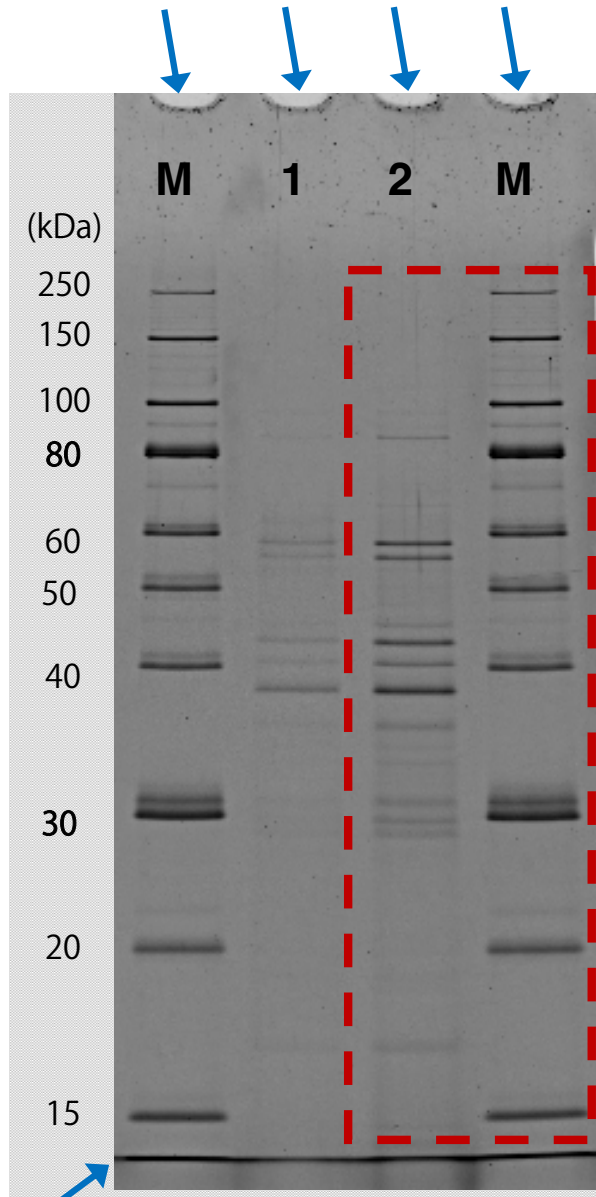


① The four wells for the samples could be confirmed.



③ The area shown by the red dotted line is used in the Fig. 3a. This original gel image was flipped left and right and used in Fig. 3a.

**M:** Marker  
**Lane 1:** *L. plantarum* EVs (0.3  $\mu$ g) were quantified by qubit protein assay kit (Life Technologies).  
**Lane 2:** *L. plantarum* EVs (0.3  $\mu$ g) were quantified by BCA protein assay kit (Thermo Fisher Scientific) .

② The line was observed at the tip of the gel after electrophoresis.