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Optimization of 3D bioprinting of human neuroblastoma cells using sodium alginate hydrogel

Jakub Lewicki^{a*}, Joost Bergman^a, Caoimhe Kerins^a, Ola Hermanson^a

^a Department of Neuroscience, Karolinska Institutet,
Biomedicum, SE17177 Stockholm, Sweden.

* Correspondence to:
Department of Neuroscience, Karolinska Institutet,
Biomedicum, SE17177 Stockholm, Sweden.

E-mail address: jakub.lewicki@ki.se (J. Lewicki).

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Abbreviations: FRESH, freeform reversible embedding of suspended hydrogels; POI,
parameter optimization index; SA, sodium alginate;

29 Abstract

30 There are many parameters in extrusion-based three-dimensional (3D) bioprinting of
31 different materials that require fine-tuning to obtain the optimal print resolution and cell
32 viability. To standardize this process, methods such as parameter optimization index (POI)
33 have been introduced. The POI aims at pinpointing the optimal printing speed and pressure
34 to achieve the highest accuracy keeping theoretical shear stress low. Here we applied the
35 POI to optimize the process of 3D bioprinting human neuroblastoma cell-laden 2% sodium
36 alginate (SA) hydrogel using freeform reversible embedding of suspended hydrogels (FRESH).
37 Our results demonstrate a notable difference between optimal parameters for printing 2%
38 SA with and without cells in the hydrogel. We also detected a significant influence of long-
39 term cell culture on the printed constructs. This observation suggests that the POI has to be
40 evaluated in the perspective of the final application. When taking these conditions into
41 consideration, we could define a set of parameters that resulted in good quality prints
42 maintaining high neuroblastoma cell viability (83% viable cells) during 7 days of cell culture
43 using 2% SA and FRESH bioprinting. These results can be further used to manufacture
44 neuroblastoma *in vitro* 3D culture systems to be used for cancer research.

45

46 2. Introduction

47

48 Stem cell and tumor biology allow for the generation of small organ-like or tumor-like
49 structures to be developed *in vitro*, and this holds great promise for significant improvement
50 of approaches in drug discovery and precision medicine. Bioprinting has emerged as an
51 important tool for improving the conditions and control of such cell culture rationale [1,2].
52 However, to achieve optimal results, many parameters of the microenvironment must be
53 taken into account. We and others have demonstrated the significance of, e.g., oxygen levels
54 [3,4], substrate stiffness [5,6], substrate roughness [7], and biomaterial properties [8] for
55 progenitor cells to respond properly to external signaling factors such as growth factors, and
56 to execute the appropriate transcriptional programs. Yet, 2-dimensional cell culture is in
57 itself a limiting factor both in stem cell and tumor biology and it has been shown that, for
58 example, certain tumor cells grown in 2D conditions are more sensitive to chemotherapeutic
59 reagents than when grown in three dimensions [9], which may explain some of the lack of
60 progress in cancer research heavily debated during recent years [10,11].

61

62 Three-dimensional (3D) bioprinting was first reported to deposit viable cells by Smith et al in
63 2004 [12]. More than a decade later, 3D bioprinting is constantly being improved in terms of
64 hardware, software, biomaterials, and applications. Standard 3D extrusion-based
65 bioprinters, despite being relatively simple systems, can be challenging to use for cell
66 deposition with high accuracy and viability. Only in recent years, more standardized
67 materials and kits for different applications in bioprinting have become commercially
68 available. Nevertheless, the technology in research settings is still far from a plug-and-play
69 state, mostly due to a high number of variables involved in the 3D bioprinting process.

70

71 Some of the key factors are different biomaterials, their concentration and modifications,
72 specific cell types used, cell concentration, deposition process and parameters (for example
73 speed and pressure), crosslinking techniques and parameters, post-processing and cell
74 culture conditions. Before the full potential of the technique can be realized, optimization of
75 these parameters should be performed.

76

77 There are several examples of more systematic approaches to the bioprinting optimization
78 process which can serve as a useful entry point for the specific application. However, some
79 of these methods focus mostly or only on printability of the material, not taking the possible
80 biological applications into account [13–15]. Moreover, 3D bioprinting should be viewed
81 through the prism of an additional dimension, namely time. Such constructs may change
82 over time in cell culture conditions due to purely physical interaction and/or dynamics of
83 living cells embedded inside [16,17].

84

85 Bioprinting is very often applied for regenerative medicine and tissue engineering research,
86 however, another important field for this technology is cancer and disease modeling aiming
87 at providing new tools for drug discovery and personalized medicine. Here, we apply a
88 freeform reversible embedding of suspended hydrogels (FRESH) 3D bioprinting method [18]
89 using sodium alginate (SA) for creating constructs populated with human neuroblastoma
90 cells SK-N-BE(2). Neuroblastoma is the most common extracranial childhood tumor that
91 originates from precursor cells in the sympathetic nervous system [19]. There is a number of
92 reports showing that many important physiological aspects of cancer cell culture (including
93 neuroblastoma), such as gene and protein expression, migration and proliferation, are
94 different in 2D cell cultures compared to 3D models [20,21]. Through the creation of more
95 complex and physiologically relevant 3D cancer models, we may gain additional insights into
96 tumorigenesis, progression and treatment.

97

98 Given the importance of extracellular matrix (ECM) properties for cell culture and previous
99 observations that stiffer ECM may lead to a reduction of expression of essential transcription
100 factors, such as N-Myc, and also differentiation of neuroblastoma cells [22], we decided to
101 choose SA as a soft hydrogel for cell encapsulation. Moreover, SA has favorable biological
102 and chemical properties, such as low toxicity, nonimmunogenicity, low cost, simple gelation
103 mechanism, and compatibility with 3D bioprinting [18,23,24]. Choosing low concentration SA
104 as a building material presents a challenge for bioprinting process due to its low viscosity.
105 However, a technique such as FRESH could potentially overcome this obstacle. FRESH uses a
106 gelatin slurry for physical support during the printing process and calcium coordination of
107 alginate monomers. To further achieve the highest printing resolution and maximize cell
108 viability, we combined the FRESH approach with an application of the printing optimization

109 index (POI) method [14]. The aim of the POI is to find a set of printing parameters, including
110 a nozzle size, printing speed and pressure, that will result in high accuracy of the printed
111 construct, maintaining low theoretical shear stress (TSS) at the same time. The POI method
112 was originally used with SA and gelatin blends, however, it has previously not been applied
113 to quantitatively assess low concentration SA bioprintability in combination with FRESH
114 technique.

115 3. Materials and methods

116

117 3.1. Cell culture

118 SK-N-BE(2) (ATCC, CRL-2271) cells were cultured at 37°C, 5% CO₂ in DMEM/F12 with
119 GlutaMAX (Life Technologies), supplemented with 10% Fetal Bovine Serum (FBS, Sigma) and
120 0.1 mg/ml penicillin/streptomycin (Life Technologies). Media was replaced every three to
121 four days. Upon full confluency, cells were passaged 1:5 to uncoated Petri dishes by adding
122 trypLE (Life Technologies) for 5 minutes to dissociate the cells before being resuspended in
123 growth medium and plated.

124

125 3.2. Sodium alginate preparation

126 2% SA was prepared by dissolving 20mg/ml SA (Allevi) in SK-N-BE(2) growth media. For the
127 POI assessment 4 mg/ml green fluorescent PLGA microspheres (Sigma) were added to
128 visualize the printed hydrogel during analysis. For printing with cells, SK-N-BE(2) cells were
129 resuspended at $1 \cdot 10^7$ /ml of 2% SA.

130

131 3.3. Control cell encapsulation in 2% SA

132 SK-N-BE(2) cells were encapsulated in 2% SA at $1 \cdot 10^7$ /ml. Encapsulated cells were deposited
133 as 10 µm drops in triplicates using a manual pipette on the bottom of ½ area 96-well optical
134 plate (Corning) and cross-linked using 100 mM CaCl₂ solution for 15 minutes at 37°C.
135 Subsequently, cross-linker was replaced with fresh SK-N-BE(2) growth medium. After 30
136 minutes of incubation at 37°C medium was replaced again to reduce the amount of
137 unwashed cross-linker. Then, cells were cultured normally as described above. Live/dead
138 assay (Life Technologies) was performed at 24 and 72h (n=3) and cells were imaged using
139 Operetta CLS high-content screening system (PerkinElmer) using 10x magnification and
140 filters for calcein and EthD detection. Images were then quantified using Harmony 4.5
141 software (PerkinElmer) using cell detection features.

142

143 3.4. Gelatin slurry preparation for FRESH 3D bioprinting

144 Gelatin support gel was prepared using FRESH kit according to the supplier's manual (Allevi).
145 Briefly, 40 mg/ml of gelatin and 0.16 mg/ml of CaCl₂ were dissolved in deionized water at

146 40°C. After overnight incubation at 4°C, glass container with gelatin was filled with cold 0.16
147 mg/ml of CaCl₂ and cooled at -20°C until ice crystal formation was apparent. Subsequently,
148 the mixture was blended using the supplied blender (Allevi) in 3 pulses of 30 seconds
149 followed by 30 second breaks between to reduce introduced heat. The resulting blend was
150 centrifuged in 50 ml falcon tubes at 4000 RPM for 2 minutes at 4°C and supernatant was
151 discarded. Gelatin collected at the bottom was resuspended using cold 0.16 mg/ml CaCl₂ and
152 centrifuged again using the same settings. This step was repeated several times until no
153 white foam was observed on top of the supernatant. Directly before printing, the gelatin
154 slurry was resuspended in cold CaCl₂ and spun down at 1100 RPM for 5 minutes and the
155 supernatant was discarded. The remaining gelatin was used to fill wells in a 24-well plate.
156 Water-absorbent tissue was laid on top of the wells to draw excess water from the support
157 slurry.

158

159 **3.5. 3D Bioprinting using FRESH method**

160 For each 3D print FRESH method was applied as described previously [18] with some
161 modifications. The Allevi 2 3D bioprinter (Allevi) was used for material deposition in support
162 gelatin slurry using pneumatic extrusion. Each time, a 2.54 cm long 30G blunt needle (Allevi)
163 was used in combination with a 10 ml syringe (BD Biosciences). After printing, 100 mM CaCl₂
164 was added to each well containing a scaffold and the plate was placed in the incubator at
165 37°C and left there for 20 minutes until the gelatin completely dissolved. Afterward, the
166 remaining liquid in each well was replaced with a fresh 100 mM CaCl₂ pre-warmed to 37°C
167 for further cross-linking at 37°C for 15 minutes. Next, printed constructs were used in
168 different assays described below. When cells were used in 3D bioprints, the cross-linker was
169 replaced with fresh SK-N-BE(2) media. After 30 minutes of incubation at 37°C, medium was
170 replaced again to reduce the amount of unwashed cross-linker.

171

172 **3.6. The POI determination**

173 2% SA mixed with 4mg/ml of green fluorescent PLGA microspheres (Sigma) was printed with
174 or without 1·10⁷/ml SK-N-BE(2) cells using the FRESH method described above. One-layer
175 spiral design was used as a blueprint for material deposition. The design was created using
176 Fusion360 software (Autodesk) and processed using Repetier Host (Hot-World GmbH & Co.)

177 to create G-code files. Using Slic3r, the designs were sliced with a line height of 0.2 mm.
 178 Printing parameters used for the POI determination are described in the Table 1.

179

180 **Table 1. Printing parameters used for the POI determination.**

181

		Number of replicates without cells / with cells			
		5 / 34	7.5 / 52	10 / 69	12.5 / 86
Speed (mm/s)	Pressure (psi / kPa)				
	2	3 / 3	5 / 4	5 / 3	6 / 3
	4	4 / N/A	6 / 4	6 / 4	4 / 4
	6	4 / N/A	5 / 3	6 / 3	6 / 4
	8	3 / N/A	6 / 3	6 / 4	6 / 4

182

183 Directly after crosslinking, constructs were imaged in the 24-well plate using an Observer Z1
 184 inverted fluorescent microscope (Zeiss). Images were analyzed using ImageJ [25] software
 185 and custom-written macro scripts calculating the average width of imaged lines.

186

187 Briefly, the first script changed the analyzed image into binary and then proceeded to the
 188 region of interest (ROI) demarcation by a series of dilation and erosion steps resulting in
 189 noise reduction. Next, the line was aligned manually, resulting in a solid vertical line. The
 190 second script created selection of a one-pixel high box spanning the whole horizontal axis of
 191 the image. Within this box, the average width of the line was measured by determining the
 192 outmost black pixels and calculating the distance between them. This procedure was run in a
 193 loop to analyze the entire length of the imaged line resulting in average line width.

194

195 The POI was calculated using equations (1) and (2) as described before [14].

196

197
$$(1) POI = \frac{1}{t_{line} \cdot D_G \cdot p}$$

198

199
$$(2) POI_i = \frac{POI_i}{POI_{MAX,n}}$$

200

201 Where D_G = needle gauge, p = extrusion pressure, t_{line} = printed line width, POI_{MAX} = the
202 highest POI score found, n = total amount of parameter combinations. POI_i score can assume
203 values between 0 (the worst) to 1 (the best).

204

205 **3.7. 3D bioprinting SK-N-BE(2) cells for live/dead assay**

206 For assessing cell viability, SK-N-BE(2) cells were printed at $1 \cdot 10^7$ /ml concentration using 7.5
207 (n=3); 10 (n=3); 12.5 psi (n=4) at 8mm/s. 4-layer lattice G-code file provided by Allevi was
208 used as a blueprint for material extrusion. Scaffolds were cross-linked as described above
209 and cultured for up to 7 days with live/dead assay performed at 24h and 7 days.

210 Live/dead assay (Life Technologies) was performed according to manufacturer's instruction
211 using 4 μ M EtD and 2 μ M calcein. However, DMEM/F12 media was used as washing agent
212 instead of PBS to avoid calcium precipitation and scaffold dissolution. Dead controls were
213 obtained by treating scaffolds with 70% ethanol for 30 minutes at 37°C.

214 Cells were imaged using LSM 700 confocal microscope (Zeiss) and images were analyzed in
215 3D using Imaris 9.2 software (Bitplane) using spot detection and surface creation based on
216 the fluorescent signal for later volume calculations.

217

218 **3.8. Statistical analysis**

219 Statistical analysis was performed using Prism 8 (GraphPad). For line width measurements,
220 two-way ANOVA and Tukey's multiple comparison test were used. For SK-N-BE(2) cells
221 viability after printing, two-way ANOVA with Sidak's multiple test were performed. Object
222 volumes were compared using one-way ANOVA with Tukey's multiple comparison test.

223 Results were considered significant at $p \leq 0.05$. For correlation between pressure and
224 viability of cells at 24h, Pearson correlation was calculated.

225 4. Results

226

227 4.1. SK-N-BE(2) cells encapsulation in 2% SA

228 There have been several reports of using alginates for neuroblastoma cell growth, however,
229 either focusing on mouse cell lines and/or peptide-modified alginates [26–28]. Therefore
230 before proceeding with bioprinting, simple SK-N-BE(2) cell encapsulation in 2% SA gel
231 followed by viability assay was performed to assess biocompatibility with the human
232 neuroblastoma cell line. After 24 hours post-encapsulation SK-N-BE(2) cells displayed 56% of
233 viability and which remained stable at the later time point at 72 hours (Fig. 1). Cells
234 appeared round in morphology, homogeneously filling the entire volume of casted SA gel in a
235 well plate. After 72 hours in culture, cells covered more volume of the gel and started to
236 form larger colonies (Fig. 1a). This positive initial result, proved SA to support human
237 neuroblastoma cell viability and growth upon encapsulation, making it a possible candidate
238 for bioprinting application.

239

240 4.2. Parameter optimization index

241 First, 2% SA alone was used for the POI determination ($POI_{2\% SA}$). Simple single-layer spiral
242 design was used as a template for material extrusion. Four different speeds and four
243 different extrusion pressures were used to deposit SA in a support gelatin bath (Table 1.).

244

245 Accurate width measurement of a printed strand is central for the POI determination, thus
246 we developed an ImageJ macro to evaluate this parameter in semi-automated and non-
247 biased approach. This script allowed us to measure extrusion width along the entire line,
248 pixel-by-pixel, resulting in an accurate average strand dimension that was later used for POI.

249

250 As shown in Figure 2, the image of a printed SA line after crosslinking acquired with a
251 fluorescent microscope is later converted to a binary image which is used to create a region
252 of interest (ROI). Proper alignment of an automatically generated ROI with both brightfield
253 and fluorescent microscopic image (Fig. 2e) proved this method to be a fast and efficient
254 way to analyze SA prints.

255

256 Analysis of printed lines (Fig. 3a) using only 2% SA showed that pressure is the most
257 important factor influencing strand width. 72.8% of variability between different groups
258 could be accounted to pressure, whereas speed was responsible for only 2.3% of the total
259 variation between groups. The thinnest lines were achieved while printing with 5 psi (291 to
260 302 μm of average width depending on speed), whereas the thickest were a result of using
261 the highest tested pressure: 12.5 psi (557-584 μm of average width depending on speed).

262

263 Subsequently, these values were used to calculate $\text{POI}_{2\% \text{ SA}}$. Maximum normalized $\text{POI}_{2\% \text{ SA}}$
264 value of 1 was a result of using combination of the lowest pressure (5 psi) and highest speed
265 (8 mm/s) providing parameters with the best print accuracy and the lowest TSS for printing
266 cells (Fig 3b). However, when we used this set of parameters to print 2% SA mixed together
267 with SK-N-BE(2) cells, we observed very poor mechanical properties of the final constructs,
268 resulting in a quick structural disintegration during handling. Thus, we decided to repeat
269 printed line width measurements, this time using 2% SA and SK-N-BE(2) cells combined
270 together.

271

272 Indeed, during our analysis we were unable to obtain enough intact samples for strand
273 dimensions analysis while using 5 psi at 4, 6 and 8 mm/s printing speed. Additionally, the
274 width of the printed lines using 2% SA with SK-N-BE(2) cells was significantly different from
275 lines printed with 2% SA alone when using the lowest speed at every tested pressure
276 (Supplementary Figure 1.). Within constructs populated with cells, not only pressure was a
277 significant factor accounting for 18.0% of total variance, but also speed (50.3% of total
278 variance).

279

280 A new POI was calculated using measurements from printing 2% SA with SK-N-BE(2) cells
281 ($\text{POI}_{2\% \text{ SA}+\text{SKN}}$). Maximum $\text{POI}_{2\% \text{ SA}+\text{SKN}}$ was obtained for 7.5 psi and 8mm/s printing speed (Fig
282 3c). Altogether, these results revealed the impact of the presence of cells in the tested
283 material and its influence on the POI determination. Hence the parameters calculated for 3D
284 printing of pure biomaterial samples might not be suitable for the same biomaterial when
285 mixed with cells.

286

287 **4.3. FRESH bioprinting of SK-N-BE(2) cells**

288 Next, we used 2% SA mixed with SK-N-BE(2) cells to FRESH bioprint a four-layer lattice (Fig.
289 4). 7.5, 10, and 12.5 psi pressures were used at 8 mm/s. 5 psi pressure was not used due to
290 poor mechanical properties of the prints. The highest speed from the previous tests was
291 applied, as this resulted in the highest POI scores in each pressure condition (Fig. 3c). Such
292 constructs were cultured for up to one week and viability assay was performed at 24h and 7
293 days.

294

295 24 hours post-printing cells were homogenously distributed in the entire print volume. At
296 this time point cells displayed relatively low viability. There was a significant difference in cell
297 survival while using different pressures with a strong positive correlation between the
298 pressure applied and the percentage of live cells ($R^2 = 0.99$). At 24h post-printing only 19%
299 of cells were viable at 7.5 psi, however, it was more than doubled at 10 psi (40% of live cells)
300 and 52.5% viability for the highest pressure (Fig. 5a, b).

301

302 The post-printing cell viability after 7 days was notably higher with 62% at 10 psi and
303 reaching significant difference at 83.7% viability at 12.5 psi ($p = 0.03$). Constructs printed
304 with 7.5 psi were more fragile than others, and did not withstand the staining process for
305 viability assays (data not shown). Cells over time started to form more compact colonies and
306 clustered together. Volume analysis of such clusters, showed significantly higher mean
307 volume of clusters at 7 days compared to 24h: $1.3 \cdot 10^5 \mu\text{m}^3$ for 10 psi and $1.4 \cdot 10^5 \mu\text{m}^3$ for
308 12.5 psi at 7d; $2.3 \cdot 10^4 \mu\text{m}^3$ and $2.8 \cdot 10^4 \mu\text{m}^3$ for 10 and 12.5 psi at 24h respectively.

309

310 Together, our results show that despite low initial viability, SK-N-BE(2) cells are able to
311 recover and display significantly higher viability at later time points. We further suggest
312 using a POI value corrected for long time cell culture effect on the construct. Maximum
313 $\text{POI}_{2\%SA+SKN}$ did not result in the robust constructs after culturing for 7 days. However,
314 printing with parameters for the next highest $\text{POI}_{2\%SA+SKN}$ values (10 and 12.5 psi at 8mm/s)
315 gave rise to scaffolds that survived culturing and post-processing, maintaining high cell
316 viability.

317 5. Discussion

318

319 The material chosen here, sodium alginate, is widely used for cells encapsulation both *in*
320 *vitro* [29–31] and *in vivo* [32,33]. Even though unmodified alginate-based hydrogel does not
321 support interaction with cells directly [34] it is possible to use them as a scaffold for cell
322 immobilization that can lead to aggregation [35]. However, if needed, alginate can be
323 modified with specific cell attachment proteins or blended with different biomaterials such
324 as silk fibroin to improve cell adhesion [36,37]. Lack of cell adhesion sites in polysaccharide
325 chains of sodium alginate may explain to some extent initial lower viability of SKN cells
326 encapsulated in it [38]. Further, reduction of cell viability upon bioprinting can be a
327 combination of shear stress on extruded cells and cross-linking conditions that are slightly
328 different in the FRESH printed samples comparing to simply casted hydrogel [18,39]. During
329 the FRESH bioprinting, cells need to pass through a long and thin canal of a needle (2.54 cm
330 long and 0.159 mm inner diameter), whereas in our encapsulation control, cells mixed with
331 2% SA were dispensed using standard pipette tip with an inner nozzle diameter of around
332 1.5 mm. This radically different geometry will result in higher shear stress upon bioprinting.
333 Additionally, exposure to CaCl_2 as a cross-linker can reduce cell viability by generating
334 osmotic stress and/or apoptosis induction through calcium signaling [40,41]. During FRESH
335 bioprinting, cells are exposed to calcium ions for a longer time than in encapsulation due to
336 time need for printing and gelatin support dissolving, which can further explain differences
337 in cell viability between these two conditions.

338

339 Another aspect is a difference in cell survival dependent on the pressure applied for
340 extrusion. There are studies on this relationship showing that increased pressure results in
341 decreased cell viability due to mechanical stress introduced [39,42]. However, here we show
342 a reverse relationship. Cells displayed the highest viability in the highest pressure applied
343 (12.5 psi) at 24h and 7 days post-printing. This contradictory results could be accounted for
344 the fact that pressures that we studied were generally on the lower end of the scale (from 5
345 to 12.5 psi), whereas other reports mentioned above describe differences in cell viability
346 only for bigger changes in pressure (i.e. 5 vs 20 psi). Significant differences in cell survival
347 presented here are probably result of a different mechanism that comes into play and is

348 stronger than mechanical stress due to cell extrusion. This, for example, could be an effect of
349 geometry (thinner lines extruded with lower pressure) or result of different overall cell
350 number deposited at a single construct, but more studies would be required to explain the
351 exact mechanism. Nevertheless, 7 days after bioprinting, SK-N-BE(2) cells displayed much
352 higher viability. This could be due to washing away dead cells from the construct, cell
353 recovery from mechanical damage, and/or increased proliferation. Large cell clusters
354 observed at this time point could support the cell proliferation effect also observed for
355 MC3T3-E1 cells in alginate [43].

356

357 The success of particular bioprinting application relies on the optimization of all the
358 components in the given system. There are reports on optimization of specific aspects of
359 bioprinting, from biocompatibility of materials used [44], to extrusion process [13], however
360 combination of different aspects or long term effects are sometimes overlooked. The POI
361 may serve as a valuable tool for maximizing print resolution with control of TSS, but it is
362 important to note, that these calculations should be made not on the biomaterial alone, but
363 in combination with target cell type at the desired concentration. The presence of cells can
364 alter the rheological properties of the hydrogel changing parameters required for proper
365 extrusion [45]. Furthermore, it can also have a long-term effect on the structure itself.
366 Proliferation, migration, and scaffold remodeling can affect mechanical properties, shape,
367 and integrity of the construct [17]. Also, the cell culture conditions, for example, the
368 presence of ions such as Na⁺ or Mg²⁺ may lead to calcium release from the alginate gel and
369 its eventual dissolution [46]. Thus, in summary, to create reproducible and useful bioprinted
370 *in vitro* models, it is important to take all these factors into account.

371 6. Conclusion

372 We applied the POI method to find the best settings for printing SK-N-BE(2) cells embedded
373 in a 2% SA hydrogel. We showed the importance of using the POI analysis on the final
374 composition of the biomaterial printed, including the right concentration of cells, as it
375 significantly affected the outcome. Printing neuroblastoma cells with parameters for the
376 highest $POI_{2\% SA+SKN}$ (7.5 psi and 8 mm/s) despite being a reflection of the best printing
377 accuracy and the lowest TSS, resulted in fragile constructs that did not stand staining
378 process. However, applying speed and pressure from the next highest $POI_{2\% SA+SKN}$ values (10
379 and 12.5 psi at 8mm/s) resulted in constructs with high cell viability after 7 days in cell
380 culture. Therefore, we suggest using the POI as a tool for finding optimal parameters in the
381 context of the final application. If the bioprinted construct is intended to be used at later
382 time points, the POI should be viewed in the perspective of long-term cell culture and its
383 effects on cell viability and scaffold integrity.

384

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- 534

535 **FIGURE LEGENDS:**

536

537

538 **Figure 1. The viability of SK-N-BE(2) cells upon encapsulation in 2% SA.** (A) Fluorescent
539 microscopy images of live/dead assay performed on encapsulated SK-N-BE(2) cells at 24 and
540 72h. Green (calcein) indicates live cells, red (EthD) indicates dead cells. Scale bars represent
541 50 μm . (B) Quantification of live/dead assay. Bars show mean % of cell viability + SD.

542

543 **Figure 2. Printed line width analysis.** (A) Fluorescent microscopy image of an example line
544 printed using 2% SA and the FRESH method. Green signal comes from green fluorescent
545 PLGA microspheres for visualization. (B) The same line imaged using phase-contrast
546 microscopy. (C) Fluorescent and phase-contrast images merged together. (D) A binary
547 representation of the line as a result of image processing using custom ImageJ script. (E)
548 Merged image from (C) with yellow line overlaid on the top showing region of interest (ROI)
549 based on binary line representation. ROI is finally used for line width measurement. Scale
550 bars indicate 200 μm .

551

552 **Figure 3. Parameter optimization index for 2% SA with and without cells.** (A) Printed line
553 width quantification. 2% SA with SK-N-BE(2) cells and without them was printed using a set
554 of different pressures and speeds. Bars represent mean line width quantified with custom
555 ImageJ script + SD. Results of Tukey's multiple comparison test are presented in
556 Supplementary Figure 1. (B) the POI for 2% SA without cells. (C) the POI for 2% SA with
557 $1 \cdot 10^7/\text{ml}$ SK-N-BE(2) cells. Values were calculated based on equation (1) and bars represent
558 normalized POI values from equation (2).

559

560 **Figure 4. Geometry used for FRESH bioprinting of 2% SA with SK-N-BE(2) cells.** 4-layer
561 lattice is represented as a G-code visualization on the top panel. The bottom panel shows
562 confocal microscopy images of 2% SA with $1 \cdot 10^7/\text{ml}$ SK-N-BE(2) cells extruded at 12.5 psi and
563 8 mm/s 24h after printing. Blue signal represents Hoechst nuclei staining of the cells. Scale
564 bars represent 1 mm.

565

566 **Figure 5. SK-N-BE(2) cells viability after printing using 2% SA and FRESH.** (A) Confocal

567 microscopy images of the live/dead assay performed at 24 and 7d after printing with a
568 different set of extrusion parameters. Green (calcein) indicates live cells, red (EthD)
569 indicates dead cells. Scale bar represents 1 mm. (B) Quantification of live/dead assay.
570 Bars represent mean % of cell viability + SD. (C) Quantification of object volumes from
571 live/dead assay on SK-N-BE(2) cells after printing. Scatter plot shows separate data
572 points representing single volumes of objects detected based on calcein cytoplasmic
573 staining and image segmentation using Imaris software. Asterisks over plots refer to
574 statistical significance in multiple comparison test. * $P \leq 0.05$; *** $P \leq 0.001$; **** $P \leq$
575 0.0001.

576

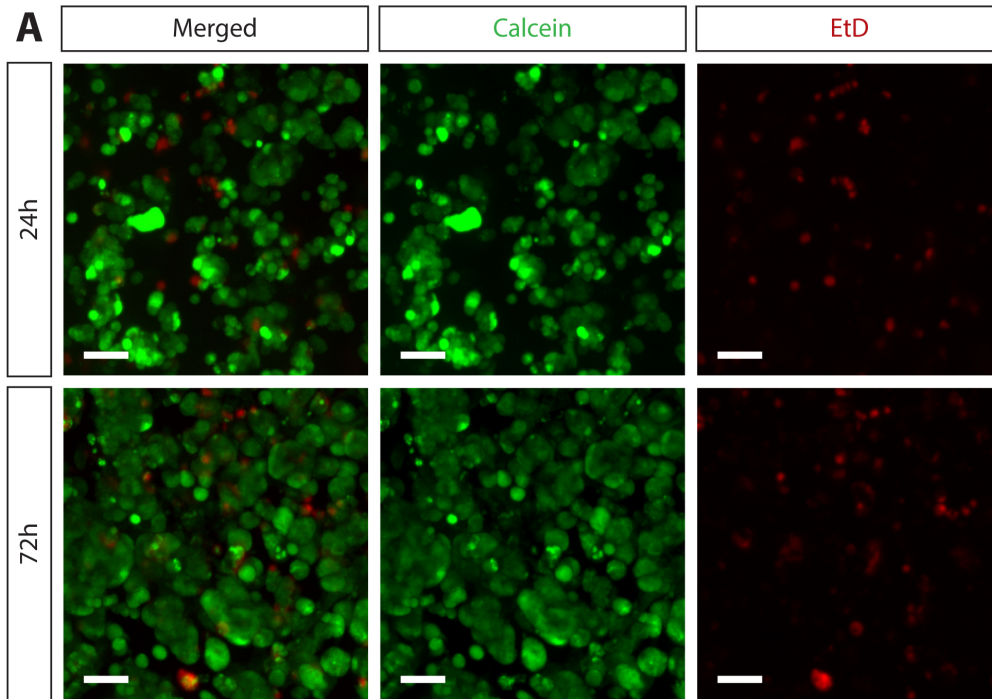
577 **SUPPLEMENTARY FILES:**

578

579 **Supplementary Figure 1.**

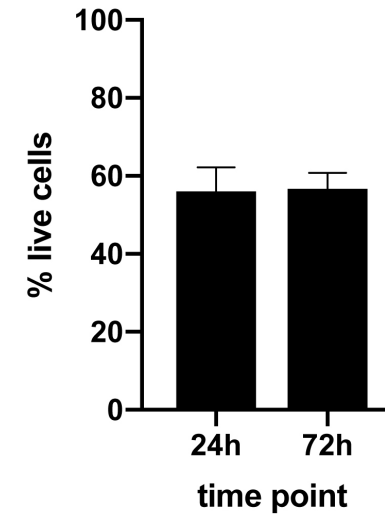
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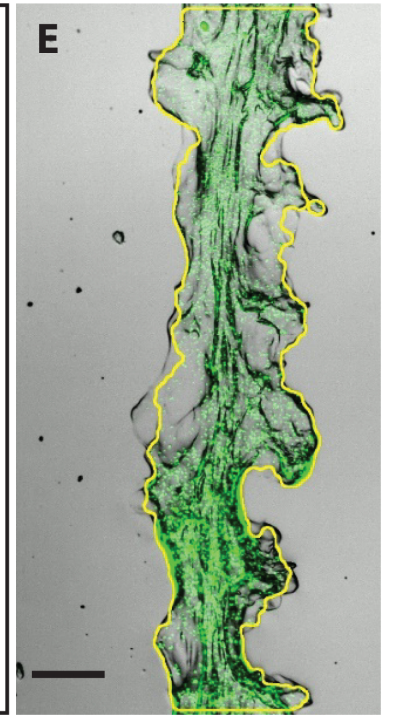
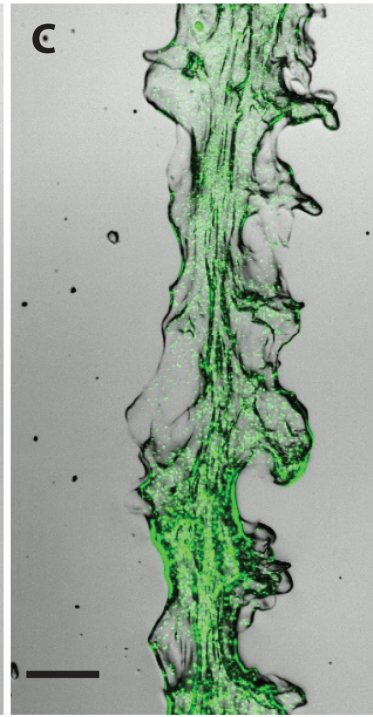
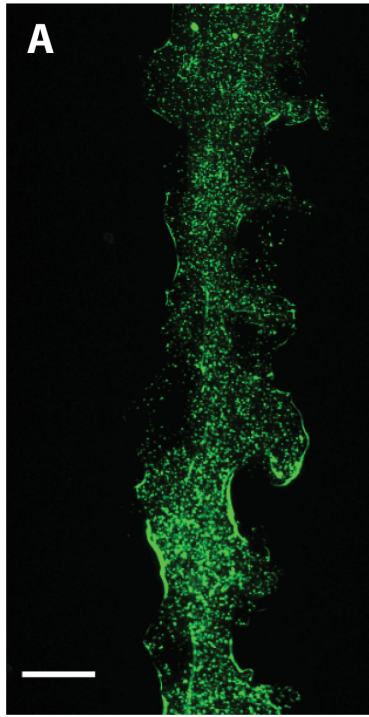
581 Results of Tukey's multiple comparison test for average width of lines printed with 2% SA
582 with or without SK-N-BE(2) cells. Ns $P > 0.05$; * $P \leq 0.05$; ** $P \leq 0.01$; *** $P \leq 0.001$; **** $P \leq$
583 0.0001.

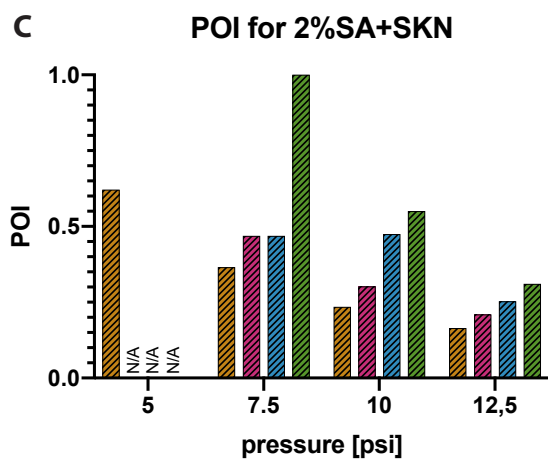
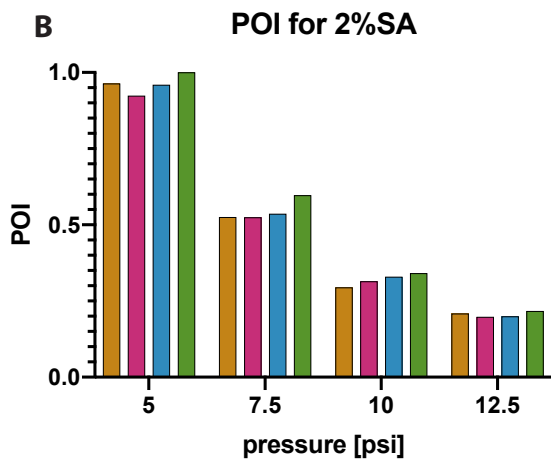
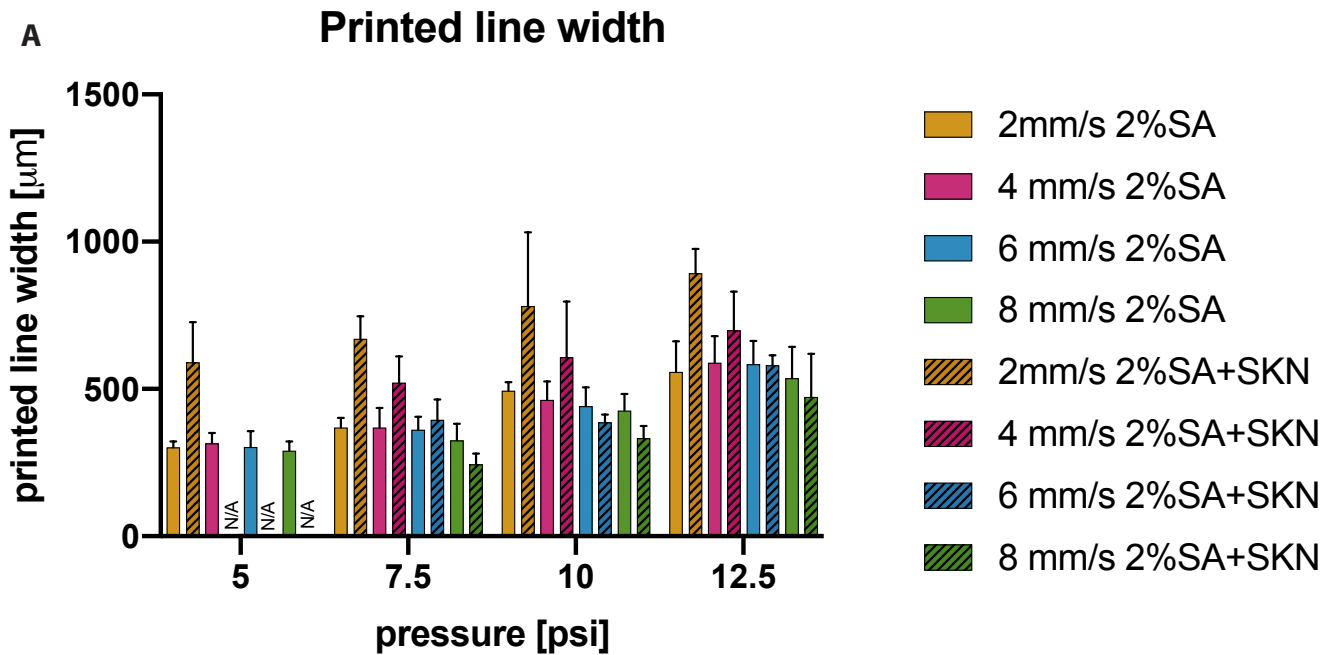


B

Viability of SKN cells encapsulated in 2%SA



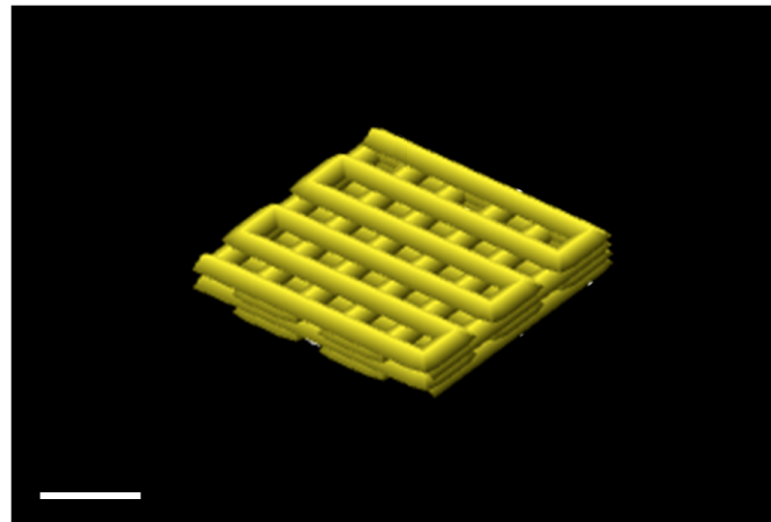
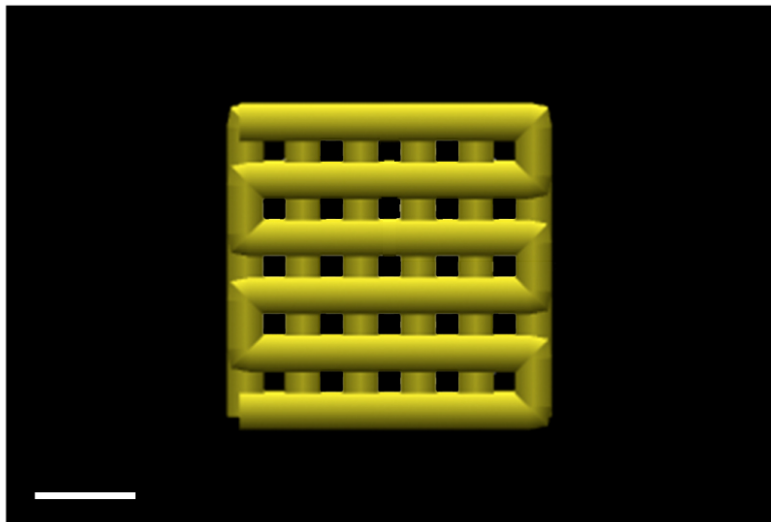




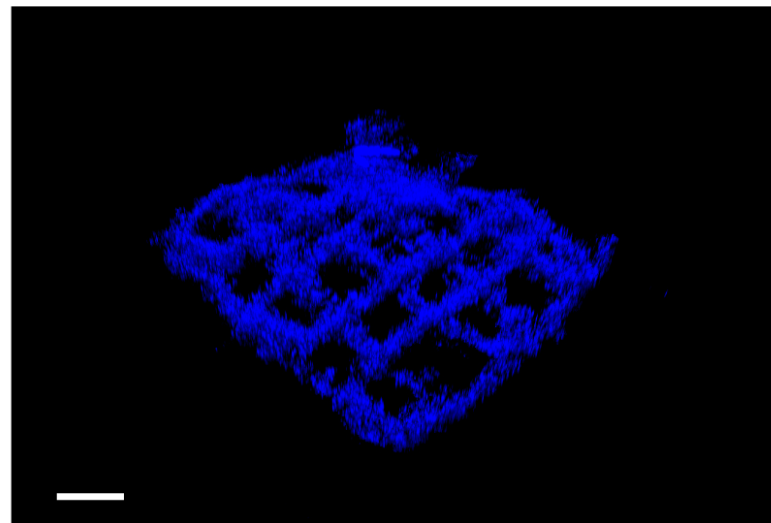
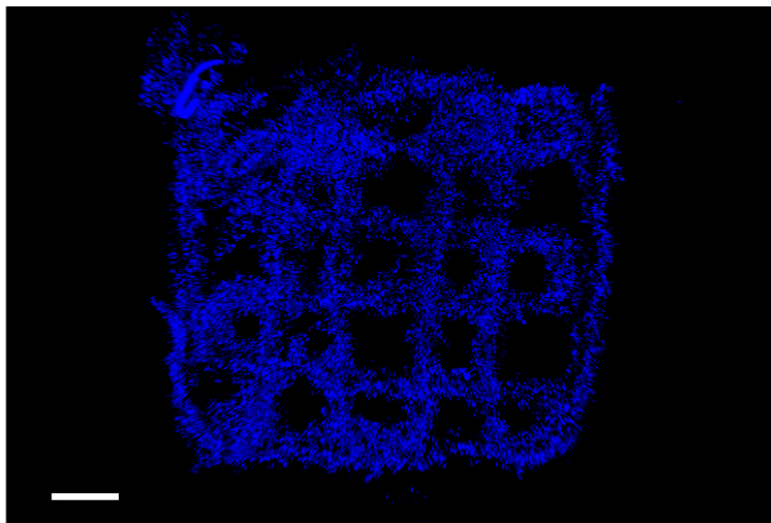
Top view

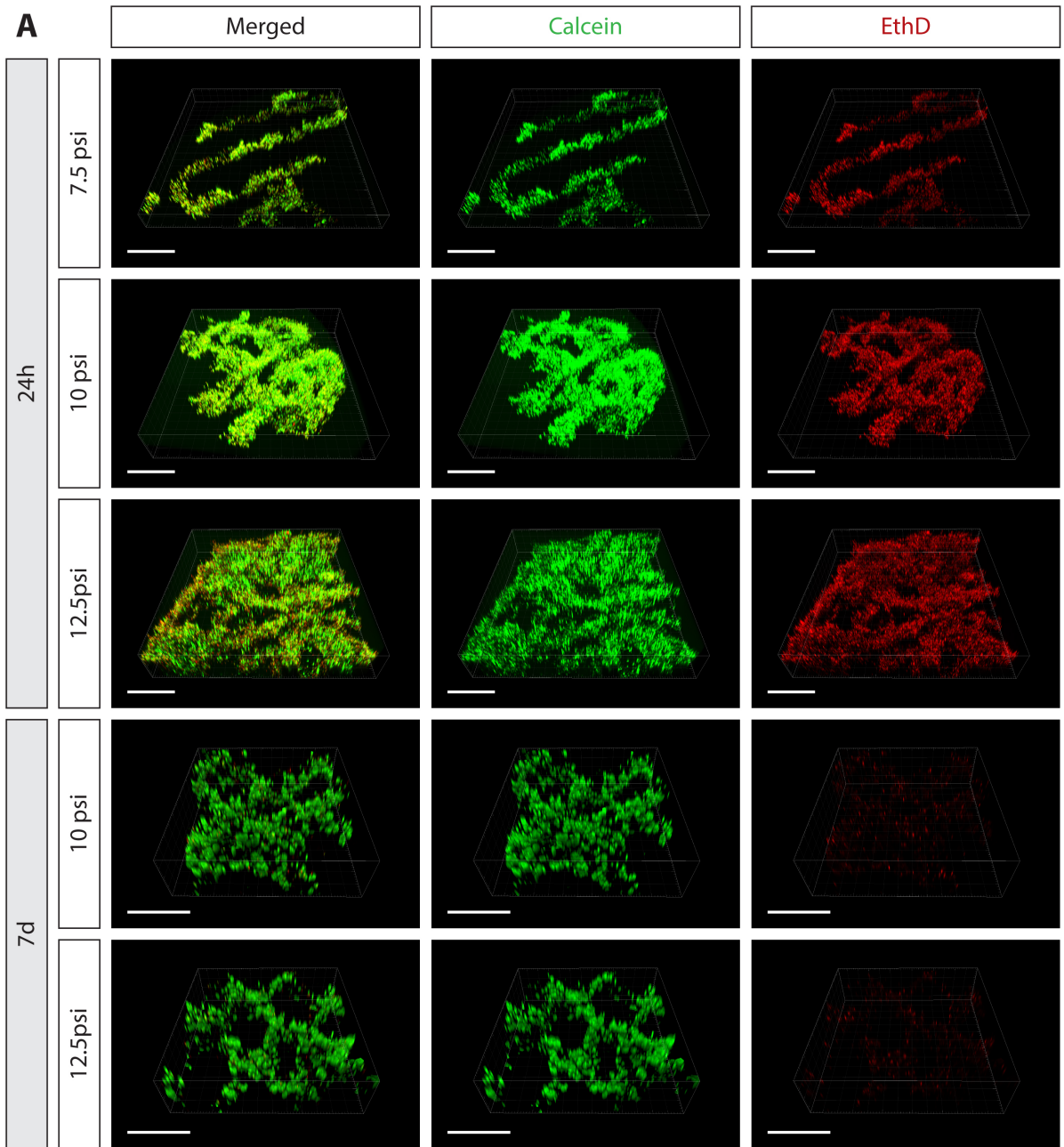
Isometric view

G-code preview

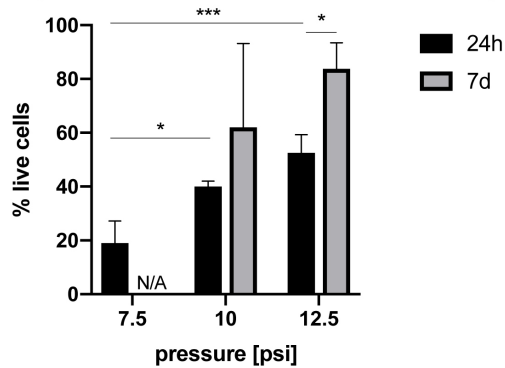


Hoechst

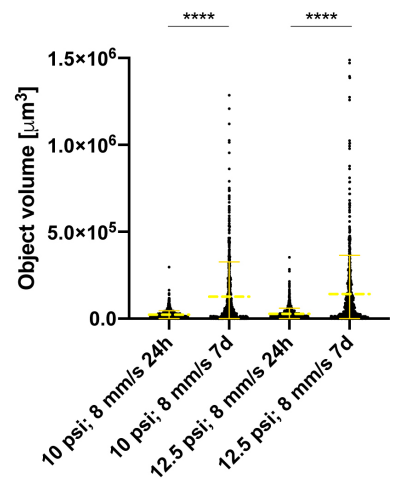




B Viability of SKN cells after FRESH bioprinting



C Objects volume post printing



Printed line width - Tukey's multiple comparison test

