

**Table S1**

Lipid Class	Lipid sub-class	Cell line-derived exosomes			Plasma-derived exosomes		
		NCM460	HCT116	SW620	Healthy control (HC)	Non-metastatic (NM) patients	Metastatic (M) patients
		Total lipid ion					
Phospholipids	LPC	7	7	5	13	13	13
	PC	28	28	27	29	29	29
	LPE	3	3	5	7	7	7
	PE	26	26	12	22	22	22
	pPE	23	23	17	25	25	25
	LPS	2	2	1	-	-	-
	PS	7	7	2	8	8	8
	PI	13	13	7	9	9	9
Sphingolipids	SM	16	16	16	15	15	15
	Cer	25	25	23	26	26	26
	HexCer	17	17	11	14	14	14
	LacCer	2	2	2	4	4	4
	DHCer	5	5	3	5	5	5
Sterol lipids	Chol	1	1	1	1	1	1
Total lipid		175	175	132	178	178	178