

1 **Drinkable, liquid *in situ*-forming and tough hydrogels for gastrointestinal therapeutics**
2 Gary W. Liu^{1, #}, Matthew J. Pickett^{1, #}, Johannes L. P. Kuosmanen², Keiko Ishida^{1,3}, Wiam A. M.
3 Madani¹, Georgia N. White¹, Joshua Jenkins¹, Vivian R. Feig^{1,3}, Miguel Jimenez^{1,2,3}, Aaron
4 Lopes^{1,3}, Joshua Morimoto¹, Nina Fitzgerald¹, Jaime H. Cheah^{1,4}, Christian K. Soule^{1,4}, Niora
5 Fabian^{1,2,5}, Alison Hayward^{1,3,5}, Robert S. Langer¹, Giovanni Traverso^{1,2,3,*}

6
7 ¹David H. Koch Institute for Integrative Cancer Research, Massachusetts Institute of
8 Technology, Cambridge, MA, USA
9

10 ²Department of Mechanical Engineering, Massachusetts Institute of Technology, Cambridge,
11 MA, USA
12

13 ³Division of Gastroenterology, Hepatology, and Endoscopy, Brigham and Women's Hospital,
14 Harvard Medical School, Boston, MA, USA
15

16 ⁴Present affiliation: Broad Institute of MIT and Harvard, Cambridge, MA, USA
17

18 ⁵Division of Comparative Medicine, Massachusetts Institute of Technology, Cambridge, MA,
19 USA
20

21 [#]These authors contributed equally: Gary W. Liu, Matthew J. Pickett
22

23 ^{*}To whom correspondence should be addressed:
24

25 Giovanni Traverso
26

27 3-340
28 77 Massachusetts Avenue
29 Cambridge, MA 02139
30 cgt20@mit.edu

ABSTRACT

31 Tablets and capsules are a cornerstone of medicine, but these solid dosage forms can be
32 challenging to swallow for geriatric and pediatric patients. While liquid formulations are easier to
33 ingest, these formulations lack the capacity to localize therapeutics and excipients nor act as
34 controlled release devices. To bridge the advantages of solid and liquid dosage forms, here we
35 describe drug formulations based on liquid *in situ*-forming and tough (LIFT) hydrogels. Drug-
36 loaded LIFT hydrogels are formed directly in the stomach through the sequential ingestion of a
37 crosslinker solution of calcium and dithiol crosslinkers, followed by the ingestion of a drug-
38 containing polymer solution of alginate and 4-arm poly(ethylene glycol)-maleimide. We show that
39 LIFT hydrogels are mechanically tough and able to robustly form in the presence of complex
40 gastric fluid and *in vivo* in rat and porcine stomachs. LIFT hydrogels are retained within the porcine
41 stomach for up to 24 h, biocompatible, and safely cleared. These hydrogels deliver a total dose
42 comparable to unencapsulated drug but with delayed and lower maximum drug plasma
43 concentrations, providing a method for controlled release that may mitigate drug toxicity. Co-
44 encapsulation of lactase as a model biologic drug and calcium carbonate mitigated gastric-
45 mediated deactivation of encapsulated enzyme in rat and porcine models. We also demonstrate the
46 potential of these hydrogels to encapsulate and protect a model therapeutic bacterium, *E. coli*

47 Nissle 1917, against acid. LIFT hydrogels present a biocompatible means of tough, double-
48 network hydrogel formation *in situ* in the gastric cavity, and may expand medication access for
49 patients with difficulty swallowing.
50

51 INTRODUCTION

52 The oral route provides a safe, rapid, and facile course for drug administration, and results in
53 greater patient comfort and compliance compared to parenteral routes¹⁻⁵. Due to advantages in
54 stability, dose consistency, and the capacity to co-formulate with excipients, oral solid doses have
55 become the predominant formulation: indeed, they consistently comprise ~50% of new FDA-
56 approved drugs (fda.gov), and nearly 70% of Americans are on at least one prescription drug⁶.
57 However, certain patient populations struggle with swallowing solids, complicating oral
58 administration of solid drug forms. More than 50% of children are unable to swallow standard-
59 sized pills or capsules⁷; among pediatric patients aged 0-6 years of age, 67.9% preferred liquid
60 dosage forms compared to other forms⁸. Patients with dysphagia, or difficulty swallowing,
61 similarly struggle with oral administration of solid drug forms⁹. In adults, prevalence of dysphagia
62 can be as high as 16%, and upwards of 37% have difficulty swallowing pills^{9, 10}. This may cause
63 patients to skip or modify (e.g., crush) their medications, which may result in altered
64 pharmacokinetic profiles and even death^{9, 11, 12}.
65

66 While liquid formulations are easier to ingest^{2, 3}, they are susceptible to rapid dilution within the
67 gastrointestinal tract and are unable to spatially localize drug with excipients¹³, which particularly
68 challenge efforts to orally deliver biological drugs. A system capable of a programmed liquid-to-
69 solid transition within the stomach could bridge the advantages of these two forms. Indeed, a solid
70 matrix could facilitate spatial proximity of drug and excipients that modulate drug release or
71 protect drug activity against the harsh gastric environment, and augment gastric residence of a
72 drug depot. Efforts to develop liquid-to-solid systems have relied on drinkable hydrogel systems
73 crosslinked by calcium. Xu *et. al* showed that orally administered calcium carbonate-loaded
74 alginate solutions undergo gelation in the stomach due to acid-triggered release of Ca²⁺ ions and
75 subsequent crosslinking of alginate¹⁴. Similarly, Kubo *et. al.* reported *in situ* gastric gelation of
76 gellan or alginate solutions mixed with complexed calcium¹⁵. Foster *et. al.* demonstrated that oral
77 administration of an alginate/karaya gum solution followed by a solution of CaCl₂ resulted in
78 gelation in the stomach¹⁶. However, these single-network hydrogels are mechanically weak and
79 may not be able to withstand compressive forces within the stomach (up to 13 kPa)¹⁷, resulting in
80 significant, irreversible deformation and potential breakage of the formulation within the
81 gastrointestinal tract.
82

83 Here, we describe a new strategy to enable a drinkable, liquid *in situ*-forming and tough (LIFT)
84 hydrogel, which comprises both ionic (calcium/alginate) and covalent (poly(ethylene glycol)
85 (PEG)) polymer networks for enhanced toughness¹⁸. LIFT hydrogels undergo gelation after the
86 liquid polymer solution containing alginate and functionalized PEG contacts the crosslinker
87 solution within the stomach (**Fig. 1a**, **Fig. 1b**). We extensively characterize LIFT hydrogels after
88 *ex vivo* formation in real gastric fluid and *in vivo* formation in rodent and large porcine models,
89 and demonstrate that their capacity to form solids *in situ* enables these materials to act as a depot
90 for controlled release of small molecules. Moreover, LIFT hydrogels can retain CaCO₃ as an
91 excipient and protect the activity of orally delivered enzymes and therapeutic bacteria from the
92 low pH of the stomach in rodent and porcine models (**Fig. 1c**).

93 **RESULTS**

94 Due to the relatively short residence times (<30 min) of liquids in the stomach and the complexity
95 of gastric fluid^{19, 20}, we prioritized the development of crosslinking chemistries that could rapidly
96 and robustly crosslink two, interpenetrating polymer networks. Alginate is a well-studied,
97 biocompatible polymer derived from algae with generally recognized as safe (GRAS) status;
98 alginate polymers contain blocks of consecutive or alternating β -D-mannuronate and α -L-
99 guluronate residues, the latter of which undergoes nearly instant crosslinking in the presence of
100 calcium²¹. We utilized PEG for the second network due to the established safety profiles of
101 ingested PEGs²², and initially considered three conventionally used crosslinking chemistries: NHS
102 ester/amine, DBCO/azide, and maleimide/thiol. Due to the evolution of an uncharacterized and
103 potentially toxic NHS leaving group during NHS ester/amine reaction and the slow kinetics (>1
104 h) of commercially available DBCO-/azide-functionalized PEGs (**Fig. S1**), we proceeded with
105 development of a PEG network crosslinked by maleimide/thiol reaction. Advantages of this
106 chemistry include its rapid reaction kinetics, mild reaction conditions, and biocompatibility²³. To
107 mitigate the risk of crosslinker toxicity, we focused our search on small molecular weight, FDA-
108 approved or GRAS dithiol-containing molecules for rapid diffusion and crosslinking of
109 maleimide-functionalized PEG. Dimercaptosuccinic acid (DMSA) was selected as a small
110 molecule dithiol crosslinker due to its FDA approval status, extensive use history, and well-
111 characterized safety profile in children and adults^{24, 25}. A dithiol-terminated linear PEG (MW =
112 1000 Da) was also selected for evaluation. Therefore, our final concept comprises (1) ingestion of
113 a crosslinker solution comprising calcium chloride and DMSA or PEG-dithiol, followed by (2)
114 ingestion of a liquid polymer solution comprising alginate and 4-arm PEG-maleimide. Upon (3)
115 mixing in the stomach, the liquid polymer solution undergoes crosslinking of both polymer
116 networks and gelation to form (4) LIFT hydrogels (**Fig. 1a**, **Fig. 1b**).

117
118 We first asked whether LIFT hydrogels were capable of forming under short (20 min) time
119 durations relevant to gastric residence of ingested liquids. To emulate *in vivo* formation conditions,
120 a 0.5% w/v solution of alginate with 0, 5, and 10% w/v 4-arm PEG-maleimide was drop cast into
121 a crosslinker solution (200 mM CaCl₂/10 mM PEG-dithiol or DMSA) and then incubated for 10-
122 20 min at 37 °C. The resulting hydrogels were mechanically characterized by compression testing.
123 Notably, alginate hydrogels containing a crosslinked PEG network sustained significantly greater
124 loads compared to alginate-only hydrogels (**Fig. 2a**, **Fig. S2a**). After 90% strain, LIFT hydrogels
125 remained mostly spherical, whereas alginate-only hydrogels remained permanently deformed
126 (flattened) (**Fig. 2b**, **Fig. S2b**). LIFT hydrogels were further mechanically characterized by cyclic
127 compression testing. While LIFT hydrogels could sustain at least 5 cycles of 90% strain, alginate-
128 only hydrogels remained permanently deformed after 1 cycle and were unable to sustain
129 subsequent strains (**Fig. S3**). Due to the greater mechanical performance and easier manipulation
130 of 0.5% alginate/5% w/v PEG-containing hydrogels compared to 10% w/v PEG-containing
131 hydrogels, this composition was further characterized. To test the capacity of LIFT hydrogels to
132 form *in vivo*, hydrogels were formed in fresh porcine gastric fluid at various dilutions in water. As
133 a control, hydrogels were compared to LIFT or alginate-only hydrogels formed in the absence of
134 gastric fluid. While gastric fluid attenuated the mechanical properties of LIFT hydrogels, these
135 hydrogels were still mechanically tougher than alginate-only hydrogels formed under ideal
136 conditions (**Fig. 2c**, **Fig. S2c**). LIFT hydrogel components were also tested for cytotoxicity in
137 cultured human colon epithelial (Caco-2, HT-29), mouse liver (Hepa1-6), and monkey kidney
138 (CV-1) cells. After 24 h of continuous incubation at relevant concentrations, no major causes of

139 cytotoxicity were observed (**Fig. S4**). Collectively, these data demonstrate that LIFT hydrogels
140 can form rapidly even in gastric fluid, the resulting hydrogels are mechanically tough, both DMSA
141 and PEG-dithiol crosslinkers are capable of crosslinking the covalent PEG network, and that
142 hydrogel components do not cause toxicity in cultured cells.
143

144 The kinetics of LIFT hydrogel formation were further studied by rheometry. To emulate rapid
145 alginate crosslinking and to facilitate experimentation, hydrogels were first internally crosslinked
146 with CaCO_3 and glucono- δ -lactone and then analyzed within a bath of 200 mM CaCl_2 /10 mM
147 PEG-dithiol solution. Notably, the sharpest increase in modulus occurred during the first 10-15
148 min (**Fig. 2d**), further supporting the feasibility of gastric crosslinking at timeframes relevant to
149 liquid retention within the stomach (time of 50% emptying: 15-30 min)^{19, 26}. LIFT hydrogels were
150 then studied for their capacity to encapsulate therapeutic cargos of different length scales, using
151 155-kDa fluorescent dextran as a model macromolecule, and 20- or 100-nm fluorescent
152 polystyrene nanoparticles as model control-release nanoparticles. The ability to co-encapsulate
153 and retain cargos and excipients may facilitate protection of cargo function in the harsh
154 gastrointestinal environment. LIFT or alginate-only hydrogels encapsulating these model cargoes
155 were immersed in simulated gastric fluid (SGF, pH 1.77) or simulated intestinal fluid (SIF, pH
156 6.8), which were sampled at various timepoints. Neither hydrogels were able to detain dextran in
157 either media (>75% release); however, LIFT hydrogels exhibited less nanoparticle release in SIF
158 (<1-6%) compared to alginate-only hydrogels after 24 h (70-77%, **Fig. 2e**). This is consistent with
159 prior reports describing the increased pore sizes and release of alginate hydrogels in alkaline
160 environments^{27, 28}. Therefore, LIFT hydrogels may be capable of retaining therapeutic cargoes at
161 a variety of length scales due to greater stability at various pH ranges and/or smaller pore sizes.
162

163 LIFT hydrogels were then tested and characterized for formation, kinetics, and safety *in vivo*.
164 Porcine models were tested due to the similarity in size of the gastrointestinal tract to that of
165 humans²⁹. First, the administration order of crosslinker (200 mM CaCl_2 /10 mM DMSA or PEG-
166 dithiol) and hydrogel solution (0.5% alginate/5% w/v 4-arm PEG-maleimide) was varied. Pigs
167 were anesthetized and administered solutions into the stomach *via* endoscope, and hydrogel
168 structures were retrieved and studied 5-8 h afterwards. Hydrogels formed within the stomach
169 cavity regardless of administration order. Administration of crosslinker solution first and then
170 hydrogel solution resulted in the reproducible formation of noodle-like hydrogels within the
171 stomach; conversely, administration of hydrogel solution first and then crosslinker resulted in
172 larger bulk hydrogels (**Fig. 3a**, **Fig. S5**, **Fig. S6**). Accordingly, LIFT hydrogels were formed *in*
173 *vivo* by first administration of the crosslinker solution followed by the hydrogel solution due to
174 greater consistency in hydrogel architectures. LIFT hydrogels were then studied for their transit
175 time *in vivo* through X-ray imaging of hydrogels containing 20% w/v barium sulfate. In general,
176 LIFT hydrogels remained within the stomach up to 24 h after formation (**Fig. 3b**, **Fig. S6**); in
177 comparison, liquids are emptied from the porcine stomach in 0.4-1.4 h across fasted and fed
178 states³⁰. No major changes in serum alkaline phosphatase, aspartate aminotransferase, alanine
179 aminotransferase, blood urea nitrogen, or creatinine were observed up to 48 h after administration
180 (**Table 1**). These data support that LIFT hydrogels and their components are safely cleared, do not
181 cause obstructions, and do not cause toxicity. After formation in the gastric cavity, LIFT hydrogels
182 were characterized for their mechanical properties by cyclic compression testing. Similar to *in*
183 *vitro* experiments, LIFT hydrogels were tougher and able to sustain at least 5 cyclic 90% strains,
184 whereas alginate-only hydrogels remained flattened after 1 cycle (**Fig. 3c-e**, **Fig. S7**). These

185 findings highlight the capacity of the LIFT hydrogels to robustly form in the stomach after oral
186 administration in a human-scale gastrointestinal tract.

187
188 Having established that LIFT hydrogels can form *in vivo*, we evaluated their capacity to
189 encapsulate and modulate small molecule release and biologic drugs with excipients. We selected
190 lumefantrine as a model small molecule drug because of its poor solubility in water and hence,
191 would form a drug suspension that is encapsulated within the hydrogel after formation. Hydrogels
192 were administered into the stomach of pigs using 200 mM CaCl₂/10 mM DMSA as the crosslinker
193 solution; lumefantrine was suspended in 0.5% alginate/5% w/v 4-arm PEG-maleimide LIFT
194 polymer solution. Lumefantrine powder loaded in gelatin pills was used as a free drug control, and
195 all pigs were dosed with 960 mg lumefantrine. Whereas free lumefantrine resulted in peak plasma
196 concentrations at 5-7 h post-administration, hydrogel (alginate and LIFT) formulations resulted in
197 peak plasma drug concentrations at ~24 h (**Fig. 4a**). The area under the curve (AUC) of released
198 drug from free drug, alginate, LIFT hydrogel formulations was $14,873.5 \pm 2,719.2$, $7,568.4 \pm$
199 $3,780.6$, and $10,337.5 \pm 3,849.7$ ng·h/mL, respectively, and was not statistically different (**Fig.**
200 **4b**). While drug AUCs did not differ, the maximum observed drug concentration (C_{max}) was
201 significantly higher with free drug (901.2 ± 197.1 ng/mL) compared to alginate (283.8 ± 147.3
202 ng/mL) and LIFT (338.7 ± 112.6 ng/mL) hydrogel formulations (**Fig. 4c**). These data collectively
203 support the capacity of LIFT hydrogels to deliver equivalent total doses of drug as free drug at
204 lower plasma concentrations, which may reduce drug toxicity^{9, 31}. We further envision that this
205 system could be compatible with water-soluble drugs encapsulated within controlled-release
206 particles suspended within the LIFT hydrogel, or mixed with drug powder to form tough *in situ*
207 depots.

208
209 We next evaluated the capacity of LIFT hydrogels for oral delivery of enzymes, which is
210 challenging due to the acidic gastric fluid and proteases present within the gastrointestinal tract³².
211 β -galactosidase (lactase) was selected as a model enzyme therapeutic due to the need for prolonged
212 exogenous lactase activity in the stomach to mitigate the symptoms of lactose intolerance³³⁻³⁶.
213 Indeed, lactase activity was found to be rapidly lost when incubated in SGF compared to PBS (**Fig.**
214 **5a**). Lactase was then encapsulated in alginate or LIFT hydrogels, along with calcium carbonate
215 (CaCO₃) as an excipient to neutralize the acidic gastric fluid. CaCO₃ was selected because it is
216 water-insoluble and therefore retainable within the hydrogels, and because of its GRAS status.
217 Because the DMSA crosslinker attenuated lactase activity (**Fig. S8**), these LIFT hydrogels utilized
218 the PEG-dithiol crosslinker. When challenged with SGF, CaCO₃-containing hydrogels preserved
219 lactase activity (**Fig. 5b**), underscoring the compatibility of LIFT hydrogels with enzymes. In
220 addition to acidic gastric fluid, the gastrointestinal tract is rife with proteases that are capable of
221 degrading enzymes. We next asked if the hydrogels were capable of protecting against trypsin as
222 a model protease. Only LIFT hydrogels significantly preserved lactase activity compared to free
223 lactase or lactase encapsulated in alginate hydrogels (**Fig. 5c**). Therefore, in addition to co-
224 encapsulating CaCO₃, LIFT hydrogels may exhibit additional barriers against exterior proteases
225 due to the denser, dual polymer networks compared to alginate-only hydrogels³⁷⁻³⁹.

226
227 LIFT hydrogels were then tested for their ability to protect lactase activity in rat and porcine
228 models. We focused on analysis on LIFT instead of alginate hydrogels due to their capacity to
229 protect encapsulated lactase against exogenous proteases. Similar to studies performed in pigs, rats
230 were first administered the crosslinker solution by oral gavage immediately followed by the

231 hydrogel solution containing lactase. Lactase was mixed in the hydrogel solution with or without
232 CaCO_3 ; as an additional control, CaCO_3 was suspended in the crosslinker solution. Each animal
233 was treated with a CaCO_3 dose less than the maximum daily dose of 7-10 g/day (assuming a 75 kg
234 human) established by manufacturers⁴⁰. Therefore, these set of treatments test the effect of CaCO_3
235 administered separately (LIFT+ CaCO_3) or co-encapsulated (LIFT/ CaCO_3). Oral gavage also
236 resulted in robust hydrogel formation in rat stomachs (**Fig. S9**), and hydrogels were retrieved after
237 *in vivo* incubation in stomachs and assayed for lactase activity. Notably, while separate and co-
238 encapsulated CaCO_3 significantly protected lactase activity after 1 h (**Fig. 5d**), only co-
239 encapsulated CaCO_3 protected lactase after 2 h (**Fig. 5e**). LIFT hydrogels with co-encapsulated
240 CaCO_3 resulted in 6-fold higher activity compared to control. The protective effect of the LIFT
241 hydrogels co-encapsulating CaCO_3 was also observed in porcine models after a 6 h *in vivo*
242 incubation (2-fold higher than control, **Fig. 5f**), underscoring the advantage of oral systems capable
243 of excipient co-encapsulation even in large animal models.
244

245 Another class of biologics of interest for oral delivery are therapeutic bacteria. Here, we utilized
246 an engineered *E. coli* Nissle 1917 (EcN) that expresses both luciferase and luciferin;
247 bioluminescence has been utilized to rapidly query bacterial viability and metabolism⁴¹. This
248 particular strain was selected due to its safety and wide use as a chassis for synthetic biology
249 therapeutics⁴²⁻⁴⁴. Oral delivery of bacteria is a recognized challenge and currently requires large
250 solutions of sodium bicarbonate to buffer stomach pH⁴⁵. Indeed, even short incubations of EcN in
251 SGF pH 1.77 resulted in significant decreases in bioluminescence (**Fig. 6a**). Similar to lactase,
252 EcN also exhibited sensitivity to DMSA crosslinker (data not shown); therefore, PEG-dithiol was
253 used as the dithiol crosslinker in subsequent studies. We tested the capacity of LIFT hydrogels to
254 protect bacterial activity in porcine models after 6-8 h incubation in the stomach. While bacteria
255 encapsulated in LIFT/ CaCO_3 hydrogels exhibited greater average bioluminescence than those in
256 LIFT hydrogels, this difference did not reach statistical significance (**Fig. S10**). Notably, bacteria
257 were metabolically active after retrieval and able to proliferate after hydrogels were incubated in
258 growth media (data not shown), suggesting that LIFT hydrogels are capable of sustaining bacterial
259 viability *in vivo*.
260

261 The relatively high pH values of pig gastric fluid ($\text{pH} > 5$) may not be sufficient to reduce bacterial
262 viability⁴⁶. We reasoned that in terms of acidity, *in vitro* studies may provide a more aggressive
263 challenge than *in vivo* treatment in pigs that is physiologically relevant to human gastric fluid (pH
264 1.4-2.1 in the fasted state)⁴⁷. Therefore, we asked if LIFT hydrogels were capable of protecting
265 bacterial bioluminescence upon encapsulation with or without CaCO_3 and after challenge with
266 SGF pH 1.77 for 3 h. Only co-encapsulation with CaCO_3 resulted in bacterial bioluminescence
267 compared to LIFT hydrogel control (**Fig. 6b**). To further confirm that bacteria were indeed viable
268 and capable of growth, hydrogels were incubated in growth media after SGF challenge. While the
269 media of LIFT hydrogels remained clear, the media of LIFT/ CaCO_3 hydrogels appeared turbid,
270 suggesting bacterial proliferation (**Fig. 6c**). The supernatant was quantified for bioluminescence
271 to confirm bacterial viability and metabolism; only supernatant from LIFT/ CaCO_3 hydrogels
272 exhibited bioluminescence (**Fig. 6d**). Therefore, LIFT hydrogels are capable of supporting
273 bacterial viability and protection against acid challenge when loaded with CaCO_3 . Given that acid
274 secretion can vary 40-71 mmol/h (interquartile range) in humans and the recommended maximum
275 recommended dose of CaCO_3 (10 g/day)^{40,48}, these systems could potentially support the viability
276 of bacteria in the stomach for at least 3-5 h.

277

278 DISCUSSION

279 Dysphagia and difficulty swallowing present major obstacles to oral drug administration in
280 geriatric and pediatric patients. This is especially challenging given the increased morbidity and
281 need for medication with advanced age: an estimated 65% patients over 65 years of age are taking
282 at least two medications, with 37% taking more than five^{49, 50}. Difficulty taking pills may drive
283 patients to skip doses or modify them in ways that dangerously alter drug pharmacokinetics. In
284 this work, we developed a drinkable liquid formulation system, called LIFT hydrogels, capable of
285 transitioning from liquid-to-solid upon mixing with ingested crosslinkers in the stomach. LIFT
286 hydrogels have the advantages of solid formulations which confer enhanced gastric retention,
287 protection against gastrointestinal proteases, toughness, capacity to control drug release, as well
288 as co-encapsulation of drug with excipients. To realize LIFT hydrogels, we used FDA-approved
289 or GRAS materials: alginate and 4-arm PEG-maleimide as hydrogel networks, and calcium
290 chloride and DMSA or PEG dithiol as crosslinkers. The alginate/PEG solution remains a liquid
291 until contact with the crosslinker solution within the stomach, facilitating a transition from a liquid
292 to a tough hydrogel.

293

294 The gastric environment exhibits some features amenable for *in situ* crosslinking reactions. The
295 stomach is temperature-controlled at 37 °C, which can accelerate maleimide/thiol thioether
296 formation^{51, 52}; the stomach is also mechanically active and its movement could facilitate mixing
297 of the two ingested solutions¹⁷. We demonstrate that crosslinking of both alginate and PEG
298 networks readily occur in *ex vivo* porcine gastric fluid and *in vivo* in porcine stomachs, which
299 underscore the robustness of the calcium- and dithiol-mediated crosslinking reaction of the
300 alginate and 4-arm PEG-maleimide networks. While LIFT hydrogel crosslinking and mechanical
301 properties were dependent on the proportion of gastric fluid volume, this may be diluted through
302 greater volumes of crosslinker. The fasted stomach contains 25-35 mL of gastric fluid^{26, 53}, which
303 after ingestion of a 200 mL crosslinker solution is diluted to 11-15%. This crosslinker volume is
304 less than the volume of a typical drink can (355 mL), and this proportion of gastric fluid is well
305 within the range capable of crosslinking both networks. Notably, these reactions do not generate
306 side products, and the hydrogels did not appear to be toxic to cultured gastrointestinal epithelial,
307 kidney, and liver cells, nor cause clinical or laboratory signals in pigs up to 48 h after
308 administration.

309

310 Gastric drug depots should be able to withstand compressive forces within the stomach to preserve
311 depot integrity. While hydrogels with dual polymer networks are mechanically stronger than
312 single-network hydrogels^{54, 55}, current strategies to formulate dual network hydrogels from orally
313 administered liquids have not yet been described. Liquid systems have generally relied on single-
314 network hydrogels of alginate, gellan, and karaya gum that are crosslinked by calcium.^{14-16, 56} In
315 an alternative strategy, Li *et al.* utilized pH-triggered unmasking of multivalent cyclodextrin to
316 undergo gelation with multivalent adamantane in acidic conditions⁵⁷; however, the liberated
317 masking group will need to be characterized for safety before application. While we and others
318 have developed orally administrable tough hydrogels^{55, 58, 59}, these require templated radical
319 polymerization of toxic acrylamide monomer that cannot be safely performed *in vivo* and are dosed
320 as a solid⁶⁰. Other hydrogel systems have been designed that require UV light to facilitate polymer
321 crosslinking^{61, 62}, utilize polyacrylamide as a polymer network³⁷, require a specific construction of
322 hydrogel components⁵⁹, or are enzymatically polymerized^{63, 64}. While these hydrogels are

323 mechanically tough, they either require a pre-solidified dosage format or are challenging and
324 unsafe to crosslink and gel *in situ*. This work bridges this gap and enables liquid formulation of a
325 tough hydrogel system. Assuming a spherical hydrogel, we calculate that reported gastric stresses
326 (~13 kPa) would cause a strain of 5-10% in LIFT hydrogels, which should not permanently deform
327 these hydrogels¹⁷.

328
329 While nano- and microparticle liquid suspensions have been developed, an important feature that
330 this system confers is the *in situ* gelation of macroscale structures, which are important to minimize
331 exposure of the dosage forms to gastric fluid. Given the same volume of material, nano- and
332 microscale dosage forms result in significantly greater surface area-to-volume ratios compared to
333 macroscale forms⁶⁵. Economou *et al.* showed that the dissolution rate of CaCO₃ particles was size-
334 dependent, with larger 2-4 mm particles dissolving slower than <250 μ m particles in acid⁶⁶.
335 Therefore, *in situ* gelation of macrostructures could be advantageous and enable protection of
336 encapsulated therapeutics through size and geometry. Moreover, the formation of macroscale
337 solids could prolong the gastric retention of encapsulated drugs compared to nano- and
338 microparticulate liquid suspensions¹⁹.

339
340 This work can alter oral small molecule pharmacokinetics and prolong the function of biological
341 drugs within the stomach. Patients who have difficulty swallowing solids may resort to crushing
342 their pills, which results in dramatically altered pharmacokinetics that may cause severe
343 complications and death^{9, 11, 12}. Here we show that LIFT hydrogels modify pharmacokinetics by
344 delaying and reducing the maximum drug plasma concentration while achieving a comparable
345 AUC drug dose as free drug. This is significant because high drug concentrations can result in
346 adverse side effects and impact treatment tolerability^{67, 68}, and is applicable for drugs in which
347 efficacy is driven by AUC and not blood concentration (e.g., tetracyclines, cytotoxics)^{69, 70} or drugs
348 that require controlled release to stay within a safe therapeutic window. Given that a range of
349 molecules are in equilibrium between the blood and gastrointestinal tract⁷¹, systems that modulate
350 these molecules within the stomach could significantly impact healthcare via a noninvasive route.
351 Indeed, engineered bacteria can sense blood within the stomach, remove nitrogenous waste, or
352 metabolize excess phenylalanine^{42, 45, 72, 73}. Oral enzyme and bacterial therapies are being
353 developed for the treatment of hyperoxaluria and phenylketonuria, and are also used to treat
354 patients with exocrine pancreatic insufficiency⁷⁴⁻⁷⁶. Coupling LIFT hydrogels with these
355 therapeutics could alter drug pharmacokinetics and prolong both their residence and function
356 within the gastrointestinal tract in a tough form factor. In doing so, LIFT hydrogels could expand
357 the accessibility of these therapeutics to patients who otherwise have difficulty swallowing solids.
358

359 The chemistry of the LIFT hydrogels is robust, flexible, and tailororable. Here, we establish DMSA
360 as a novel and FDA-approved small molecule crosslinker for these hydrogels, as well as a PEG-
361 dithiol. Both crosslinkers were able to crosslink the 4-arm PEG-maleimide when mixed within the
362 gastric cavity. The inclusion of PEG also enables facile covalent conjugation of drugs and other
363 modulators using commercially available, functionalized multi-arm PEGs while still acting as a
364 crosslinker. While maleimide-thiol reactions are rapid⁷⁷, inclusion of the alginate network not only
365 augments the mechanical properties of the hydrogel, but also its immediate formation in calcium
366 solution acts as a “template” that facilitates retention and crosslinking of the slower-forming
367 maleimide-thiol thioether bond. PEG networks typically require highly defined maleimide:thiol
368 ratios for efficient gelation that is challenging to implement in an oral setting^{52, 77}; here, templating

369 within alginate likely enables gradual diffusion of the dithiol crosslinkers into the hydrogel and
370 subsequent formation of the PEG network.

371
372 By overcoming the “ship-in-a-bottle” problem, LIFT hydrogels could expand access to
373 medications for patients who have difficulty swallowing and bridge the advantages of solid and
374 liquid drug formulations. Through careful selection of materials, LIFT hydrogels comprise two
375 biocompatible polymer networks that are able to crosslink *in situ* within the stomach, resulting in
376 a strong hydrogel that can facilitate localization of drugs and excipients and withstand the
377 compressive forces of the gastrointestinal tract. LIFT hydrogels are safe, and are capable of
378 modulating small molecule release and protecting therapeutic enzymes and bacteria in the stomach
379 of large animals. We envision that LIFT hydrogels and their flexible chemistries may be a useful
380 strategy with applications in gastric drug modulation and delivery, weight loss, and protection of
381 encapsulated biologics.

382
383 **ACKNOWLEDGEMENTS**

384 This work was funded in part by the Bill & Melinda Gates Foundation Grant INV-009529. M.J.
385 was supported by the Translational Research Institute of Space Health through Cooperative
386 Agreement NNX16AO69A. We would like to thank Ameya Kirtane for insightful discussions.

387
388 **Author contributions**

389 G.W.L. and M.J.P. conceived and designed the hydrogel. G.W.L. and M.J.P. performed
390 experiments. V.R.F. performed rheology experiments. M.J. made the bioluminescent bacterial
391 strain and helped design and analyze the bacterial protection experiments. J.L.P.K., K.I.,
392 W.A.M.M., G.N.W., J.J., N.Fabian., and A.H. assisted with *in vivo* experimentation, A.L., J.M.,
393 and N.Fitzgerald assisted with bioanalytics, and J.H.C and C.K.S. performed cell culture
394 experiments. R.S.L. and G.T. provided funding and supervised. All authors contributed to and
395 reviewed the manuscript.

396
397 **Competing interests**

398 G.W.L., M.J.P., R.S.L., and G.T. are coinventors on provisional patent US 63/415,366 (filed
399 October 12, 2022) which describes the system reported here. Complete details of all relationships
400 for-profit and not for-profit for G. T. can be found at the following link:
401 <http://www.dropbox.com/sh/szi7vnr4a2ajb56/AABs5N5i0q9Aft1IqIJAE-T5a?dl=0>. Complete
402 details for R. S. L. can be found at the following link:
403 <http://www.dropbox.com/s/yc3xqb5s8s94v7x/Rev%20Langer%20COI.pdf?dl=0>. M.J. consults
404 for VitaKey. The remaining authors declare no competing financial interests.

405
406 **CONCISE MATERIALS AND METHODS**

407 **Chemicals**

408 Poly(ethylene glycol) (PEG)-dithiol (1 kDa) was purchased from Biopharma PEG, 4-arm PEG-
409 maleimide (20 kDa) was purchased from JenKem Technology USA, Laysan Bio, Inc, and Creative
410 PEGWorks, and alginate (71238), trypsin (T7409), and β -galactosidase (G5160) were purchased
411 from MilliporeSigma. Alginate solutions were prepared in ddH₂O by vigorous heating and stirring.
412 Calcium carbonate and dimercaptosuccinic acid (DMSA) were purchased from ACROS Organics,
413 and o-nitrophenyl β -D-galactopyranoside (ONPG) was purchased from Cayman Chemical.

414 Lumefantrine was purchased from Fisher Scientific, and halofantrine was purchased from
415 MedChemExpress.

416

417 ***In vitro* LIFT hydrogel formation and characterization**

418 A polymer solution of 0.5% w/v alginate and 4-arm PEG-maleimide (0-10% w/v) was prepared in
419 ddH₂O; to form hydrogels, 60 μ L of this solution was cast into 1 mL of crosslinker solution (200
420 mM CaCl₂, 10 mM PEG-dithiol or DMSA) using a pipette and incubated for 10-20 min at 37 °C,
421 50 RPM. After, the resulting hydrogels were washed with ddH₂O. In some experiments, hydrogels
422 were cast in 0-100% v/v of porcine gastric fluid diluted with ddH₂O. Concentrated stocks of
423 crosslinker were added to porcine gastric fluid to achieve the stated crosslinker concentrations and
424 % v/v gastric fluid.

425

426 Mechanical compression tests were performed using an Instron instrument as previously described
427 with modifications.⁷⁸ The gauge length was determined with a digital caliper, and displacement
428 was applied at a rate of 0.05 mm/s until 90% strain. Cyclic compression measurement was
429 performed with a displacement rate of 0.05 mm/s and 5 cycles of 90% strain.

430

431 To facilitate rheological characterization, pre-crosslinked LIFT hydrogels were prepared by
432 casting a solution of 0.5% alginate/5% w/v 4-arm PEG-maleimide with 15 mM CaCO₃/30 mM
433 glucono- δ -lactone into a 100-mm Petri dish. After 1 h incubation at room temperature, hydrogel
434 samples were made using an 8-mm diameter biopsy punch. Oscillatory rheology studies were
435 performed with a Discovery Series Hybrid Rheometer from TA Instruments. Samples were
436 measured using 8-mm parallel plates fully submerged in a 5 mL bath of crosslinker solution (200
437 mM CaCl₂/10 mM PEG-dithiol) at 37 °C. We reasoned that the 8-mm parallel plates (smallest
438 available size) would minimize unexposed surface area at the top and bottom faces of the sample,
439 and therefore best represent crosslinking dynamics *in vivo*. Data was collected for 1 h with a
440 frequency of 10 rad/s and strain of 1%.

441

442 **Model encapsulation and release**

443 The following model encapsulants were mixed at a 10 mg/mL concentration in either alginate or
444 LIFT polymer solutions: 155-kDa tetramethylrhodamine isothiocyanate-dextran (TRITC-dextran,
445 MilliporeSigma), and 20- and 100-nm fluorescent carboxylated polystyrene nanoparticles
446 (ThermoFisher). Hydrogels were formed as described above, transferred to simulated gastric fluid
447 (SGF: 34 mM NaCl pH 1.77) or simulated intestinal fluid (SIF, Cole-Parmer), and then incubated
448 at 37 °C, 50 RPM. The supernatant was sampled at various timepoints with replacement. For each
449 hydrogel and model encapsulant, three separate experiments were performed simultaneously, and
450 release was calculated according to respective standards diluted in either SGF or SIF.

451

452 **Cytotoxicity**

453 Cytotoxicity of gel constituents (4-arm PEG-maleimide, PEG-dithiol, DMSA, CaCl₂) was
454 determined for 4 different cell lines: Caco-2, HT-29, Hepa1-6, and CV-1. Cell lines were
455 mycoplasma-tested as negative prior to use, and genetically fingerprinted, where possible, to
456 verify their identity. Alginate was unable to be tested due to its viscosity and incompatibility with

457 robotic fluid handlers. Cells were plated at 15,000 cells/well in DMEM+10% FBS using robotic
458 handlers (Tecan Evo 150) and incubated overnight. After, cells were incubated in the indicated
459 treatments and concentrations for 24 h in DMEM+10% FBS, and viability was quantified using
460 CellTiter-Glo (Promega), which uses intracellular ATP levels as a surrogate for viability, and a
461 plate reader (Tecan Infinite Pro 1000). Viability was calculated as a percentage of untreated cells.
462

463 ***In vivo* experimentation**

464 All animal studies were performed only after MIT CAC review and approval and under veterinary
465 supervision. Specific methods and treatments for characterization, lumefantrine, lactase, and
466 bacteria studies in rats and pigs are described within their respective sections. Female Yorkshire
467 pigs 50-100 kg and rats >400 g were used.
468

469 ***In vivo* LIFT hydrogel formation and characterization**

470 Hydrogels were administered into stomachs of anesthetized pigs via endoscopy. To facilitate
471 visualization, gastric fluid was removed. Crosslinker solution (200 mL, 200 mM CaCl₂ and 10
472 mM DMSA or PEG-dithiol) was first administered, and then the endoscope was purged with air
473 and water. After, 20-40 mL of hydrogel solution (typically 0.5% alginate/5% w/v 4-arm PEG-
474 maleimide) was similarly administered. In some experiments, the order was reversed. For
475 mechanical characterization, pigs were sacrificed 6-8 h after hydrogel administration, and the
476 hydrogels were retrieved and tested as described above.
477

478 To monitor hydrogel retention kinetics in the porcine gastrointestinal tract and for acute toxicity,
479 hydrogels were loaded with barium sulfate (20% w/v) for X-ray imaging, and images were
480 collected immediately after administration, 4-5 h, and on days 1 and 2. Serum was collected before
481 hydrogel administration (baseline) and on days 1 and 2 for metabolic analysis. Throughout, pigs
482 were clinically monitored for gastrointestinal symptoms (e.g., inappetence, vomiting).
483

484 **Encapsulated lumefantrine pharmacokinetics**

485 Pigs were dosed under anesthesia via endoscopy with the following treatments: free lumefantrine,
486 lumefantrine encapsulated in alginate hydrogels, and lumefantrine encapsulated in LIFT hydrogels
487 (*n* = 3 each). All pigs were dosed with a total of 960 mg lumefantrine. For free lumefantrine, drug
488 powder was weighed and placed across three gelatin capsules. For hydrogel formulations,
489 lumefantrine powder was suspended in polymer solution (0.5% w/v alginate or 0.5% alginate/5%
490 w/v 4-arm PEG-maleimide), mixed, and administered after crosslinker solution (200 mM CaCl₂/10
491 mM DMSA). Blood was sampled from a central jugular catheter at the indicated time points, and
492 lumefantrine area under the curve was calculated by the trapezoidal rule.
493

494 Plasma lumefantrine was separated via high pressure liquid chromatography (HPLC) and
495 quantified with an Agilent 6495A triple quadrupole mass spectrometer equipped with a sheath gas
496 electrospray ionization (AJS-ESI) (Agilent Technologies, Santa Clara, CA). Samples were
497 injected at a 5 μ L injection volume. Chromatography was performed on an Acquity BEH C18
498 column (2.1 \times 50 mm, d_p 1.8 μ m, Waters, Milford, MA), heated to 50 °C, with a binary mobile
499 phase composed of 0.1% formic acid in water (v/v, A) and 5% tetrahydrofuran in methanol (v/v,

500 B). The mobile phase was pumped at 0.5 mL/min and gradient programmed as: 0 min, 5% B; 5
501 min, 95% B. The total method runtime was 7 min with a 2 min re-equilibration time between
502 injections. For positive ionization ESI source conditions, the iFunnel high pressure radiofrequency
503 was set to 150 V, and low pressure set to 60 V. Nebulizer drying gas temperature was set to 210
504 °C with a flow rate of 15 L/min at 35 psig. Sheath gas temperature was set to 250 °C with a flow
505 rate of 12 L/min. Nozzle voltage was set to 1500 V and capillary voltage was set to 3500 V.
506 Dynamic multiple reaction-monitoring was used to quantify analytes, using nitrogen as the
507 collision gas. Lumefantrine was quantified at transitions 528.16 to 510.00 m/z at 28 collision
508 energy (CE), with a qualifier transition from 528.16 to 383.00 m/z (40 CE). Halofantrine was used
509 as an internal standard and quantified with the 500.18 to 142.10 m/z transition (24 CE) and
510 qualified with the 500.18 to 100.10 m/z transition. All transitions used a cell accelerator voltage
511 of 4. Data analysis was performed with MassHunter B10.1 (Agilent Technologies, Santa Clara,
512 CA). Linear calibration curves were weighted by the reciprocal of the standard concentrations
513 used, i.e., 1/x.

514
515 A ten-point calibration curve of halofantrine and lumefantrine was prepared with concentrations
516 ranging from 1 to 2500 ng/mL. For plasma sample preparation, 250 µL of plasma, 20 µL of
517 halofantrine at 2500 ng/mL and 730 µL of 90:10 methanol:tetrahydrofuran was added for protein
518 precipitation. Samples were vortexed and centrifuged at 15,000×g for 15 min. The resulting
519 supernatant (200 µL) was transferred to glass vials for analysis.

520
521 **Lactase activity after dithiol molecule treatment**
522 Lactase (18 µg, 60 µL) was added to DMSA or PEG-dithiol to a final DMSA/PEG-dithiol
523 concentration of 2.5, 5, or 10 mM. Treatments were incubated at 37 °C for 20 min. Lactase activity
524 was assayed by adding 60 µL of 5 mM ONPG and incubation for 1 min at room temperature. After,
525 300 µL of 1 M Na₂CO₃ was added to stop the reaction, and the absorbance of the solution was read
526 at $\lambda = 420$ nm.

527
528 **Lactase encapsulation in LIFT hydrogels**
529 The effect of acid on enzyme activity was determined by treating lactase (0.24 mg, 60 µL) with
530 either SGF or PBS and incubating at 37 °C, 50 RPM for various times. Enzymatic activity after
531 incubation was determined by adding 60 µL of 5 mM ONPG and incubation for 1 min at room
532 temperature. After, 300 µL of 1 M Na₂CO₃ was added to stop the reaction, and the absorbance of
533 the solution was read at $\lambda = 420$ nm. For *in vitro* hydrogel experiments, lactase (0.20 mg) was
534 suspended in 60 µL hydrogel solution (0.5% alginate/5% w/v 4-arm PEG-maleimide) and cast in
535 crosslinker solution (200 mM CaCl₂/10 mM PEG-SH). Alginate-only hydrogels were prepared in
536 200 mM CaCl₂ solution only, and both hydrogels were prepared with and without CaCO₃ (42.68
537 mg/mL). Hydrogels were then challenged with SGF for 1 h at 37 °C. After acid incubation,
538 enzymatic activity was quantified as above. For trypsin challenge experiments, lactase-containing
539 hydrogels (60 µL, 0.20 mg lactase) were prepared and incubated with trypsin (40 mg/mL) for 6 h
540 at 37 °C. Free lactase and alginate-only hydrogels were included as controls. Lactase enzyme
541 activity was quantified as previously described, and compared between trypsin-treated samples
542 and naive samples to determine relative absorbance.

543

544 Encapsulated enzyme activity was tested in rat and porcine models. Rats were fasted overnight
545 prior to administration. The following day, 3 mL of crosslinker solution (200 mM CaCl₂, 10 mM
546 PEG-dithiol) was administered via oral gavage immediately followed by 1 mL of hydrogel solution
547 (0.5% alginate/5% w/v 4-arm PEG-maleimide with 0.24 mg lactase). Calcium carbonate (42.69
548 mg) was included either in the crosslinker solution (separate) or in the hydrogel solution (co-
549 encapsulated). After 1 or 2 h, rats were euthanized, and the hydrogels were collected. Hydrogels
550 were weighed and minced, and enzymatic activity was quantified as described above and
551 normalized by hydrogel mass. Encapsulated enzyme activity was also tested in Yorkshire pigs.
552 Hydrogels were administered via endoscopy into the stomach: first, 200 mL of crosslinker (200
553 mM CaCl₂/10 mM PEG-dithiol) was administered followed by 20 mL of 0.5% alginate/5% w/v 4-
554 arm PEG-maleimide containing lactase (40.45 mg) with or without co-encapsulated CaCO₃ (2 g).
555 After 6 h, hydrogels were retrieved, and lactase activity was quantified as described above.

556

557 **Bacteria encapsulation in LIFT hydrogels**

558 *E. coli* Nissle 1917 was isolated from commercially available Mutaflor capsules on LB-agar plates
559 (BD 240230). This strain was transformed with the plasmid pAKlux2 (Addgene 14080) to create
560 a constitutively bioluminescent *E. coli* Nissle 1917 strain. Bioluminescent *E. coli* Nissle 1917 was
561 routinely cultured on LB-agar plates at 37 °C or in LB in culture tubes shaken at 37 °C containing
562 ampicillin (100 µg/mL). The bacterial concentration in overnight cultures was determined by
563 measuring the OD₆₀₀, and the cells were pelleted by centrifugation and resuspended in PBS at the
564 target concentration.

565

566 To determine bacteria activity in SGF pH 1.77, bacteria (1×10⁸ CFU, 68 µL) was added to 132 µL
567 SGF or PBS and incubated for the indicated timepoints. Bioluminescence was recorded using a
568 plate reader (Infinite 200, Tecan).

569

570 For *in vitro* hydrogel experiments, bacteria (1×10⁸ CFU) was suspended in 60 µL hydrogel solution
571 (0.5% alginate/5% w/v 4-arm PEG-maleimide) and cast in 1 mL of crosslinker solution (200 mM
572 CaCl₂/10 mM PEG-SH) with and without CaCO₃ (7.5 mg/mL). Hydrogels were transferred to 100
573 µL SGF for 3 h at 37 °C, 100 RPM. After acid incubation, hydrogels were transferred to a white
574 96-well plate and analyzed for bioluminescence. Hydrogels were then transferred to 1 mL LB
575 media and incubated for 4 h, 37 °C, 100 RPM. After, the supernatant was collected and analyzed
576 for bioluminescence.

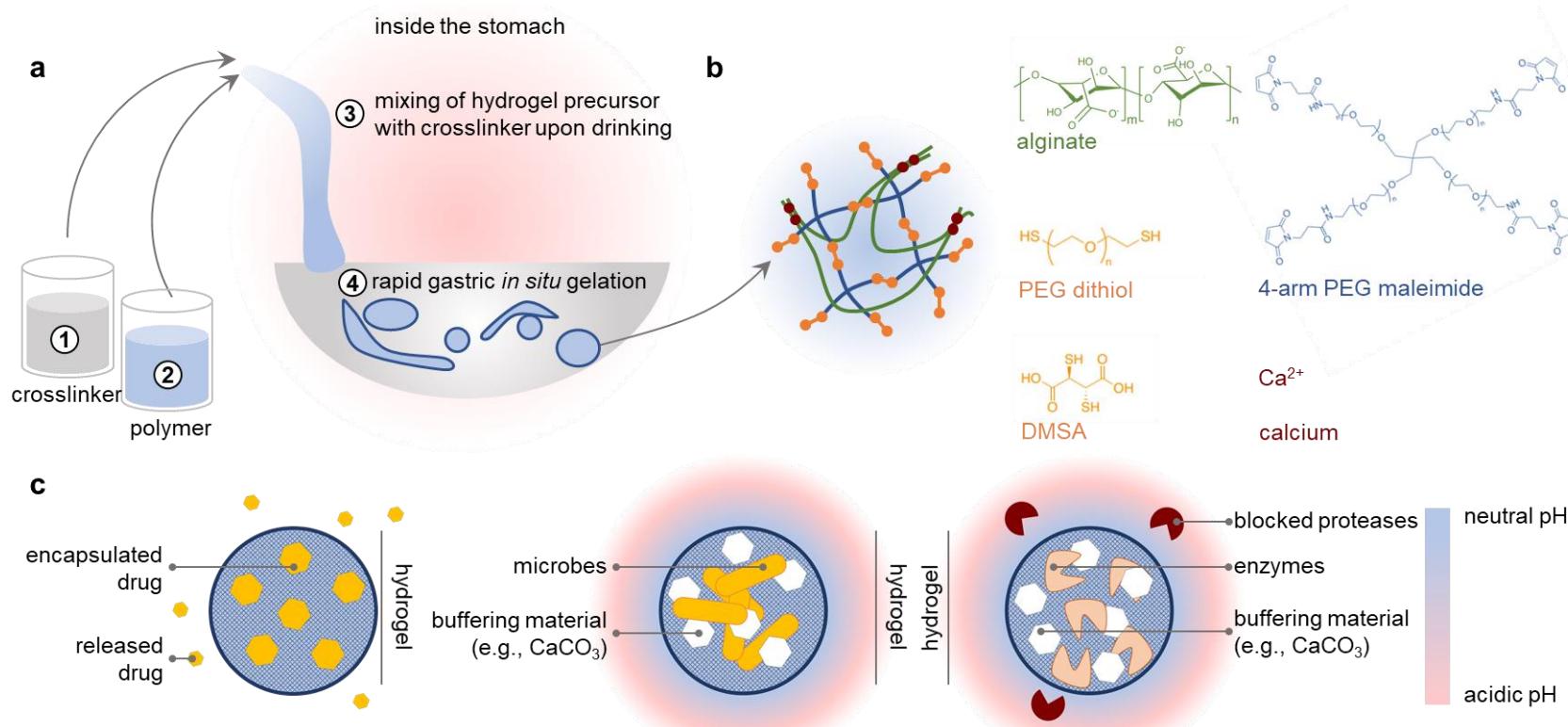
577

578 Encapsulated bacteria activity was tested in porcine models. Hydrogels were administered into the
579 stomach of anesthetized pigs via endoscopy: first, 200 mL of crosslinker (200 mM CaCl₂/10 mM
580 PEG-dithiol) was administered followed by 20 mL of 0.5% alginate/5% w/v 4-arm PEG-
581 maleimide containing bacteria (1.6×10¹⁰ CFU) with or without co-encapsulated CaCO₃ (2 g). After
582 6-8 h, hydrogels were retrieved, and bacteria viability was quantified using an *in vivo* imaging
583 system (PerkinElmer). This experiment was repeated 3 times in different pigs.

584

585 **Statistical analysis**

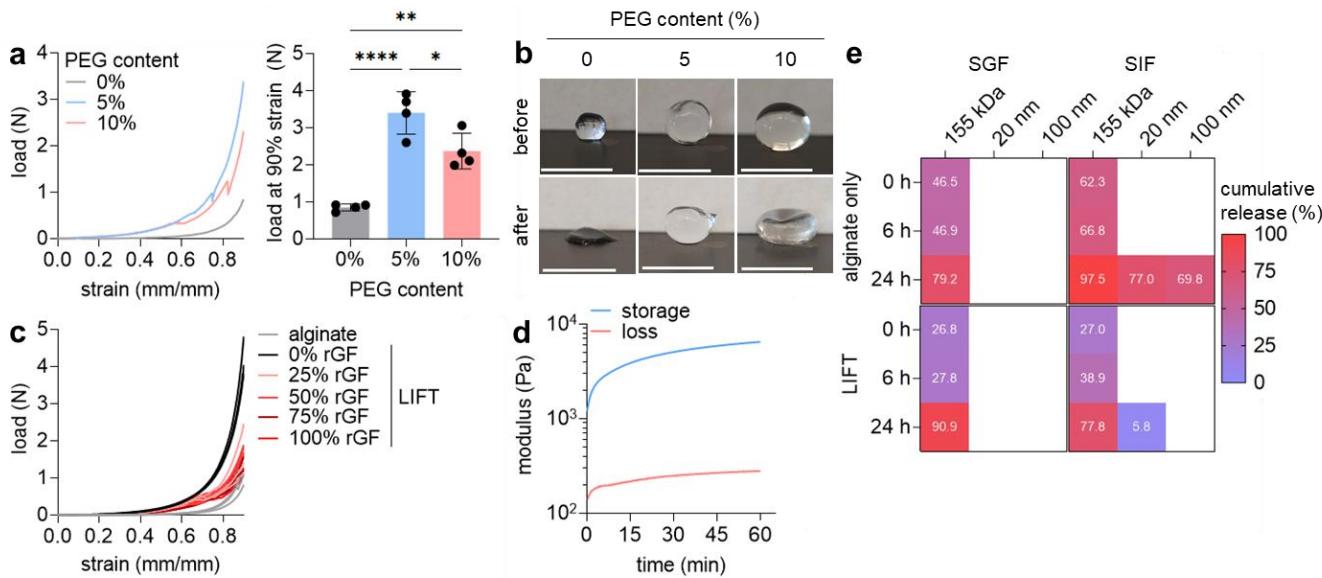
586 For all tests, an $\alpha = 0.05$ was set for statistical significance. Single comparison tests were performed
587 using a Student's *t*-test, and multiple comparisons were performed using a one-way ANOVA with
588 post-hoc Tukey's multiple comparisons test.

589 **FIGURES AND TABLES**

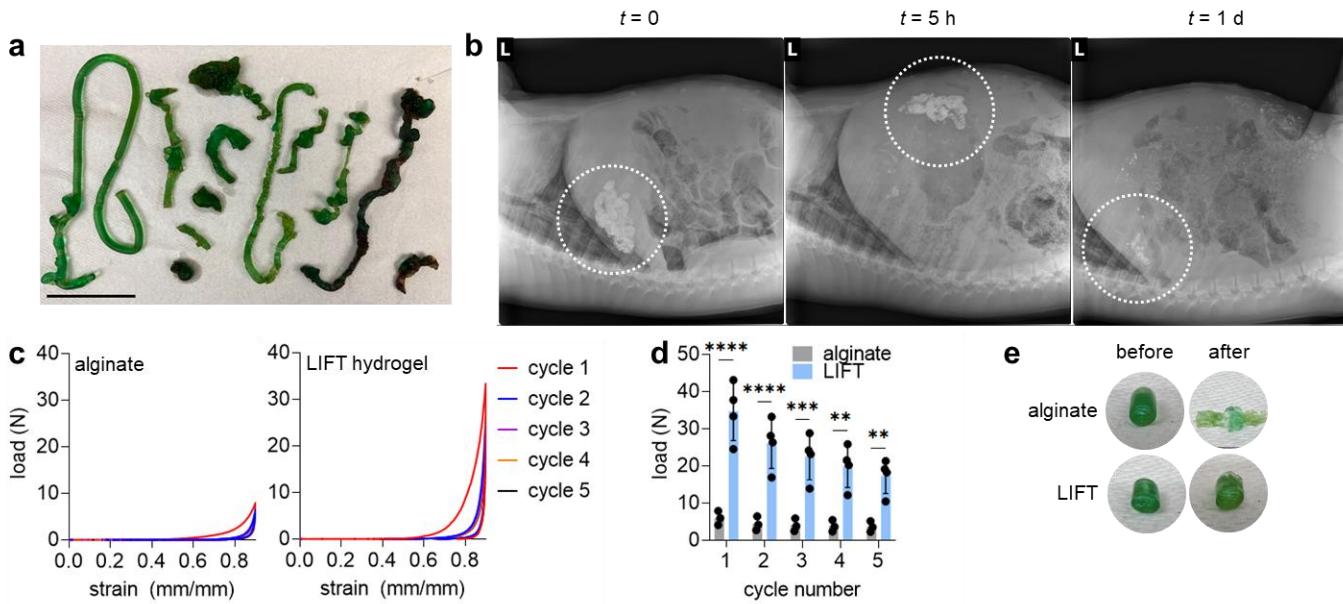
590

591 **Figure 1. Overview of LIFT (liquid *in situ*-forming and tough) hydrogels. A.** LIFT hydrogels form within the stomach after oral
 592 administration of (1) a crosslinker solution comprising CaCl₂ and a dithiol-containing compound, followed by a (2) polymer solution
 593 comprising alginate and 4-arm PEG maleimide. These two solutions (3) mix within the stomach to form a tough double-network
 594 hydrogel (4) within the stomach. **B.** Schematic of the polymers and reagents used to facilitate crosslinking. Materials were selected due
 595 to their established safety profiles. Both a poly(ethylene glycol)-dithiol and dimercaptosuccinic acid (DMSA) were investigated as a
 596 dithiol crosslinker. **C.** Left: LIFT hydrogels may act as controlled release depot through encapsulation of water-insoluble drug that
 597 gradually dissolves and diffuses from the hydrogel. Middle, right: LIFT hydrogels enable co-encapsulation and co-localization of
 598 therapeutic microbes or enzymes and excipient (e.g., CaCO₃) that modulate local pH and protect against proteases.

599



600
601
602
603
604
605
606
607
608
609



610
611
612
613
614
615
616
617
618

Figure 3. *In vivo* characterization of LIFT hydrogels. A. Hydrogel geometries after *in vivo* formation in pigs. LIFT hydrogels were formed by endoscopic administration of crosslinker solution (200 mM CaCl₂/10 mM PEG-dithiol) followed by polymer solution (0.5% alginate/5% w/v 4-arm PEG-maleimide). Scale bar: 5 cm. **B.** X-ray imaging of LIFT hydrogels in pigs throughout time. Shown is representative of $n = 3$ independent experiments. **C.** Load-strain curves of alginate or LIFT hydrogels after retrieval from pig stomachs. Hydrogels were characterized by 5 cycles of 90% strain. **D.** Maximum loads experienced by alginate or LIFT hydrogels throughout 5 cycles of 90% strain. **E.** Images of retrieved alginate or LIFT hydrogels before and after 90% strain. ** p -value < 0.01; *** p -value < 0.001; **** p -value < 0.0001. Bars represent mean \pm standard deviation.

619
620
621
622
623
624

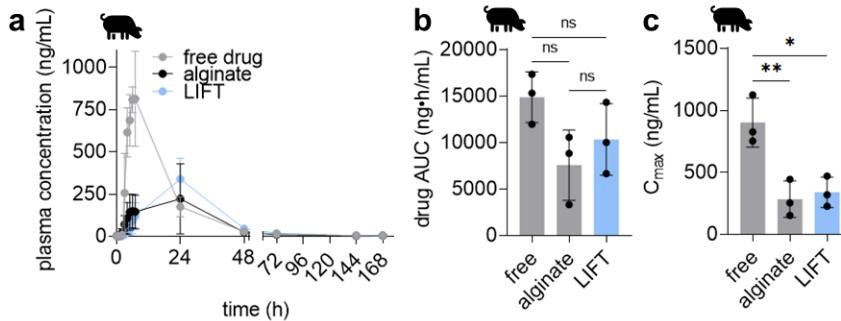
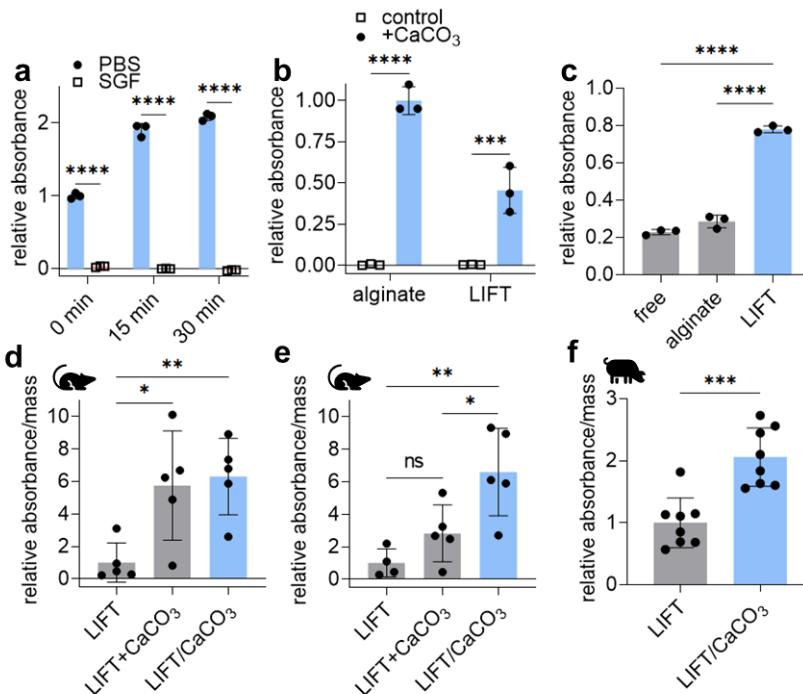
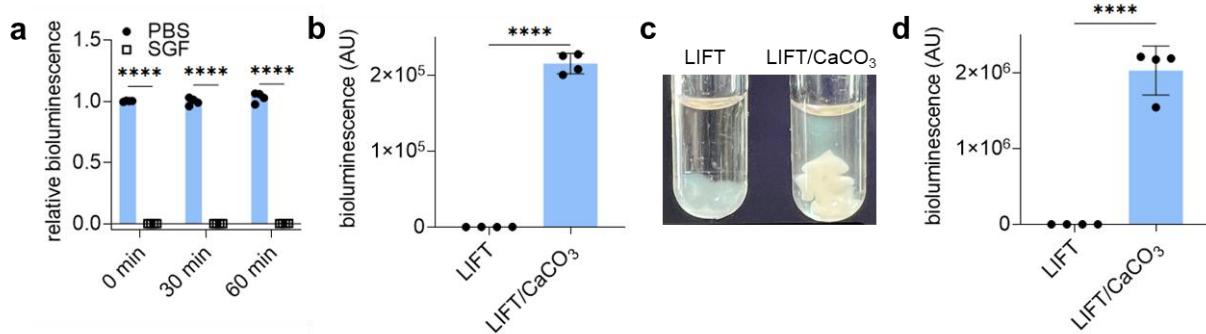


Figure 4. Pharmacokinetics of various oral lumefantrine formulations. A. Plasma lumefantrine concentration over time of free lumefantrine and lumefantrine (960 mg) encapsulated in alginate or LIFT hydrogel. For each treatment, $n = 3$ pigs were tested. **B.** Lumefantrine area under the curve (AUC) of each formulation. **C.** Maximum observed lumefantrine concentration (C_{max}) of each formulation. * p -value < 0.05 ; ** p -value < 0.01 . Bars represent mean \pm standard deviation.



625
626
627
628
629
630
631
632
633
634
635
636

Figure 5. LIFT hydrogel co-encapsulation of CaCO_3 protects lactase activity after oral delivery. **A.** Lactase activity, as measured by ONPG assay, after various incubations times in PBS or SGF at 37°C . Absorbances were normalized to that of lactase incubated for 0 min in PBS. **B.** Lactase activity after hydrogel encapsulation with or without CaCO_3 co-encapsulation and incubation in SGF for 1 h. Absorbances were normalized to that of alginate/ CaCO_3 . **C.** Lactase activity of various treatment after trypsin treatment. Absorbances were normalized to that of treatment without trypsin. **D.** Activity of lactase encapsulated in LIFT hydrogels after 1 h in rat. CaCO_3 was administered separately (LIFT+ CaCO_3) or co-encapsulated (LIFT/ CaCO_3). Absorbances were normalized by hydrogel mass; $n = 5$ rats were tested for each treatment. **E.** Activity of lactase encapsulated in LIFT hydrogels after 2 h in rat. Absorbances were normalized by hydrogel mass; $n = 4$ or 5 rats were tested for each treatment. **F.** Activity of lactase encapsulated in LIFT hydrogels after 6 h in pigs. Absorbances were normalized by hydrogel mass; shown is representative of $n = 3$ independent experiments. * p -value < 0.05; ** p -value < 0.01; *** p -value < 0.001; **** p -value < 0.0001. Bars represent mean ± standard deviation.



637
638
639
640
641
642
643
644
645

Figure 6. LIFT hydrogel co-encapsulation of CaCO₃ protects bacterial activity. **A.** Bioluminescence of luciferase-expressing *E. coli* Nissle 1917 bacteria after various incubations times in PBS or SGF at 37 °C. Bioluminescence was normalized to that of bacteria incubated in PBS at each time point. **B.** Bioluminescence of bacteria encapsulated in LIFT hydrogels with or without CaCO₃ and incubated in SGF for 3 h. **C.** Representative images of culture tubes containing LB culture medium after bacteria-containing LIFT hydrogels were challenged with SGF and then incubated in the culture tubes for 4 h at 37 °C. Cloudiness of medium indicates viable bacteria remain inside the hydrogel. **D.** Bioluminescence quantification of media supernatants from panel C. ***p-value < 0.0001. Bars represent mean ± standard deviation.

646 **Table 1. Porcine blood chemistry after LIFT hydrogel administration**

time	ALP (U/L)	AST (U/L)	ALT (U/L)	BUN (mg/dL)	creatinine (mg/dL)
baseline	131.0 \pm 25.7	18.7 \pm 4.0	41.7 \pm 6.8	8.7 \pm 0.6	1.1 \pm 0.1
24 h	132.3 \pm 22.5	22.3 \pm 17.2	41.7 \pm 6.1	12.7 \pm 4.5	1.2 \pm 0.2
48 h	115.0 \pm 16.5	22.3 \pm 5.5	38.7 \pm 5.9	9.0 \pm 1.7	1.1 \pm 0.2

647 ALP, alkaline phosphatase; AST, aspartate aminotransferase; ALT, alanine transaminase; BUN, blood urea nitrogen. Baseline: sample
648 was collected before LIFT hydrogel administration. An $n = 3$ pigs were tested.

649 **REFERENCES**

650

651 1. Liu, G., Franssen, E., Fitch, M.I. & Warner, E. Patient preferences for oral versus
652 intravenous palliative chemotherapy. *J Clin Oncol* **15**, 110-115 (1997).

653 2. Eek, D. et al. Patient-reported preferences for oral versus intravenous administration for
654 the treatment of cancer: a review of the literature. *Patient Prefer Adherence* **10**, 1609-1621
655 (2016).

656 3. Alyami, H. et al. Dosage form preference consultation study in children and young adults:
657 paving the way for patient-centred and patient-informed dosage form development. *Eur J
658 Hosp Pharm* **24**, 332-337 (2017).

659 4. Rubin, R.R., Peyrot, M., Kruger, D.F. & Travis, L.B. Barriers to insulin injection therapy:
660 patient and health care provider perspectives. *Diabetes Educ* **35**, 1014-1022 (2009).

661 5. Fu, A.Z., Qiu, Y. & Radican, L. Impact of fear of insulin or fear of injection on treatment
662 outcomes of patients with diabetes. *Curr Med Res Opin* **25**, 1413-1420 (2009).

663 6. Zhong, W. et al. Age and sex patterns of drug prescribing in a defined American
664 population. *Mayo Clin Proc* **88**, 697-707 (2013).

665 7. Patel, A., Jacobsen, L., Jhaveri, R. & Bradford, K.K. Effectiveness of pediatric pill
666 swallowing interventions: a systematic review. *Pediatrics* **135**, 883-889 (2015).

667 8. Alessandrini, E. et al. Children's Preferences for Oral Dosage Forms and Their
668 Involvement in Formulation Research via EPTRI (European Paediatric Translational
669 Research Infrastructure). *Pharmaceutics* **13**, 730-730 (2021).

670 9. Schiele, J.T., Quinzler, R., Klimm, H.D., Pruszydlo, M.G. & Haefeli, W.E. Difficulties
671 swallowing solid oral dosage forms in a general practice population: prevalence, causes,
672 and relationship to dosage forms. *Eur J Clin Pharmacol* **69**, 937-948 (2013).

673 10. Adkins, C. et al. Prevalence and Characteristics of Dysphagia Based on a Population-Based
674 Survey. *Clin Gastroenterol Hepatol* **18**, 1970-1979 e1972 (2020).

675 11. Cleary, J.D., Evans, P.C., Hikal, A.H. & Chapman, S.W. Administration of crushed
676 extended-release pentoxifylline tablets: bioavailability and adverse effects. *Am J Health
677 Syst Pharm* **56**, 1529-1534 (1999).

678 12. Logrippo, S. et al. Oral drug therapy in elderly with dysphagia: between a rock and a hard
679 place! *Clin Interv Aging* **12**, 241-251 (2017).

680 13. Lajoinie, A., Henin, E., Kassai, B. & Terry, D. Solid oral forms availability in children: a
681 cost saving investigation. *Br J Clin Pharmacol* **78**, 1080-1089 (2014).

682 14. Xu, X. et al. Intragastric amorphous calcium carbonate consumption triggered generation
683 of in situ hydrogel piece for sustained drug release. *Int J Pharm* **590**, 119880 (2020).

684 15. Kubo, W., Miyazaki, S. & Attwood, D. Oral sustained delivery of paracetamol from in
685 situ-gelling gellan and sodium alginate formulations. *Int J Pharm* **258**, 55-64 (2003).

686 16. Foster, K.A. et al. Utility of in situ sodium alginate/karaya gum gels to facilitate gastric
687 retention in rodents. *Int J Pharm* **434**, 406-412 (2012).

688 17. Houghton, L.A. et al. Motor activity of the gastric antrum, pylorus, and duodenum under
689 fasted conditions and after a liquid meal. *Gastroenterology* **94**, 1276-1284 (1988).

690 18. Hong, S. et al. 3D Printing of Highly Stretchable and Tough Hydrogels into Complex,
691 Cellularized Structures. *Adv Mater* **27**, 4035-4040 (2015).

692 19. Bennink, R. et al. Comparison of total and compartmental gastric emptying and antral
693 motility between healthy men and women. *Eur J Nucl Med* **25**, 1293-1299 (1998).

694 20. Martinsen, T.C., Fosmark, R. & Waldum, H.L. The Phylogeny and Biological Function
695 of Gastric Juice-Microbiological Consequences of Removing Gastric Acid. *Int J Mol Sci*
696 **20** (2019).

697 21. Lee, K.Y. & Mooney, D.J. Alginate: properties and biomedical applications. *Prog Polym*
698 *Sci* **37**, 106-126 (2012).

699 22. McGraw, T. Safety of polyethylene glycol 3350 solution in chronic constipation:
700 randomized, placebo-controlled trial. *Clin Exp Gastroenterol* **9**, 173-180 (2016).

701 23. Stephan, M.T., Moon, J.J., Um, S.H., Bershteyn, A. & Irvine, D.J. Therapeutic cell
702 engineering with surface-conjugated synthetic nanoparticles. *Nature Medicine* **16**, 1035-
703 1041 (2010).

704 24. Chisolm, J.J., Jr. Safety and efficacy of meso-2,3-dimercaptosuccinic acid (DMSA) in
705 children with elevated blood lead concentrations. *J Toxicol Clin Toxicol* **38**, 365-375
706 (2000).

707 25. Lifshitz, M., Hashkanazi, R. & Phillip, M. The effect of 2,3 dimercaptosuccinic acid in the
708 treatment of lead poisoning in adults. *Ann Med* **29**, 83-85 (1997).

709 26. Mudie, D.M. et al. Quantification of gastrointestinal liquid volumes and distribution
710 following a 240 mL dose of water in the fasted state. *Mol Pharm* **11**, 3039-3047 (2014).

711 27. Braim, S. et al. Lactoferrin-Loaded Alginate Microparticles to Target *Clostridioides*
712 *difficile* Infection. *J Pharm Sci* **108**, 2438-2446 (2019).

713 28. Ilgin, P., Ozay, H. & Ozay, O. Synthesis and characterization of pH responsive alginate
714 based-hydrogels as oral drug delivery carrier. *Journal of Polymer Research* **27**, 251 (2020).

715 29. Ziegler, A., Gonzalez, L. & Blikslager, A. Large Animal Models: The Key to Translational
716 Discovery in Digestive Disease Research. *Cellular and Molecular Gastroenterology and*
717 *Hepatology* **2**, 716-724 (2016).

718 30. Davis, S.S., Illum, L. & Hinchcliffe, M. Gastrointestinal transit of dosage forms in the pig.
719 *J Pharm Pharmacol* **53**, 33-39 (2001).

720 31. Kadiyala, I. & Tan, E. Formulation approaches in mitigating toxicity of orally
721 administrated drugs. *Pharm Dev Technol* **18**, 305-312 (2013).

722 32. Villasaliu, D., Thanou, M., Stolnik, S. & Fowler, R. Recent advances in oral delivery of
723 biologics: nanomedicine and physical modes of delivery. *Expert Opin Drug Deliv* **15**, 759-
724 770 (2018).

725 33. Lomer, M.C., Parkes, G.C. & Sanderson, J.D. Review article: lactose intolerance in clinical
726 practice--myths and realities. *Aliment Pharmacol Ther* **27**, 93-103 (2008).

727 34. Perissinato, A.G., Morais Ruela, A.L., Pereira, G.R., Garcia, J.S. & Trevisan, M.G. Simple
728 Strategy to Protect Lactase Activity in Solid Formulation. *Curr Drug Deliv* **15**, 215-218
729 (2018).

730 35. Nichele, V., Signoretto, M. & Ghedini, E. β -Galactosidase entrapment in silica gel matrices
731 for a more effective treatment of lactose intolerance. *Journal of Molecular Catalysis B: Enzymatic* **71**, 10-15 (2011).

733 36. Zhang, Z., Zhang, R. & McClements, D.J. Lactase (β -galactosidase) encapsulation in
734 hydrogel beads with controlled internal pH microenvironments: Impact of bead
735 characteristics on enzyme activity. *Food Hydrocolloids* **67**, 85-93 (2017).

736 37. Tang, T.-C. et al. Hydrogel-based biocontainment of bacteria for continuous sensing and
737 computation. *Nature Chemical Biology* **17**, 724-731 (2021).

738 38. Hu, Y. et al. A double-layer hydrogel based on alginate-carboxymethyl cellulose and
739 synthetic polymer as sustained drug delivery system. *Sci Rep* **11**, 9142 (2021).

740 39. Mahou, R. et al. Combined Electrostatic and Covalent Polymer Networks for Cell
741 Microencapsulation. *Macromolecular Symposia* **329**, 49-57 (2013).

742 40. Fritz, K., Taylor, K. & Parmar, M. in StatPearls (Treasure Island (FL); 2022).

743 41. Anselmo, A.C., McHugh, K.J., Webster, J., Langer, R. & Jaklenec, A. Layer-by-Layer
744 Encapsulation of Probiotics for Delivery to the Microbiome. *Adv Mater* **28**, 9486-9490
745 (2016).

746 42. Kurtz, C.B. et al. An engineered *E. coli* Nissle improves hyperammonemia and survival in
747 mice and shows dose-dependent exposure in healthy humans. *Sci Transl Med* **11** (2019).

748 43. Adolfsen, K.J. et al. Improvement of a synthetic live bacterial therapeutic for
749 phenylketonuria with biosensor-enabled enzyme engineering. *Nature Communications* **12**,
750 6215 (2021).

751 44. Canale, F.P. et al. Metabolic modulation of tumours with engineered bacteria for
752 immunotherapy. *Nature* **598**, 662-666 (2021).

753 45. Puurunen, M.K. et al. Safety and pharmacodynamics of an engineered *E. coli* Nissle for
754 the treatment of phenylketonuria: a first-in-human phase 1/2a study. *Nat Metab* **3**, 1125-
755 1132 (2021).

756 46. Merchant, H.A. et al. Assessment of gastrointestinal pH, fluid and lymphoid tissue in the
757 guinea pig, rabbit and pig, and implications for their use in drug development. *Eur J Pharm
758 Sci* **42**, 3-10 (2011).

759 47. Yang, S.Y. et al. Powering Implantable and Ingestible Electronics. *Adv Funct Mater* **31**
760 (2021).

761 48. Gardner, J.D., Ciociola, A.A. & Robinson, M. Measurement of meal-stimulated gastric
762 acid secretion by in vivo gastric autotitration. *J Appl Physiol* (1985) **92**, 427-434 (2002).

763 49. Young, E.H., Pan, S., Yap, A.G., Reveles, K.R. & Bhakta, K. Polypharmacy prevalence in
764 older adults seen in United States physician offices from 2009 to 2016. *PLoS One* **16**,
765 e0255642 (2021).

766 50. Maher, R.L., Hanlon, J. & Hajjar, E.R. Clinical consequences of polypharmacy in elderly.
767 *Expert Opin Drug Saf* **13**, 57-65 (2014).

768 51. Babaee, S. et al. Temperature-responsive biometamaterials for gastrointestinal
769 applications. *Sci Transl Med* **11** (2019).

770 52. Darling, N.J., Hung, Y.S., Sharma, S. & Segura, T. Controlling the kinetics of thiol-
771 maleimide Michael-type addition gelation kinetics for the generation of homogenous
772 poly(ethylene glycol) hydrogels. *Biomaterials* **101**, 199-206 (2016).

773 53. Grimm, M., Koziolek, M., Kühn, J.P. & Weitschies, W. Interindividual and intraindividual
774 variability of fasted state gastric fluid volume and gastric emptying of water. *Eur J Pharm
775 Biopharm* **127**, 309-317 (2018).

776 54. Macdougall, L.J. et al. Self-healing, stretchable and robust interpenetrating network
777 hydrogels. *Biomater Sci* **6**, 2932-2937 (2018).

778 55. Liu, J. et al. Triggerable tough hydrogels for gastric resident dosage forms. *Nature
779 Communications* **8**, 124 (2017).

780 56. Katayama, H. et al. Sustained Release Liquid Preparation Using Sodium Alginate for
781 Eradication of *Helicobacter pylori*. *Biological & Pharmaceutical Bulletin* **22**, 55-60
782 (1999).

783 57. Li, Z. et al. Hydrogel Transformed from Nanoparticles for Prevention of Tissue Injury and
784 Treatment of Inflammatory Diseases. *Adv Mater* **34**, e2109178 (2022).

785 58. Jin, X., Wei, C., Wu, C. & Zhang, W. Gastric fluid-induced double network hydrogel with
786 high swelling ratio and long-term mechanical stability. *Composites Part B: Engineering*
787 **236**, 109816 (2022).

788 59. Liu, X. et al. Ingestible hydrogel device. *Nat Commun* **10**, 493 (2019).

789 60. Besaratinia, A. & Pfeifer, G.P. A review of mechanisms of acrylamide carcinogenicity.
790 *Carcinogenesis* **28**, 519-528 (2007).

791 61. Mredha, M.T.I. et al. Anisotropic tough double network hydrogel from fish collagen and
792 its spontaneous in vivo bonding to bone. *Biomaterials* **132**, 85-95 (2017).

793 62. Aldana, A.A. et al. Biomimetic double network hydrogels: Combining dynamic and static
794 crosslinks to enable biofabrication and control cell-matrix interactions. *Journal of Polymer*
795 *Science* **59**, 2832-2843 (2021).

796 63. Wei, Q. et al. One-pot preparation of double network hydrogels via enzyme-mediated
797 polymerization and post-self-assembly for wound healing. *J Mater Chem B* **7**, 6195-6201
798 (2019).

799 64. Geng, J. et al. A Fluorescent Biofunctional DNA Hydrogel Prepared by Enzymatic
800 Polymerization. *Adv Healthc Mater* **7** (2018).

801 65. Laroui, H. et al. Nanomedicine in GI. *Am J Physiol Gastrointest Liver Physiol* **300**, G371-
802 383 (2011).

803 66. Economou, E.D., Evmiridis, N.P. & Vlessidis, A.G. Dissolution Kinetics of CaCO₃ in
804 Powder Form and Influence of Particle Size and Pretreatment on the Course of Dissolution.
805 *Industrial & Engineering Chemistry Research* **35**, 465-474 (1996).

806 67. Gatti, G. et al. The relationship between ritonavir plasma levels and side-effects:
807 implications for therapeutic drug monitoring. *AIDS* **13** (1999).

808 68. Saetre, E., Perucca, E., Isojarvi, J., Gjerstad, L. & Group, L.A.M.S. An international
809 multicenter randomized double-blind controlled trial of lamotrigine and sustained-release
810 carbamazepine in the treatment of newly diagnosed epilepsy in the elderly. *Epilepsia* **48**,
811 1292-1302 (2007).

812 69. Agwu, K.N. & MacGowan, A. Pharmacokinetics and pharmacodynamics of the
813 tetracyclines including glycyclines. *J Antimicrob Chemother* **58**, 256-265 (2006).

814 70. Sadekar, S., Figueroa, I. & Tabrizi, M. Antibody Drug Conjugates: Application of
815 Quantitative Pharmacology in Modality Design and Target Selection. *AAPS J* **17**, 828-836
816 (2015).

817 71. Steiger, C. et al. Dynamic Monitoring of Systemic Biomarkers with Gastric Sensors. *Adv*
818 *Sci (Weinh)* **8**, e2102861 (2021).

819 72. Mimee, M. et al. An ingestible bacterial-electronic system to monitor gastrointestinal
820 health. *Science* **360**, 915-918 (2018).

821 73. Zheng, D.W. et al. An orally delivered microbial cocktail for the removal of nitrogenous
822 metabolic waste in animal models of kidney failure. *Nat Biomed Eng* **4**, 853-862 (2020).

823 74. Lingeman, J.E. et al. ALLN-177, oral enzyme therapy for hyperoxaluria. *Int Urol Nephrol*
824 **51**, 601-608 (2019).

825 75. Kim, W. et al. Trends in enzyme therapy for phenylketonuria. *Mol Ther* **10**, 220-224
826 (2004).

827 76. Kuhn, R.J., Gelrud, A., Munck, A. & Caras, S. CREON (Pancrelipase Delayed-Release
828 Capsules) for the treatment of exocrine pancreatic insufficiency. *Adv Ther* **27**, 895-916
829 (2010).

830 77. Jansen, L.E., Negron-Pineiro, L.J., Galarza, S. & Peyton, S.R. Control of thiol-maleimide
831 reaction kinetics in PEG hydrogel networks. *Acta Biomater* **70**, 120-128 (2018).
832 78. Liu, J. et al. Triggerable tough hydrogels for gastric resident dosage forms. *Nat Commun*
833 **8**, 124 (2017).
834