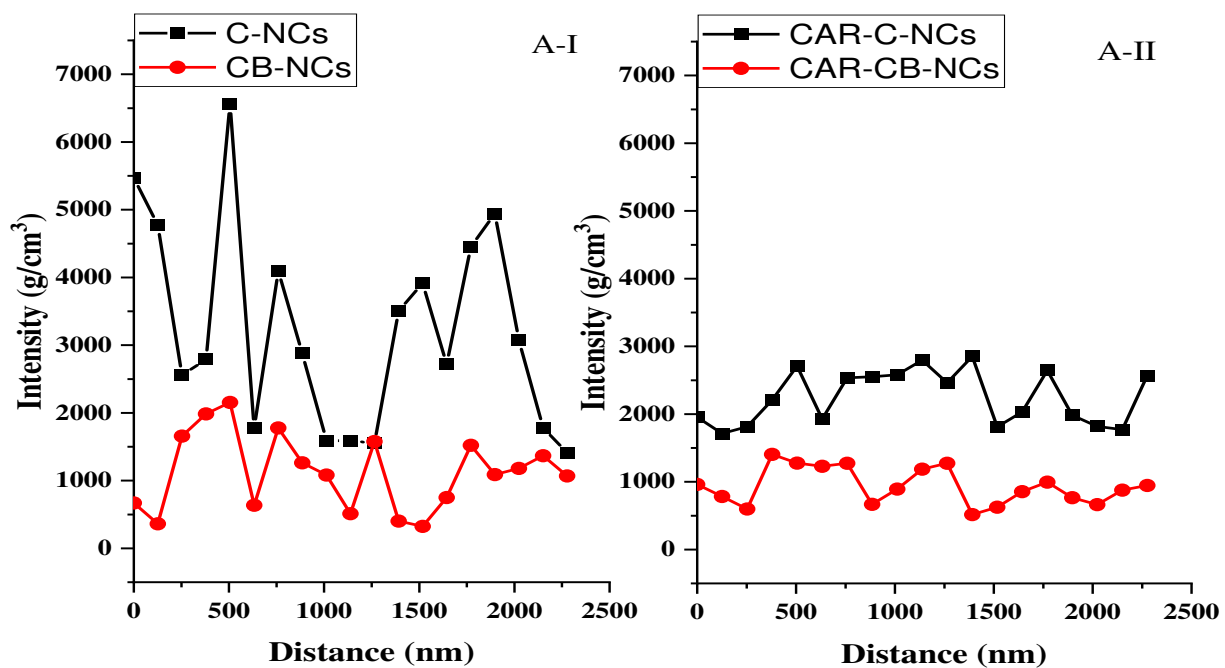


Figure S2

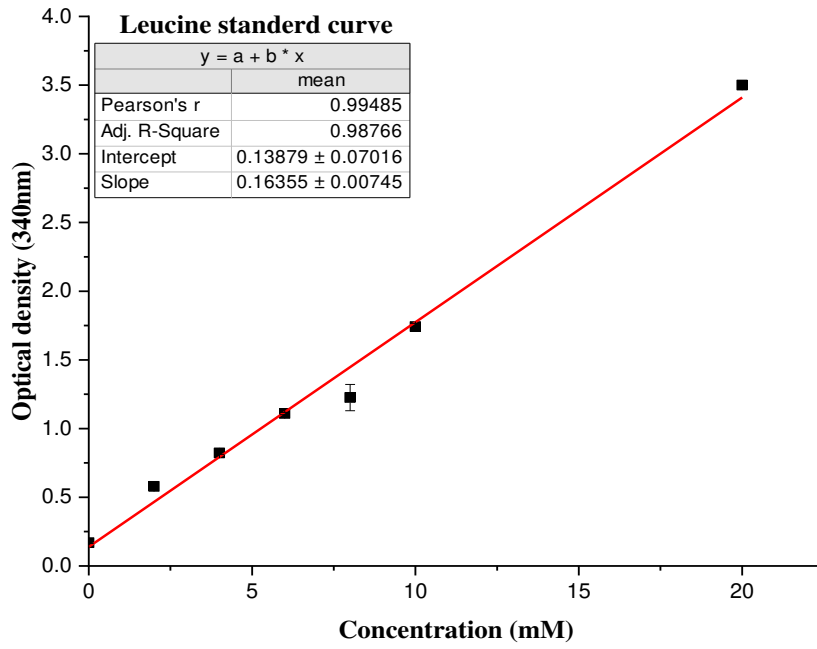


Figure S3

