

Online Supporting Material

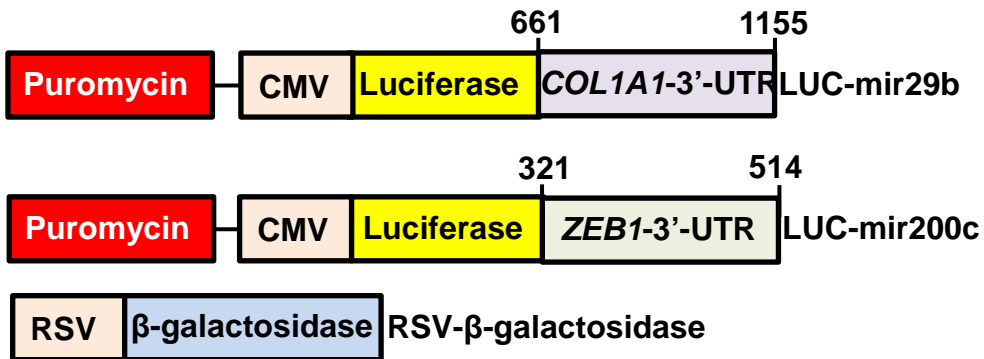
SUPPLEMENTAL TABLE 1 Primers used for the quantification of microRNAs in human and murine plasma, mRNA abundance in human PBMC and murine livers, and creating the human COL1A1 reporter plasmid.

Amplicon	Forward Primer (5'-3')	Reverse Primer (5'-3')
miSPIKE	CTCAGGATGGCGGAGCGGTCT	
U6	CGCAAGGATGACACGCAAATT	
miR-29b	GTAGCACCATTTGAATCAGTGTT	
miR-200c	TAATACTGCCGGGTAATGATGGA	
miR-1	TGGAATGTAAAGAAGTATGTAT	
miR-167a	TGAAGCTGCCAGCATGATCTA	
miR-824	TAGACCATTTGTGAGAAGGGA	
GAPDH	TCCACTGGCGTCTTCACC	GGCAGAGATGATGACCCTTT
ZEB1 ¹	TTCAAACCCATAGTGGTTGCT	TGGGAGATACCAAACCAACTG
RUNX2	CGCCCCTCCCTGAACTCT	TGCCTGCCTGGGATCTGTA
KLF8 (ZNF74)	CAAGCCATTATGGTGCCTAC	ATAGAGCCCGGAGTGAGAAC
COL1A1 3'-UTR	CGTGCGCATTCCGGAGGAGATC	CGAAGCTTGAGGCCTGAGAAGCC

¹Abbreviations used: *KLF8*, Kruppel-like factor 8; *RUNX2*, runt-related transcription factor 2; *ZEB1*, zinc finger E-box binding homeobox 1.

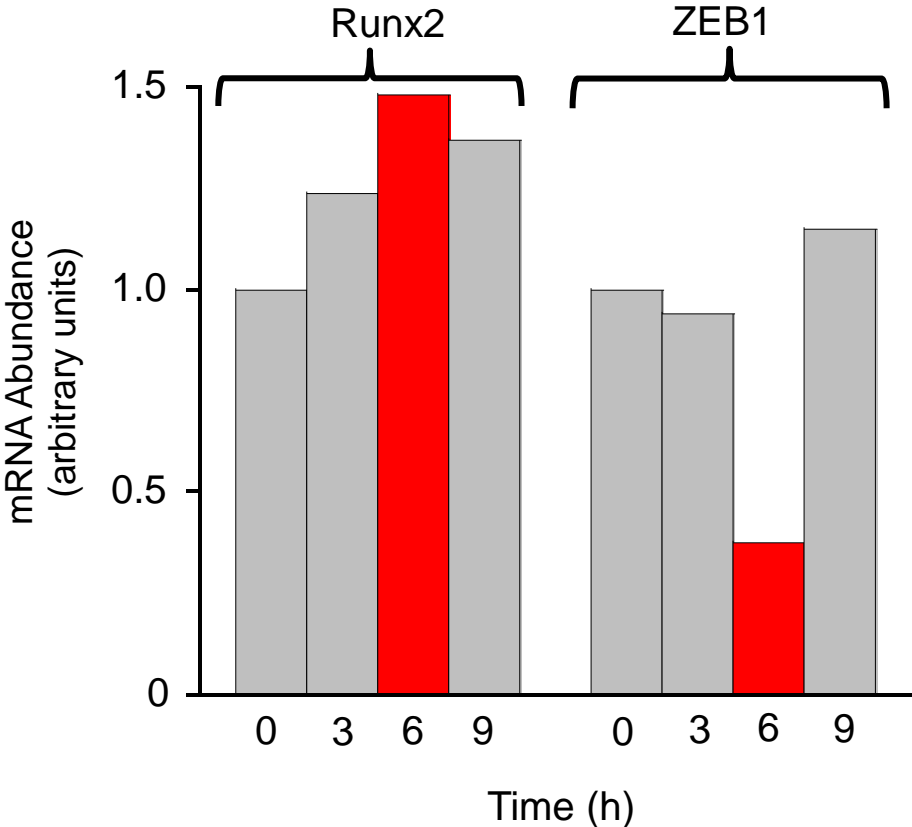
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SUPPLEMENTAL FIGURE 1 Schematic of microRNA reporter plasmids and the β -galactosidase control plasmid. Numerals denote the position of nucleotides in the 3'-UTR in *COL1A1* (GenBank NM_000088) and *ZEB1* (GenBank NM_001128128).



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SUPPLEMENTAL FIGURE 2 Time courses of *RUNX2* and *ZEB1* mRNA in PBMC from an adult male.



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SUPPLEMENTAL TABLE 2 Composition of microRNA-depleted (ExoMinus) and microRNA-sufficient (ExoPlus) diets.

ExoMinus	ExoPlus	g/kg
Cornstarch	Cornstarch	330
Soy Protein	Soy Protein	163
Dextrinized cornstarch	Dextrinized cornstarch	132
Milk Powder (without exosomes) containing ~5% lactose	Milk Powder (with exosomes) containing ~5% lactose	105
Sucrose	Sucrose	100
Soybean oil (no additives)	Soybean oil (no additives)	70
Fiber	Fiber	50
Mineral mix (AIN-93G-MX)	Mineral mix (AIN-93G-MX)	35
Vitamin mix (AIN-93-VX)	Vitamin mix (AIN-93-VX)	10
L-Cystine	L-Cystine	3
Choline bitartrate (41.1% choline)	Choline bitartrate (41.1% choline)	2.5
Tert-butylhydroquinone	Tert-butylhydroquinone	0.014

¹Abbreviation used: AIN-93G, American Institute of Nutrition growth diet; MX, mineral mixture; VX, vitamin mixture.