**Supplementary Figure 1:** AGO2 knockdown. Western blot demonstrating >70% knockdown of AGO2 in BMSC transfected with siAgo2 relative to BMSC transfected with siScr (cells and isolated sEV). HSC70 was used as the loading control.

![Western blot image](image)

**Supplementary Figure 2:** Characterisation of isolated sEV. Western blot demonstrating negative staining for the high density lipoprotein marker ApoA1 and the low density lipoprotein marker ApoB but positive staining for exosomal/sEV markers Syntenin-1 and CD63. BMSC lysates were used as positive controls.

![Western blot image](image)