

Supplemental Table 1. Definition of extracellular vesicles in this paper and their characteristics [1-3]

Descriptor	Approximate size (diameter in nm)	Other characteristics
Casein micelle	50 - 600	Positive for α -casein
Exosome	30 - 150	Positive for CD9, CD63, Alix and HSP70; negative for histone H3 and calnexin
Exosome-sized vesicle	<200	
Extracellular vesicle	30 - 5,000	Exosomes (30-150 nm), microvesicles (200-1,000 nm), apoptotic bodies (up to 5,000 nm)
Fat globule	200 - larger than 15,000	Positive for butyrophilin and xanthine dehydrogenase