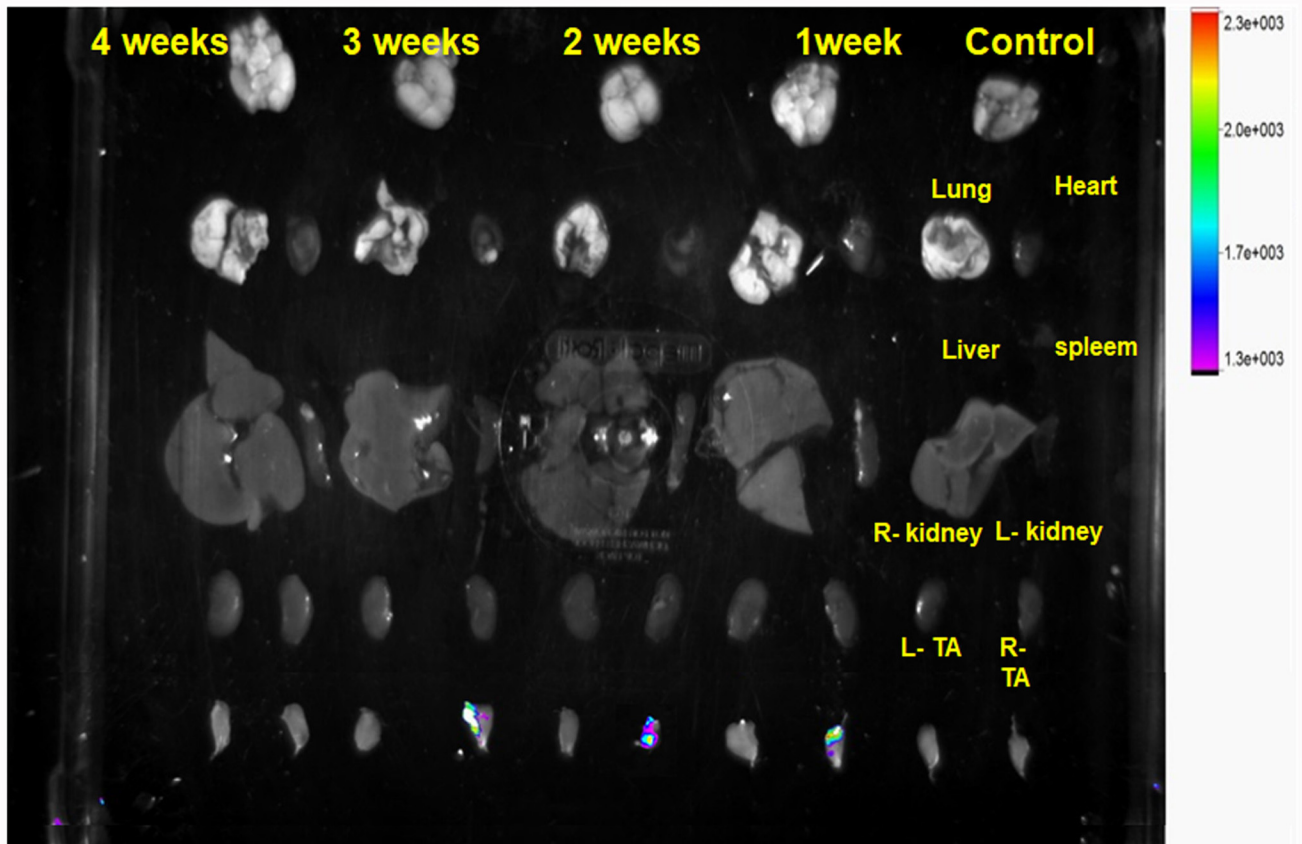
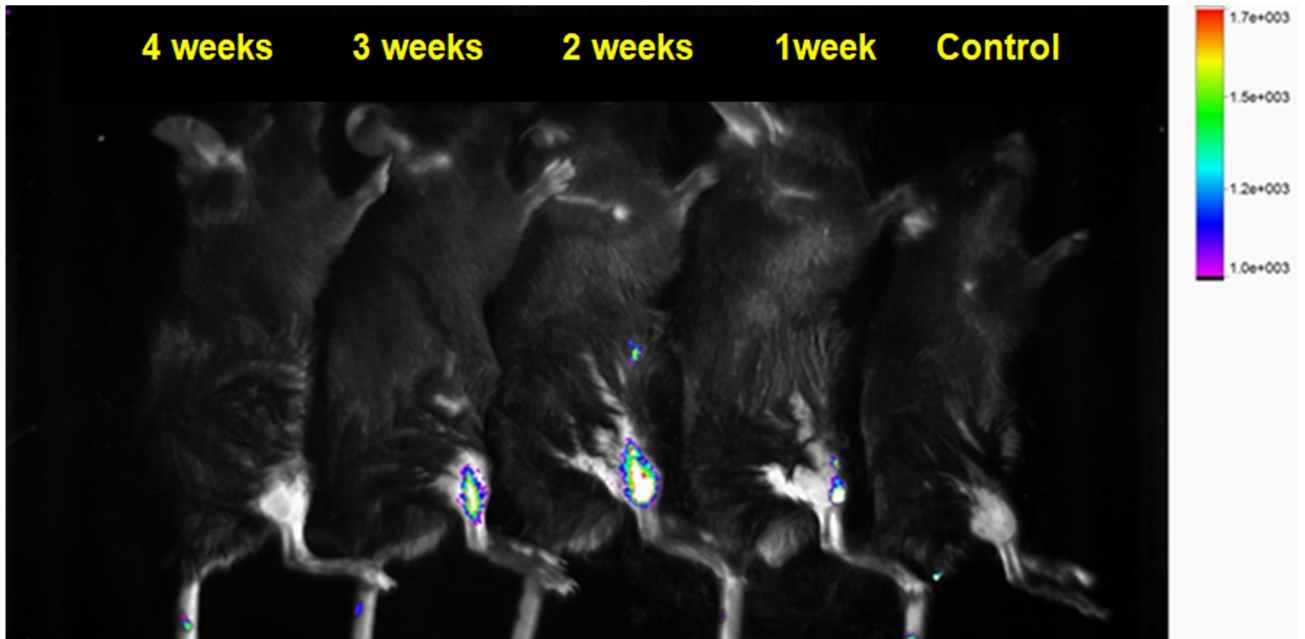


Supplementary Figures 1: The proteins were isolated from the TA muscle or kidney of mice with intramuscular injected exosome /Flag (Exo/F) for 2-weeks or without treatment (No treat). The proteins FoxO1 (TA), myostatin (TA), TGFβ (kidney), CTGF (kidney) and SMAD2 (kidney) were measured by Western blotting in two groups of mice.



Supplementary Figures 2: Mice were injected with 1 $\mu\text{mol/l}$ fluorescent lipophilic tracer DiR without exosome in the left tibialis anterior (TA) muscle. The fluorescence intensity was acquired by a Bruker Small Animal Optical Imaging System at 1, 2, 3 and 4 weeks after injection from whole animals (Top) and organs (Bottom). The control was no DiR injection.