

# Supplementary 1

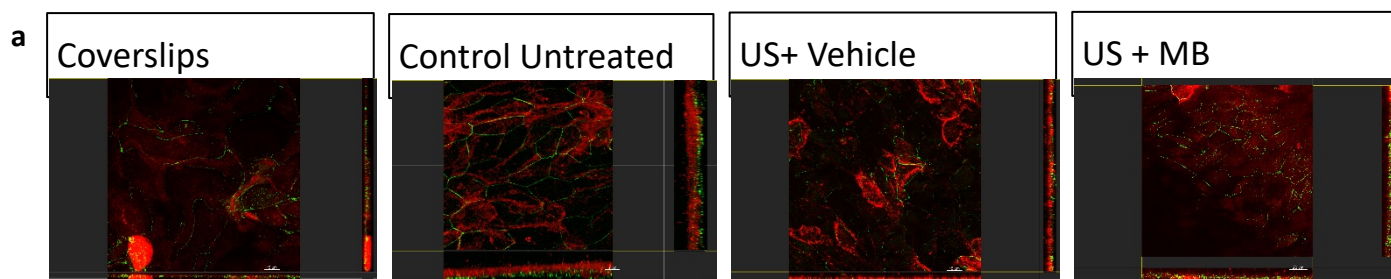
a

Nominal Intensity setting on SonoGene(W/cm <sup>2</sup> )	Pk-to-Pk Voltage on oscilloscope (mV)	Acoustic Pressure (MPa)
0.2	24	0.11
0.3	31	0.14
0.4	32	0.14
0.5	40	0.18
0.6	41	0.18
1	52	0.23
1.5	66	0.29
2	80	0.36

b

Nominal Intensity setting on SonoGene(W.cm <sup>-2</sup> )	Duty Cycle(%)	Peak weight measurement (mg)	Final weight measurement (mg)	Weight change (mg)	Power (W)
0.5	50	3.4	0.3	3.7	0.05
1	50	6.6	0.2	6.8	0.10
1.5	50	10.4	1	11.4	0.17
2.0	50	14.2	1.2	15.4	0.22
0.5	100	6.7	0.2	6.9	0.10
1	100	12.7	1.1	13.8	0.20
1.5	100	20.7	1.4	22.1	0.32
2	100	28	2.1	30.1	0.44

# Supplementary 2



**b**

Gene	RT	TM
hsa-miR-21	000397	000397
hsa-miR-30e	002223	002223
hsa-miR-29c	000587	000587
hsa-miR-194	000493	000493
hsa-miR-192	000491	000491
cel-miR-39	000200	000200

**c**

Antibody	
Zo3	D57G7 Rb-IgG
NaK+ ATPase	Sc-21712 Ms-IgG