**Supplementary Table 1. Cell ontologies of miRNAs enriched in exercise-induced EVs.** Top three most enriched cell ontology clusters of mature miRNAs in human primary cells. Data are acquired from the human Fantom5 miRNA expression atlas 20. All ontology clusters were significantly enriched (p<0.0002).

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| --- | --- |
| miR | Cell ontologies |
| miR-145-5p | mesodermal cell, muscle cell , smooth muscle cell |
| miR-424-5p | preadipocyte, keratinocyte (epidermal), cell of skeletal muscle |
| let-7b-5p | fat cell, neural cell, fibroblast (mammary) |
| miR-338-3p | leukocyte, hematopoietic cell, myeloid leukocyte |
| miR-29c-3p | leukocyte, hematopoietic cell, lymphocyte |
| miR-99a-5p | mast cell, leukocyte, myeloid leukocyte |
| miR-140-3p | hematopoietic cell, leukocyte, chondrocyte |
| miR-126-3p | endothelial cell\* |
| miR-30a-5p | endothelial cell, endothelial cell of vascular tree, epithelial cell |
| miR-126-5p | endothelial cell, lining cell, meso-epithelial cell |
| miR-222-3p | endothelial cell, endothelial cell of vascular tree, blood vessel endothelial cell |
| miR-10b-5p | kidney epithelial cell, renal cortical epithelial cell, nephron tubule epithelial cell |
| miR-192-5p | endodermal cell, epithelial cell, hepatocyte |

\*Cell ontology analysis not performed, but highly expressed in endothelial cell types.