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Impacting the gut microbiome through dietary plant-based extracellular vesicles

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Figure S1. Particle size distribution and concentration of potato-derived EVs. Dynamic light scattering (**A**) and nanoparticle tracking analysis (**B**) were measured for potato EVs to estimate their hydrodynamic diameter and concentration, respectively.



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Figure S2. Potato-derived EVs influence the growth of lactobacilli. Five strains of lactobacilli were cultured in triplicate in the presence and absence of PEVs and growth measured by OD600 at 10-minute intervals for 18 h and OD600 values plotted over time.



Figure S3. Particle size distribution and concentration of spinach-derived EVs. Dynamic light scattering (A) and nanoparticle tracking analysis (B) were measured for spinach EVs to estimate their hydrodynamic diameter and concentration, respectively.