

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title                       | Effects of acute aerobic exercise on rats serum extracellular vesicles diameter, concentration and small RNAs content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Authors                     | Oliveira Jr., Getulio P.;Porto, William F.;Palu, Cintia C.;Pereira, Lydyane M.;Petriz, Bernardo;Almeida, Jeaser A.;Viana, Juliane;Filho, Nezio N. A.;Franco, Octavio L.;Pereira, Rinaldo W.                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Publication date            | 2018                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Original Citation           | Oliveira, G. P., Porto, W. F., Palu, C. C., Pereira, L. M., Petriz, B., Almeida, J. A., Viana, J., Filho, N. N. A., Franco, O. L. and Pereira, R. W. (2018) 'Effects of acute aerobic exercise on rats serum extracellular vesicles diameter, concentration and small RNAs content', Frontiers in Physiology, 9, 532 (11pp). doi: 10.3389/fphys.2018.00532                                                                                                                                                                                                                                                                                                         |
| Type of publication         | Article (peer-reviewed)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Link to publisher's version | <a href="https://www.frontiersin.org/articles/10.3389/fphys.2018.00532/full">https://www.frontiersin.org/articles/10.3389/fphys.2018.00532/full</a> - 10.3389/fphys.2018.00532                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Rights                      | © 2018, Oliveira, Porto, Palu, Pereira, Petriz, Almeida, Viana, Filho, Franco and Pereira. This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY). The use, distribution or reproduction in other forums is permitted, provided the original author(s) and the copyright owner are credited and that the original publication in this journal is cited, in accordance with accepted academic practice. No use, distribution or reproduction is permitted which does not comply with these terms. - <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a> |
| Download date               | 2026-08-18 07:53:43                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Item downloaded from        | <a href="https://hdl.handle.net/10468/6868">https://hdl.handle.net/10468/6868</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |



**University College Cork, Ireland**  
Coláiste na hOllscoile Corcaigh

**Table S1.** Wistar rats' weight used in the exercise protocol.

| <b>Non-exercised<br/>(n=4)</b> | <b>Weight<br/>(g)</b> | <b>Low<br/>exercised<br/>(n=5)</b> | <b>Weight<br/>(g)</b> | <b>Moderate<br/>exercised<br/>(n=4)</b> | <b>Weight<br/>(g)</b> | <b>High<br/>exercised<br/>(n=5)</b> | <b>Weight<br/>(g)</b> |
|--------------------------------|-----------------------|------------------------------------|-----------------------|-----------------------------------------|-----------------------|-------------------------------------|-----------------------|
| NE1                            | 260                   | L1                                 | 310                   | M1                                      | 300                   | H1                                  | 270                   |
| NE2                            | 290                   | L2                                 | 270                   | M2                                      | 265                   | H2                                  | 255                   |
| NE3                            | 265                   | L3                                 | 300                   | M3                                      | 265                   | H3                                  | 300                   |
| NE4                            | 275                   | L4                                 | 280                   | M4                                      | 330                   | H4                                  | 313                   |
|                                |                       | L5                                 | 315                   |                                         |                       | H5                                  | 285                   |
| <b>Average</b>                 | <b>272,5</b>          | <b>Average</b>                     | <b>295</b>            | <b>Average</b>                          | <b>290</b>            | <b>Average</b>                      | <b>284,6</b>          |
| <b>Std±</b>                    | <b>13,2</b>           | <b>Std±</b>                        | <b>18,3</b>           | <b>Std±</b>                             | <b>29,0</b>           | <b>Std±</b>                         | <b>21,8</b>           |