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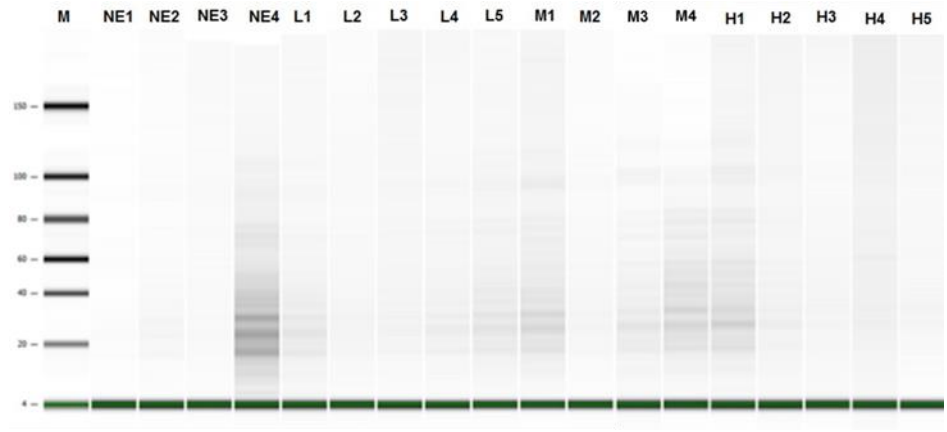


Figure S1. Small RNA characterization purified from rat serum EVs. All samples show RNA ranging from 20 to 60nt in size and absence of larger RNAs. M=Marker; NE = non-exercised group; L= low intensity exercised group; M=moderate intensity exercised group; H= High intensity exercised group.