

Suppl. Table 1. Imaging parameters used for RESOLFT microscopy. Light intensities were measured in the back focal plane of the objective.

RESOLFT image	405 nm on-switching		488 nm depletion beam		488 nm readout		scanning step size [nm]
	<i>power [μW]</i>	<i>illumination time [μs]</i>	<i>power [μW]</i>	<i>illumination time [μs]</i>	<i>power [μW]</i>	<i>illumination time [μs]</i>	
Fig. 2a	2	20	17	430	8,2	30	20
Fig. 2b	2	20	17	430	7	40	25
Fig. 2c	5	20	17	460	3,4	40	20
Fig. 3	2	40	20	400	4,6	45	30