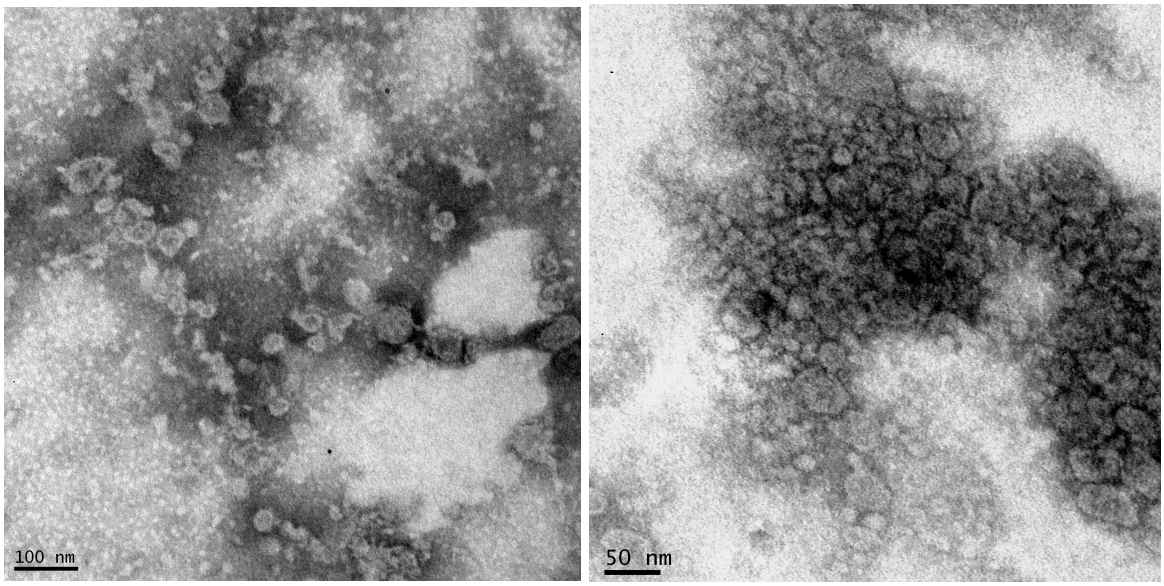
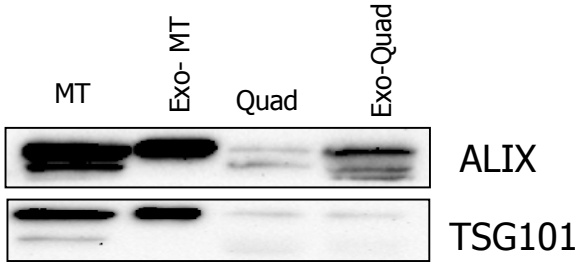
# ESM Figure 2

**A**_ Transmission electron microscopy images. Bars=100nm (left) or 50nm (right).

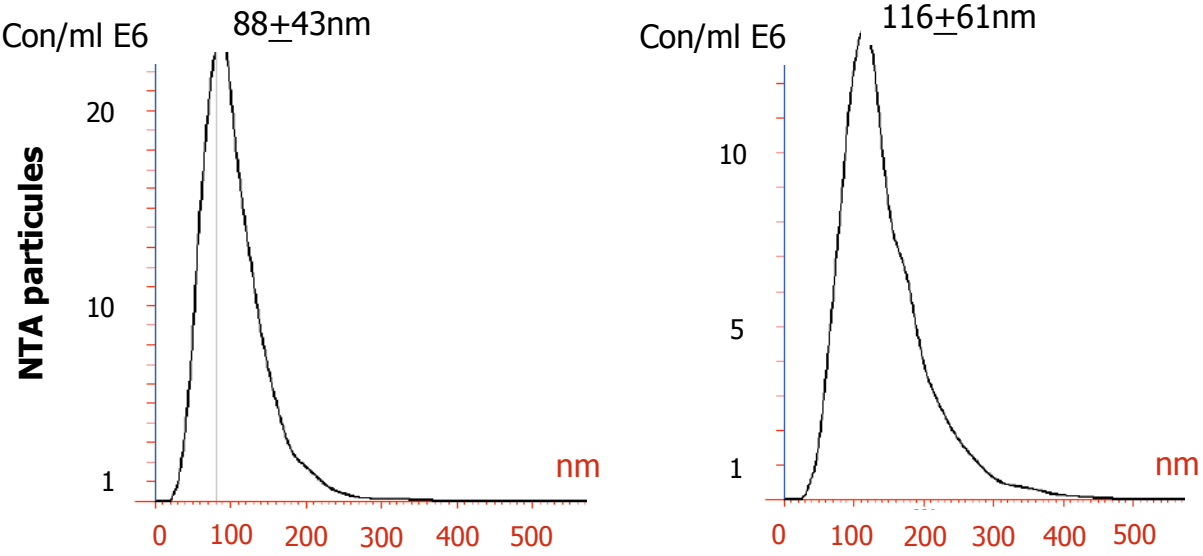
C2C12 exosomes (Exo-MT) muscle exosomes (Exo-Quad)




**B**_Western-blot analyses of representative exosomal proteins




MT=C2C12 myotubes (50µg)
Exo-MT=exosomes from C2C12 myotubes (2.5µg)
Quad=*Quadriceps* (50µg)
Exo-Quad=exosomes from *Quadriceps* (25µg)

**C**_Size distribution of muscle-released vesicles.

C2C12 exosomes (Exo-MT) muscle exosomes (Exo-Quad)