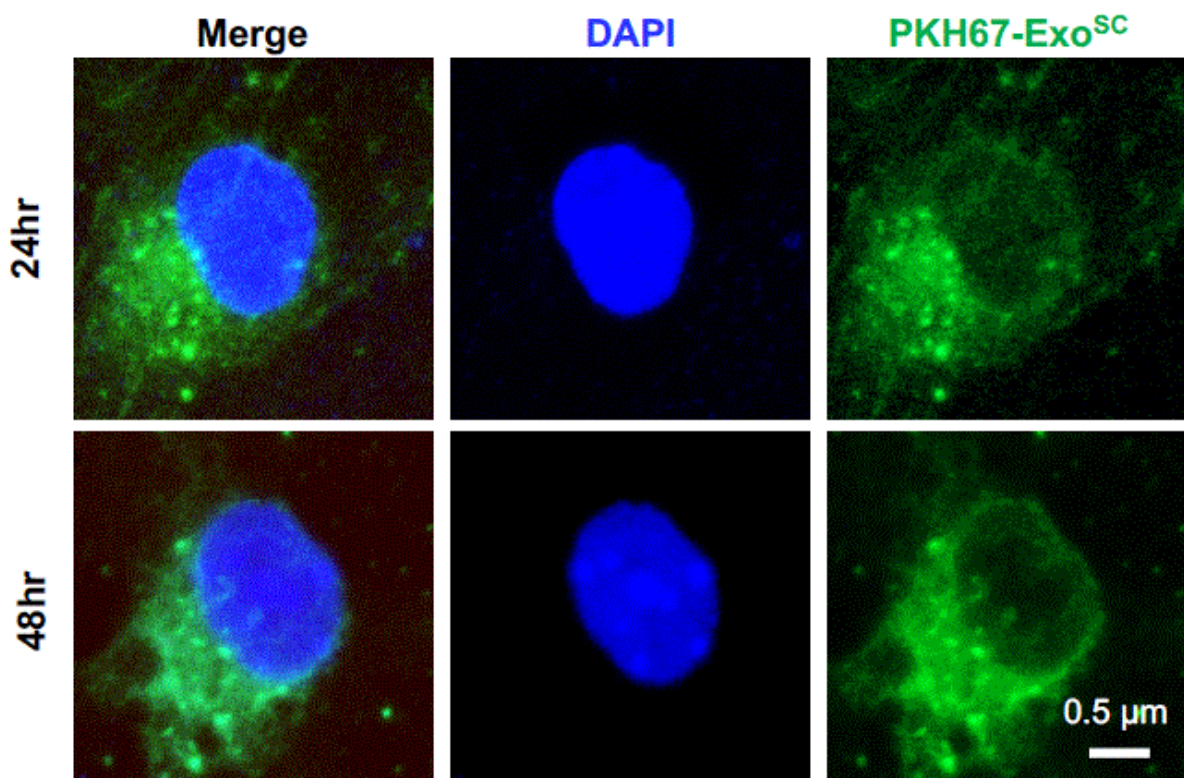


**Supplementary Figure 1. Comparison of exosome separation using the 'H' method with that using other conventional methods.** SCs were cultured in 100 mm culture dishes (10.5 mL culture medium). To compare magnification-based exosome separation with other conventional methods such as ultracentrifugation and precipitation-based centrifugation (company S and T), 2 mL total conditioned medium were subjected to exosome separation. Representative immunoblots (left) and quantification results (right) for CD63 following isolation using the following methods are shown: unprocessed (Non-processed, conditioned medium before exosome separation was used as a control), the 'H' method, ultracentrifugation (UC), company S, and T.



**Supplementary Figure 2. Uptake of EXOSC by MNs.** Exosomes separated in conditioned medium from SCs were labeled with PKH67. Uptake of PKH67-labeled EXOSC (green) by MNs after co-incubation in vitro. Fixed MNs were treated with

DAPI and mounted. Representative images of MNs at (top) 24 h and (bottom) 48 h after co-incubation with PKH67-labeled EXO SC. Scale bar, 0.5  $\mu\text{m}$ .