Bio-inspired Helical Microswimmer based on Vascular Plant

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Supplementary Videos:

SI Video 1. Propulsion of a helical microswimmer derived from *Rhaphiolepis indica* under a rotating magnetic field (10 Gauss, 70 Hz).

SI Video 2. Propulsion of a helical microswimmer derived from *Agapanthus africanus* under a rotating magnetic field (10 Gauss, 15 Hz).

SI Video 3. Propulsion of a helical microswimmer derived from *Rhaphiolepis indica* in human serum under a rotating magnetic field (10 Gauss, 40 Hz).