

Table 1**Diffusion of large and small molecules inside cells.**

System	Molecular species	D/D ₀ *	References
Water	GFP	1	
CHO cell cytoplasm	GFP	0.31	[23]
CHO cell mitochondria	GFP	0.23–0.34	[24]
<i>E. coli</i> cytoplasm	GFP	0.088	[10•]
BSA (200 g/l)	FITC BSA	0.25	[25]
3T3 fibroblast cytoplasm	Carboxyfluorescein	0.27	[26]
3T3 fibroblast cytoplasm	FITC dextrans	0.27	[27]
Erythrocyte cytoplasm	Lactate	0.32	[28]

*Ratio of translational diffusion coefficient to that in water.

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