

Description of Additional Supplementary Files

File Name: Supplementary Data 1

Description: Lipids detected by triple quadrupole MS in plasma exosomes (PL Exo) and FACS sorted A33+ IEC cells from RCD and HFD mice (12 months of their respective diets)

File Name: Supplementary Data 2

Description: Plasma insulin concentration (ng/ml) during GTT.

File Name: Supplementary Data 3

Description: Lipids detected by triple quadrupole MS in TLC extracted remainder lipids after PC band depletion and PC band.

File Name: Supplementary Data 4

Description: Cytokine array performed for plasma and white adipose tissue extracts derived from mice treated with L-Exo or H-Exo.

File Name: Supplementary Data 5

Description: The lipids identified by lipidomics analysis with all of the relevant information.