

1 Article

2 A methylcellulose hydrogel as support for 3D 3 plotting of complex shaped calcium phosphate 4 scaffolds

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12

13 **Abstract:** 3D plotting is an additive manufacturing technology enabling biofabrication, thus the
14 integration of cells or biologically sensitive proteins or growth factors into the manufacturing
15 process. However, most (bio-)inks developed for 3D plotting were not shown to be processed into
16 clinical relevant geometries comprising critical overhangs and cavities, which would collapse
17 without a sufficient support material. Herein, we have developed a support hydrogel ink based on
18 methylcellulose (mc), which is able to act as support as long as the co-plotted main structure is not
19 stable. Therefore, 6 w/v %, 8 w/v % and 10 w/v % mc were allowed to swell in water, resulting in
20 viscous inks, which were characterized for their rheological and extrusion properties. The successful
21 usage of 10 w/v % mc as support ink was proven by multichannel plotting of the support together
22 with a plottable calcium phosphate cement (CPC) acting as main structure. CPC scaffolds displaying
23 critical overhangs or a large central cavity could be plotted accurately with the newly developed mc
24 support ink. The dissolution properties of mc allowed complete removal of the gel without
25 residuals, once CPC setting was finished. Finally, we fabricated a scaphoid bone model by
26 computed tomography data acquisition and co-extrusion of CPC and the mc support hydrogel.

27 **Keywords:** calcium phosphate cement, methylcellulose, 3D plotting, support, hydroxyapatite

28

29 1. Introduction

30 In the past, high-temperature extrusion based additive manufacturing, known as fused deposition
31 modeling (FDM) was used to fabricate scaffolds with high diversity of shapes.[1,2] Low-temperature
32 extrusion, called 3D plotting, was shown to combine the geometrical features of FDM with more
33 advanced functionalities like inclusion of proteins and growth factors or bioplotting of cell-laden
34 scaffolds with spatially defined cell distribution.[3,4] However, in contrast to FDM, until now 3D
35 plotting of either cell-laden bioinks or cell-free biomaterial inks rarely was shown for manufacturing
36 complex shaped, volumetric constructs (> 10x10x10 mm³).[5] These shapes include critical overhangs
37 which produce a bending moment which cannot be balanced by the main body of the scaffold and
38 cavities which collapse due to gravity. Even the fabrication of constructs without flat side (created by
39 deposition of material on the flat building platform of the printer) is impossible. Maybe therefore it
40 is common until now that most publications show the fabrication of an ear-shaped model to
41 demonstrate the capability of novel materials or printing technologies, but an ear displays neither a
42 critical overhang nor a cavity, but has a flat bottom side.

43

44 Multichannel plotting of a temporary supporting material together with the actual main ink could
45 extend the shape diversity of 3D plotted constructs. An ideal ink should comprise two functionalities:
46 (i) the material ink acts as support for the main ink, preventing plotted strands from collapsing; (ii)
47 the material ink acts as sacrificial material, which means that it is vanishing after post-processing and
48 stabilization of the main scaffold. Additionally, material inks applicable for 3D plotting of support
49 structures must not only meet the requirements mentioned, but also those of viscosity, plottability
50 and post-plotting stability. Within this manuscript, the term *support ink* is used, however the
51 developed biomaterial ink also meets the requirement acting as sacrificial material.

52
53 Hydrogels have been developed for several applications of 3D plotting and their viscoelastic
54 properties make them ideal for usage not just as bioink but also as cell-free support ink.[6] Water-
55 soluble methylcellulose (mc) could be a promising candidate. Mc is a synthetic cellulose ether with
56 methyl groups substituting hydrogen atoms of the cellulose molecules. It showed unique viscosity
57 enhancement of aqueous solutions, as well as increased dissolution properties at decreasing
58 temperatures (sol-gel transition was observed in a temperature range between 30-50 °C, depending
59 on the molecular weight).[7,8] Already in the 1940's mc was investigated for medical use in
60 ophthalmology [9] and furthermore is registered in the list of *Inactive Ingredients Search for Approved*
61 *Drug Products* by the FDA,[10] minimizing the risk of negative effects caused by possible residues at
62 the main scaffold.

63
64 For our study, we have chosen to use a ceramic calcium phosphate cement (CPC) as main ink. CPC
65 are composites of inorganic precursors and an aqueous solution. In contact with water molecules, the
66 setting process of CPC is initiated and, for example just like within this work, α -tricalcium phosphate
67 is precipitating to nanocrystalline hydroxyapatite (HAp). Nonetheless, the usage of the classical
68 cements does not allow fabrication by 3D plotting (or sometimes also referred to as robocasting), as
69 the fast setting process leads to needle clogging. Therefore, organic carrier liquids were developed
70 substituting the aqueous phase. They were shown to retard the hydroxyapatite precipitation reaction
71 [11–13] and prevent needle clogging, enabling extrusion of CPC for a sufficient time to fabricate
72 scaffolds. After extrusion to scaffolds and setting of the scaffolds either in water or water-saturated
73 atmosphere, pure nanocrystalline and resorbable HAp scaffolds were achieved demonstrating high
74 potential for bone applications in vivo.[14–16]

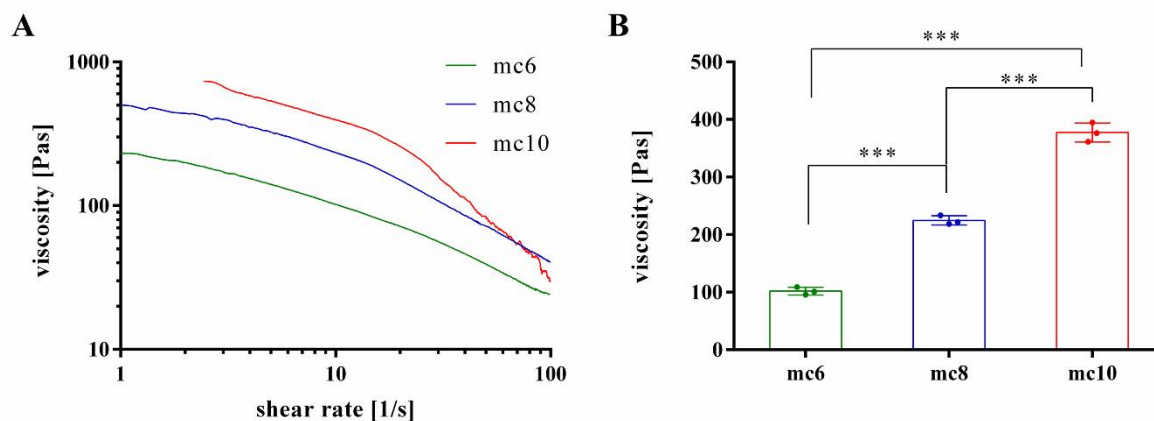
75
76 Within this paper, we investigated the suitability of mc as support ink for CPC constructs, carried out
77 by multichannel plotting of mc and CPC. We aimed to (i) develop a mc paste fitting the support ink
78 requirements, which was (ii) characterized for its extrusion and plotting properties. Based on these
79 results, CPC constructs were fabricated with (iii) critical overhangs and (iv) cavities in order to enable
80 fabrication of complex shaped CPC constructs, suitable as scaffolds for bone reconstruction or tissue
81 engineering purposes.

82 83 **2. Results**

84 *2.1. Development and rheological characterisation of methylcellulose based support inks*

85 Methylcellulose was dissolved in water in three different concentrations: 6 w/v %, 8 w/v % and 10
86 w/v %; therefore the resulting support inks within this manuscript are referred to as mc6, mc8 and
87 mc10, respectively. Higher concentrations of mc were excluded of this study, as it was not possible
88 to achieve homogeneous gels with uniform viscosity. Furthermore a low concentration was intended
89 to be advantageous in terms of the sacrificial behaviour of mc inks. It was decided to dissolve mc at
90 4 °C to ensure full hydration of the mc chains. After complete dissolution, all three combinations,
91 mc6, mc8 and mc10, were almost transparent, homogeneous and viscous pastes, which were used for
92 further characterisation.

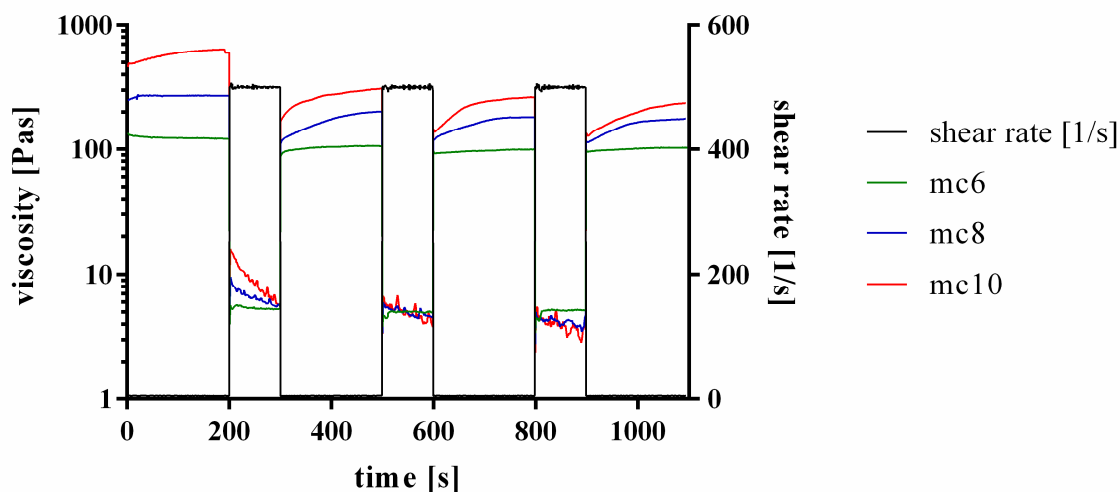
93 To evaluate suitability of the pastes for 3D plotting, rheological properties at increasing shear rates
 94 were investigated (Figure 1 A). All pastes showed shear thinning behaviour, which is the most
 95 important property of inks for extrusion based application. As expected, the viscosity of mc pastes
 96 was highly dependent on the concentration; mc10 showed highest viscosity, followed by mc8 and
 97 mc6. Exemplarily, the viscosity of the biomaterial inks at a shear rate of 10 s^{-1} was evaluated (Figure
 98 1 B). The viscosity of mc6 was $101.9 \pm 6.6\text{ Pas}$ and significantly lower compared to mc8 ($224.7 \pm 7.8\text{ Pas}$)
 99 and mc10 ($377.5 \pm 16.6\text{ Pas}$).



100

101 **Figure 1.** Rheological investigations on shear thinning behavior of mc6, mc8 and mc10 support
 102 bioinks. (A) Representative viscosity measurements at increasing shear rates; (B) Viscosity at a shear
 103 rate of 10 s^{-1} (mean \pm SD, *** $p < 0.001$, $n = 3$).

104 Furthermore, the shear recovery of the support inks was tested, following the proposed
 105 protocols of Paxton and co-workers and Kesti and co-workers.[17,18] Therefore, firstly a low
 106 shear rate of 5 s^{-1} was applied for 200 s, followed by a hundred-fold higher shear rate of 500 s^{-1}
 107 for 100 s. This procedure was repeated two times. Representative curves are shown in Figure 2.
 108 All three tested inks, mc6, mc8 and mc10, respectively, showed a shear recovery behavior over
 109 time. The first low-shear phase displayed higher viscosities of the inks compared to the three
 110 following low-shear phases, indicating an initial and not reversible breakage of inner polymer
 111 structures after a high shear rate was applied to the pastes. However, the viscosity progress of
 112 the pastes at the second, third and fourth low shear region was similar, showing full recovery to
 113 the previous state without further significant molecular changes of the polymers after the first
 114 high shear rate was applied.

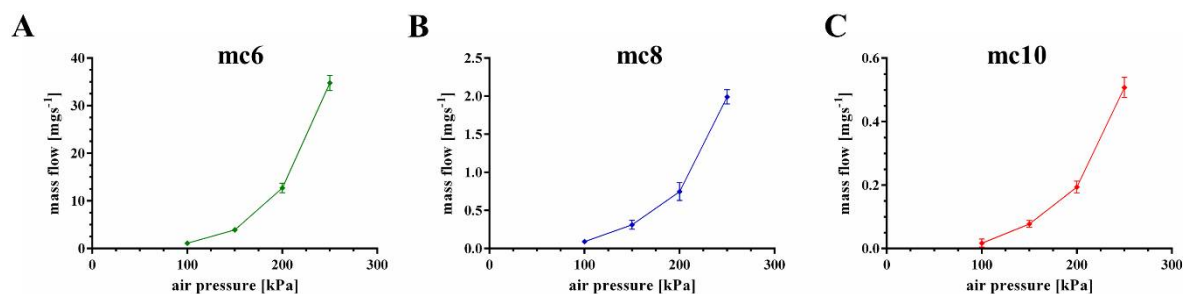


115

116 **Figure 2.** Representative curves of shear recovery experiments of mc6, mc8 and mc10 pastes.

117 2.2 Extrusion properties of methylcellulose support biomaterial inks

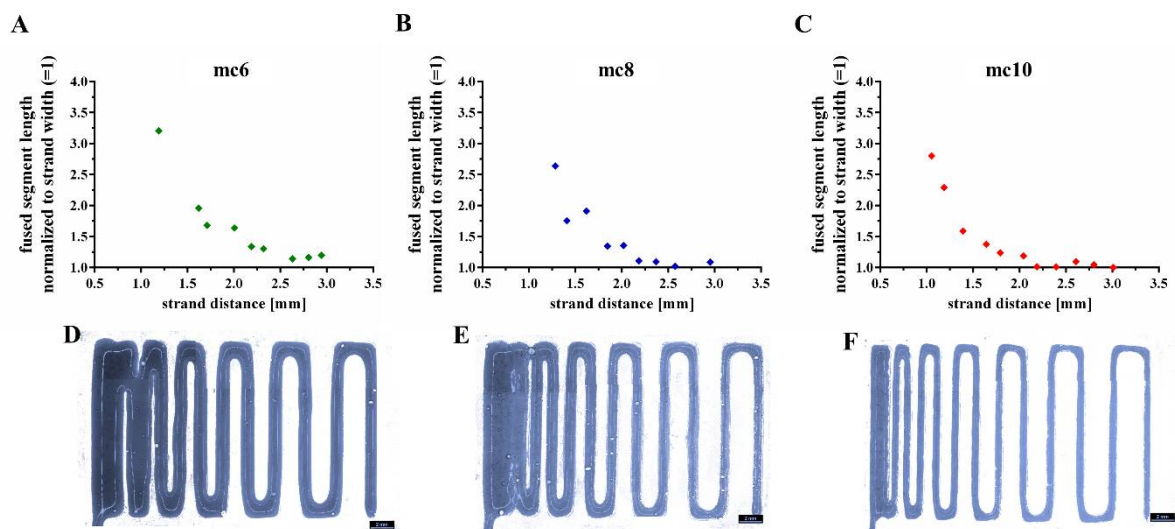
118 The extrusion properties were tested using a cylindrical needle with an inner diameter of 250 μm .
 119 Firstly, mass flow through the needle was evaluated as function of the applied air pressure (Figure
 120 3). All three pastes showed increased mass flow with increased air pressure, but a significant
 121 ($p < 0.001$) higher mass flow of the mc6 paste was observed in comparison to mc8 and mc10. For
 122 example, at an air pressure of 200 kPa the mass flow of the mc6 paste was $12.72 \pm 1.0 \text{ mgs}^{-1}$, whereas
 123 the mass flows of mc8 and mc10 were calculated as 0.75 ± 0.12 and $0.19 \pm 0.02 \text{ mgs}^{-1}$. Based on these
 124 results, the following air pressure values were set for good extrusion with a plotting speed of 10
 125 mms^{-1} : mc6 – 100 kPa, mc8 – 200 kPa and mc10 – 250 kPa.



126

127 **Figure 3.** Mass flow of mc6, mc8 and mc10 pastes through a cylindrical needle (inner diameter 250
 128 μm); consider the changes of the y-axes (mean \pm SD, $n=3$).

129 Shape fidelity of the mc inks was evaluated by filament fusion test, as proposed by Ribeiro and
 130 co-workers.[19] Shortly, three layers of the tested ink are plotted on top of each other. The layers
 131 are plotted as meanders and the strand distances increase continuously (Figure 4). By
 132 comparison of the fused segment length at the meanders to the strand width, the shape fidelity
 133 can be evaluated (the quotient should be near to 1.0). The resulting quotients of the filament
 134 fusion test are shown in Figure 4 A-C as function of the strand distance. For all pastes the shape
 135 fidelity was increased at higher strand distances. In comparison to the mc6 and mc8 biomaterial
 136 inks, mc10 displayed the smallest ratios at every strand distance, indicating higher shape
 137 fidelity. The measured strand widths of mc6, mc8 and mc10 were $1.20 \pm 0.15 \text{ mm}$, $0.75 \pm 0.05 \text{ mm}$
 138 and $0.62 \pm 0.04 \text{ mm}$, respectively; the differences between the strand widths are clearly visible in
 139 Figure 4 D-F. This indicates collapses of the inks in z-direction with smallest collapse of the mc10
 140 paste.



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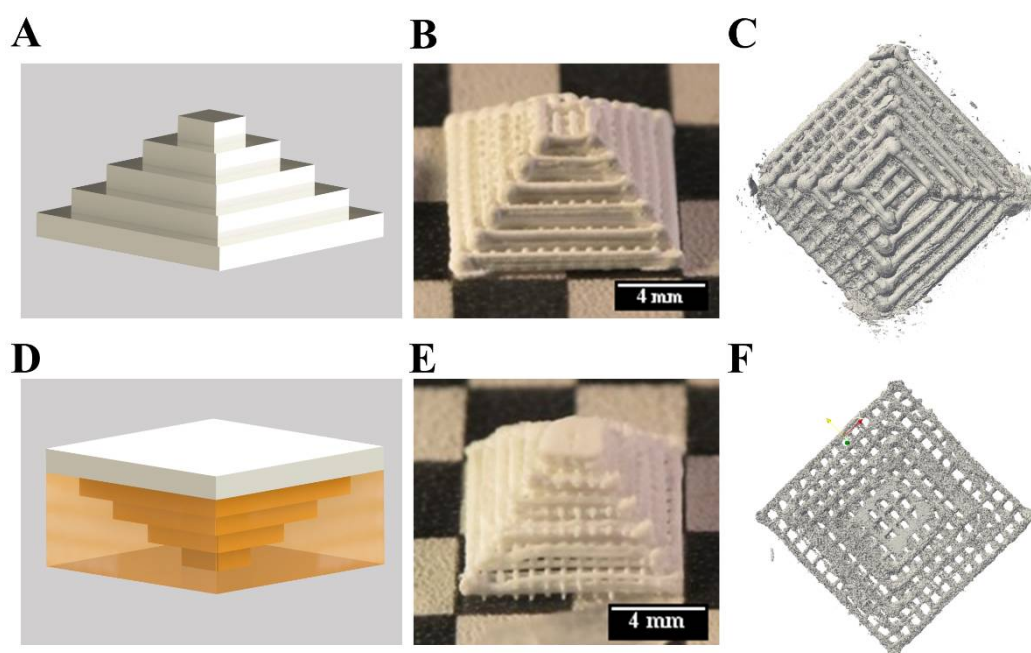
142 **Figure 4.** Fused filament test of mc6 (A,D), mc8 (B,E) and mc10 (C,F) pastes.

143 Based on the results of rheology and extrusion, mc10 was chosen to be the favourite support ink for
 144 3D plotting of complex shaped CPC structures.

145 2.3 3D plotting of calcium phosphate scaffolds with overhanging structures and inner cavities

146 Firstly, the shape fidelity of CPC constructs with overhangs was compared to structures of the same
 147 geometry, which were plotted without supporting material. The setup of the plotting process is
 148 shown in Figure 5 A. A Mayan pyramide with macropores, consisting of CPC was plotted from the
 149 large bottom to the small top with a 610 μm needle. The layer structure was clearly visible (Figure 5
 150 B), macropores between the CPC strands were stable after setting and clearly visible in μCT (Figure
 151 5 C). The macroporosity calculated from micro computed tomography data was 69.6 %.

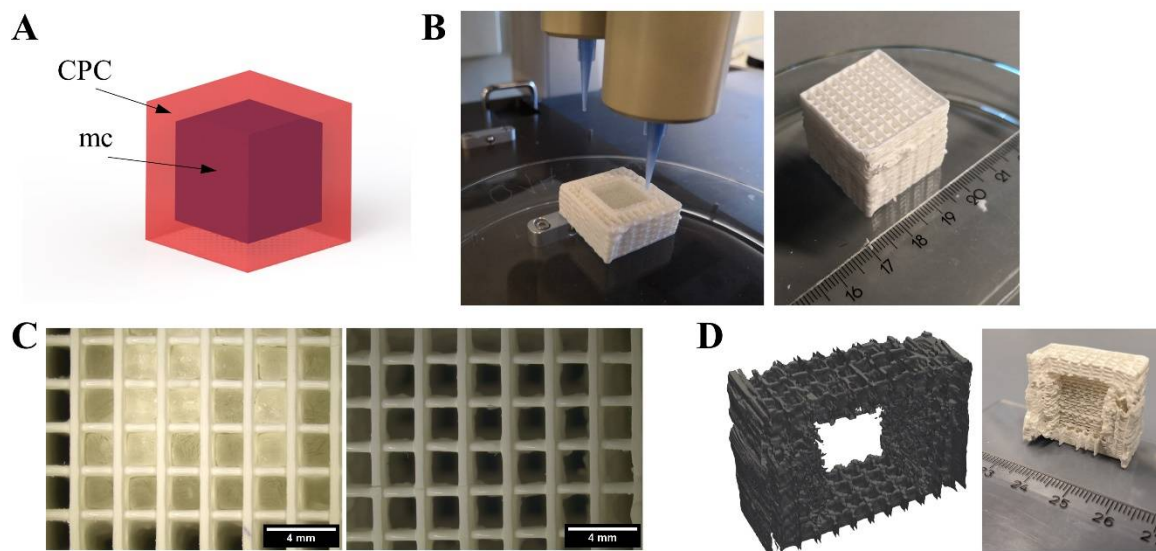
152 Then, the pyramide was plotted in an inverted orientation displaying critical overhangs which would
 153 collapse without supporting material. The principle of plotting is shown in Figure 5 D, by plotting
 154 the pyramide from the small top to the large bottom. The turned pyramide was plotted together with
 155 the mc10 ink (inner diameter of the needle: 610 μm) as support (Supplementary video SV 1). After
 156 plotting and post-processing, methylcellulose could be dried and removed mechanically without
 157 alteration of the CPC structure (Figure 5 E). Micro-computed tomography revealed distinct
 158 macropores and the determined macroporosity was 66.8 % (Figure 5 F). Whilst the inner structure of
 159 the pyramids was comparable to each other without remarkable changes, the boundaries of the
 160 pyramids were different. The pyramide plotted without support structure in an upright orientation
 161 revealed roundish strands at the borders, while the pyramide plotted with support structure (upside
 162 down) had flatten borders and edges, probably as a result of the CPC pressing against the mc at their
 163 interface.



164
 165 **Figure 5.** 3D plotting of a Mayan pyramide with and without support structure. Principles (A,D) show
 166 the CPC in white and mc in yellow. The upright and the inverted pyramids (B,C & E,F) revealed no
 167 changes of the inner structures, but at the borders.

168 In contrast to a Mayan pyramide, there are structures which cannot be plotted without support. For
 169 example, big cavities within a construct would lead to a collapse of the layers plotted above. To
 170 demonstrate the suitability of the mc10 support ink for such applications, a cube-inside-cube
 171 structure was plotted as shown in Figure 6 A. CPC (strand distance 2 mm) and mc10 were plotted
 172 successfully to a cuboid structure of 25x25x25 mm³. The inner cube plotted with mc10 (plotted
 173 without strand distance/macropores) had a volume of 15x15x15 mm³. After plotting,
 174 stereomicroscopical images showed clearly the presence of the unporous mc10 cube (Figure 6 C).

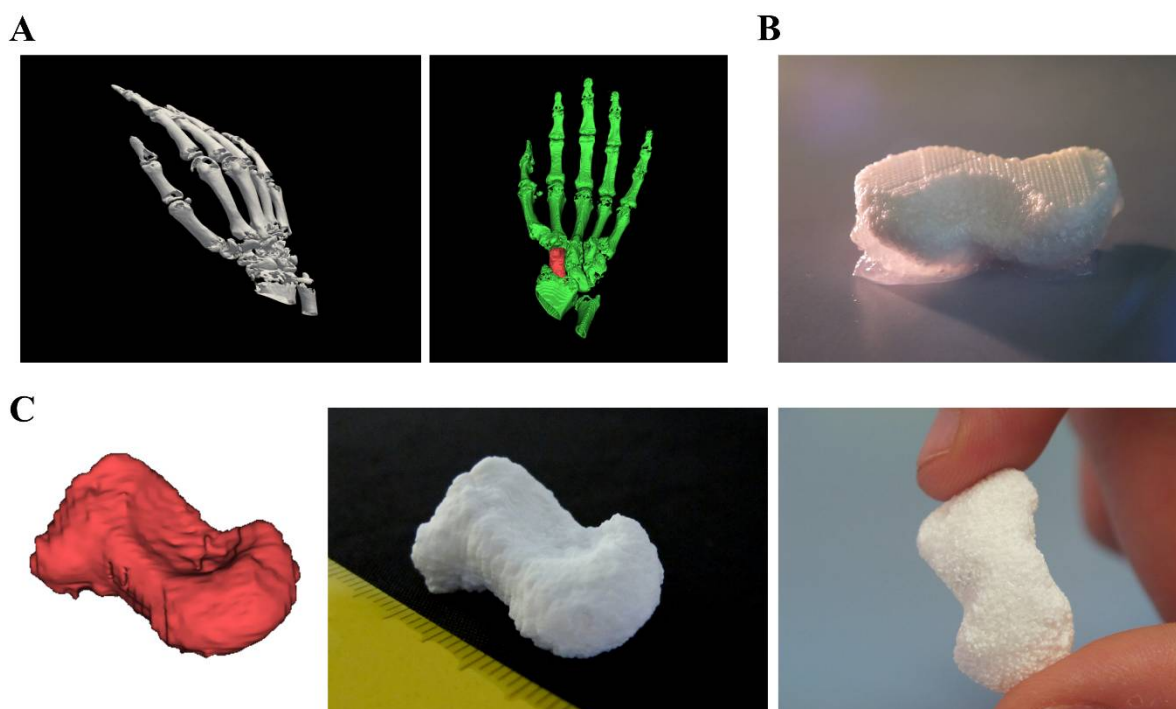
175 Afterwards, the biphasic structure was incubated in humid atmosphere for 3 d, allowing the CPC to
 176 set to nanocrystalline HAp. Then, the biphasic scaffold was incubated in distilled water over night at
 177 4 °C. Stereomicroscopy evidenced, that methylcellulose vanished (Figure 6 C) and the pores in z-
 178 direction, being closed by mc before, were completely open. Micro-computed tomography and
 179 cutting of the CPC structure revealed that the inner cube, which now could be referred to as cavity,
 180 preserved the shape of the previous mc cube without collapse of the CPC layers above (Figure 6 D).
 181 Additional images demonstrating the achieved even surface of CPC are shown in Supplementary
 182 Figure S1.



183
 184 **Figure 6.** Generation of an inner cavity inside a CPC scaffold. (A) Principle of the CPC (red) structure
 185 with an inner cavity, filled with support material (mc, purple). (B) Fabrication and post-plotting
 186 appearance of the cubic structure with 410 μm needles. (C) After plotting (left), pores in z-direction
 187 of the CPC part are not interconnected but closed by mc at the interface of both materials. After
 188 methylcellulose vanished (right), the pores were clearly open and interconnected. (scale bars 4 mm)
 189 (D) Virtual cut of micro computed tomography of the cube and photograph of the cut cube after mc
 190 vanished, revealing the cubical-shaped cavity inside the macroporous CPC structure. More images
 191 are provided in Supplementary Figure S1.

192 2.4 3D plotting of a clinical relevant structure

193 Plotted CPC structures show great potential for scaffolds in regenerative bone applications.
 194 Until now, CPC plotting was already further developed concerning utilization of different
 195 material combinations, growth factor loading or integration of live cells into the fabrication
 196 process.[20–22] Utilization of methylcellulose as support material opens the window to plot
 197 clinical relevant shapes, fitting to patient-specific anatomical structures or individual defects.
 198 To show the potential of CPC for these purposes, fabrication of a human scaphoid bone was
 199 chosen as example (Figure 7). For this, open source software (Invesalius 3.1 [23]) was used to
 200 reconstruct and separate the scaphoid bone from a set of CT data (Figure 7 A). The resulting
 201 stl-file was transferred to the BioScaffolder 3.1 software generating the support structure.
 202 Afterwards, CPC and mc10 were plotted together layer by layer (Figure 7 B shows CPC in
 203 white and mc10 appearing opaque) by usage of needles with an inner diameter of 230 and 250
 204 μm , respectively. Finally, the plotted construct demonstrated high shape equivalence to the stl-
 205 file and the characteristic curvature of the anatomical correct scaphoid (Figure 7 C).



206

207 **Figure 7.** Fabrication of a scaphoid bone from clinical CT data. (A) 3D rendered human right hand
 208 and selection of the scaphoid by usage of 3D rendering software. (B) 3D multichannel plotting of the
 209 scaphoid bone consisting of CPC with mc10 as support ink. (C) Comparison of the stl-file and the real
 210 plotted structure with the characteristic shape of the human scaphoid.

211

212 3. Discussion

213 Methylcellulose was investigated for its use as biomaterial ink for 3D plotting. A concentration of 10
 214 % was convenient to act as support material for plotted structures consisting of a calcium phosphate
 215 cement.

216

217 Generally, there are two main strategies to apply support to 3D plotted structures: utilization of a
 218 supportive bath, which later on gets removed or, as used within this study, the co-extrusion with a
 219 temporary support material. For example, the usage of a nanoclay support bath successfully was
 220 shown by Jin and co-workers.[24] However, the hydrophilic character of the bath is not applicable
 221 for calcium phosphate cements, as the setting reaction would start immediately in the plotting needle,
 222 which would result in fast needle clogging. Therefore, an alternative was shown by Miranda and co-
 223 workers, who successfully extruded a calcium phosphate cement into a hydrophobic oil-bath,
 224 preventing the fast setting reaction and needle clogging.[25] However, the oil bath properties would
 225 impair the possibilities of integration of biological sensitive factors and inhibit the inclusion of cells
 226 into the plotting process. Thus, co-extrusion of the support is most promising for 3D plotting of
 227 complex shaped, anatomical relevant CPC structures. Although the mc10 ink was especially
 228 developed for the purpose of support ink for CPC scaffolds, it should be applicable for several other
 229 cell-free and cell-laden inks, which act as main structure.

230

231 The support ink mostly used for 3D plotting is Pluronic® F127 (poloxamer 407 – a synthetic, nonionic
 232 triblock copolymer). Previous studies investigated its use to create channel-like structures or
 233 sacrificial molds.[26–28] Herein, we successfully have developed a support ink based on
 234 methylcellulose, specifically applicable for a self-setting CPC. Methylcellulose has comparable
 235 thermoresponsive properties like Pluronic® F127 (so it can be easily dissolved at 4 °C within a few
 236 hours), but additionally was shown to be released out of an alginate matrix over time at 37 °C.[29] In

237 a recent study of our group, we have observed, that mc dissolution at 37 °C is ongoing over 21 days,
238 which can be influenced by control of the molecular weight.[30] This might be advantageous for
239 future applications, as the vanishing of the support ink does not necessarily have to occur at one time
240 point. Moreover, the utilization of mc as new support material opens up new fabrication methods;
241 for example, some inks are based on Pluronic® F127,[31] and might need another material as sacrificial
242 support structure which can be dissolved at temperatures at which Pluronic® F127 is stable.

243
244 The plotting properties of the tested mc support inks were strongly dependent on their concentration.
245 Especially mc10 and mc8 showed a good printability and furthermore shape fidelity after extrusion,
246 whereas plotted mc6 strands tended to collapse. The enhancement of shape fidelity of materials for
247 3D plotting was shown before in blends with alginate or a nanoclay-alginate composite.[29,32]. Pure
248 cellulose, or derivatives like bacterial nanocellulose were used to enhance viscosity and shape fidelity
249 of 3D plotted scaffolds and cell-laden constructs.[33–35] However, the adjustable solubility of mc
250 makes it an optimal material as support ink, which can vanish at a defined time point.

251
252 Herein, we have proven the suitability of co-plotting mc as support material for CPC constructs.
253 Rheological and extrusion properties were investigated, showing high applicability for extrusion-
254 based additive manufacturing. The viscosity of mc was increasing with increasing concentration.
255 However, further development of mc-based support inks could involve the presence of additives in
256 the support paste. The gel point, and thus the gel strength/viscosity of mc can be adjusted by additives
257 like sucrose, propylene glycol or glycerin, which should impact the dissolution properties.[36]
258 Recently, it was shown, that cationic dodecyltrimethylammonium salts (bromide, DTAB) was
259 lowering the gel strength of mc;[37] as the gel point of mc was strongly depressed, this principle
260 could help to further control the dissolution process of plotted mc support structures.

261
262 For the first time, CPC was plotted with a support ink to obtain complex shaped constructs of clinical
263 relevance. In the past, complex shaped calcium phosphate scaffolds were manufactured by powder
264 printing,[38–40] or selective laser sintering[41] with the powder bed automatically also working as
265 stabilizing support. Calcium phosphate scaffolds, fabricated by stereolithography, did not collapse,
266 due to the stabilizing effect of the surrounding resin, before the resulting scaffolds were
267 sintered.[42,43] Furthermore, calcium phosphate scaffolds were additively manufactured by indirect
268 printing [44], lithography-based ceramic manufacturing [45] or robocasting [25]. All of these methods
269 have in common, that combination with biologically sensitive proteins is difficult and the inclusion
270 of cells into the fabrication process is impossible. In contrast, extrusion of CPC is conducted in mild
271 conditions (at room or physiological temperature, without any organic solvents involved or energy-
272 intensive post-processing steps etc.). This enables fabrication of CPC together with temperature
273 sensitive substances even living cells.[16,21,46] Therefore, 3D plotting of CPC with support material
274 does not only allow creation of complex shaped structures or implants, but also enables
275 biofunctionalization of calcium phosphate implants in a spatially defined manner, which is superior
276 to most other additive manufacturing methods.

277
278 Firstly, the influence of plotting a support structure together with a CPC main structure was
279 evaluated. The inner structure of the tested pyramids was not affected, whereas the outer borders
280 were changed distinctly. The pyramid plotted without support comprised more roundish strands, as
281 it is expected for strands at a surface of every plotted scaffold. In contrast, the pyramid plotted with
282 mc10 as support ink in reversed orientation revealed flattened strands at the interface to mc. Both,
283 roundish and flattened strands are approximations of the real geometry of the pyramid. In case of a
284 possible implant there are neither right angles nor complete convex surfaces. Therefore, the geometry
285 of a single strand might never mimic the real geometry of a human bone specimen. As the resorption
286 of the nanocrystalline HAp by osteoclasts is part of the natural bone remodeling process,[47,48] the
287 surface of plotted CPC implants will change over the whole healing time; thus, the strand surface
288 does not necessarily have to reproduce the real surface of the bone completely. However, the rough

289 geometry of anatomical structures can be plotted: the example of the human scaphoid bone showed
290 sufficient shape reproduction in comparison with the three-dimensional image file. Parameters
291 influencing the plotted shape were on the one hand the resolution of the computed tomography data
292 set and the precision of the generation of the stl-file. On the other hand, the strand distance and
293 orientation, the used needle diameters for extrusion of CPC and mc and plotting properties like the
294 layer thickness, applied air pressure and plotting velocity influence the outcome significantly. For
295 CPC, these parameters were optimized in our group, achieving filigree strands and scaffolds with
296 high inner complexity.[46]

297

298 Crucially, CPC scaffolds could be fabricated containing large inner cavities. Such closed inner pores
299 can only be generated by additive manufacturing methods. The dissolution properties of mc allowed
300 fast vanishing of the internal mc cube after CPC was set (3 days), leaving behind a cavity of the
301 desired cubic shape. This might enable the fabrication of scaffolds with highly controlled
302 (macro)porosity to improve the ingrowth of cells and vascular structures, both accepted as main
303 challenges in bone tissue engineering.

304 4. Conclusion

305 The usage of a newly developed methylcellulose-based support ink was sufficient to enable
306 fabrication of structures with critical overhangs and to produce controlled cavities inside a CPC
307 construct. For the first time it was shown that CPC can be used to fabricate constructs of any clinical
308 and anatomical relevant shape by 3D plotting. Furthermore, a human scaphoid bone model of high
309 shape-fidelity could be produced. Further work should concentrate on more control of the dissolution
310 properties of mc, which basically could be tailored for any application by addition of gel-
311 strengthening and gel-weakening substances. The principle of biphasic plotting of the support ink
312 and CPC will facilitate the production of patient-individual HAp implants, fabricated by 3D plotting.

313 5. Materials and Methods

314 5.1 Preparation of plotting paste

315 CPC was manufactured by InnoTERE GmbH (Radebeul, Germany). For the support material,
316 methylcellulose powder (M0512, Sigma, USA, molecular weight ≈ 88 kDa, 4000 cP) was dissolved for
317 12 h in deionized water at 4 °C in different concentrations (6 w/v %, 8 w/v % and 10 w/v, respectively).
318 To ensure full binding of water to mc, solutions were stirred every 2 h. The resulting support inks are
319 referred to as mc6, mc8 and mc10.

320 5.2 Rheology

321 Rheological examinations of the mc pastes were performed with a plate-plate rheometer (Rheotest
322 RN 4, Medingen, Germany; $d = 36$ mm, distance of the plates 0.1 mm). Shear thinning was
323 characterized by increasing the shear rate from 0-100 s^{-1} over 1200 s (increment 0.08 s^{-1}) and viscosity
324 was measured ($n=3$). Shear recovery of the mc pastes was characterized orientating at the protocols
325 proposed by Paxton and co-workers and Kesti and co-workers [17,18]. Firstly, a constant shear rate of
326 5 s^{-1} was applied for 200 s, followed by a hundred-fold higher shear rate of 500 s^{-1} for 100 s. This
327 procedure was repeated two times. Then, again a shear rate of 5 s^{-1} was applied for 200 s. For the
328 whole time of observation, viscosity was measured and shear recovery was obtained.

329 5.3 Mass flow and filament fusion test

330 The mass flow of mc6, mc8 and mc10 was conducted through a conical needle with an inner diameter
331 of 250 μm (Globaco, Rödermark, Germany). The inks were allowed to flow through the needle for 50
332 s at different air pressures (100, 150, 200, 250 kPa), then the mass of the extruded volume was
333 measured. Resulting mass flow \dot{m} was calculated:

334

$$\dot{m} = \frac{m}{50 \text{ s}}$$

335 Filament fusion tests of the mc inks were performed following the protocol of Ribeiro and co-
 336 workers.[19] Shortly, three layers of the inks were plotted on top of each other. Each layer consisted
 337 of meandering strands with increasing strand distances. Immediately after plotting, the scaffolds
 338 were imaged by a stereo light microscope (Leica M205 C equipped with DFC295 camera, Germany).
 339 Resulting images were analyzed by Fiji Image software [49] and actual strand distance, fused segment
 340 length and strand width were obtained from the data. The quotient of segment length to strand width
 341 was evaluated as function of the strand distance.

342 5.4 Fabrication of volumetric constructs and post-fabrication treatment

343 Both, CPC and mc support inks, were filled into cartridges and plotted to scaffolds (sizes given in
 344 Figure captions) utilizing a three-axis multichannel plotter (BioScaffolder 3.1, GeSiM mbH, Radeberg,
 345 Germany). The needle (Globaco) dependent plotting parameters are summarized in Table 1. After
 346 plotting, CPC was allowed to set in water-saturated atmosphere (>95 %) for 3 d. Afterwards, residual
 347 mc of biphasic CPC-mc constructs was dissolved in water at 4 °C.

348 **Table 1.** Plotting parameters of CPC and mc support inks

Material ink	Needle size [μm]	Air pressure [kPa]	Printing speed [mms^{-1}]	Layer thickness [μm]
CPC	230	250	10	120
	410	200	10	260
	610	150	10	360
mc6	250	100	10	120
mc8	250	200	10	120
mc10	250	250	10	120
	410	180	10	260
	610	130	10	360

349 5.5 Microcomputed tomography

350 Micro X-ray computed tomography was conducted by a custom-built setup called TomoTU of TU
 351 Dresden, Institute of Fluid Mechanics, Chair of Magnetofluidynamics, Measurement and
 352 Automation Technology. The grey value images of the sample were generated with 0.5° angular
 353 increment (720 images in total) for a tube current of 170 μA and an acceleration voltage of 90 kV. The
 354 size of the photodiode array and therefore of the images was 2304 x 2940 (vertical x horizontal) pixel.
 355 A magnification of 3.55 was chosen, which resulted in a resolution of 1 pixel = 13.95 μm .
 356 Reconstructions of the 3D-images was created by grey value analysis (threshold = 120) with Paraview
 357 5.5 software.[50] Macroporosity of the scaffolds was determined by grey value analysis of the
 358 reconstructed image stacks (threshold = 120).

359

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 361 T.A., T.K. and C.C.; Funding attraction A.L., M.G.; Supervision A.L., M.G.; Paper writing and editing T.A., C.C.,
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