### Supplementary Material

### Supplementary Table 1. Primer sequences of selected miRNAs in the study

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| miRNA ID | Primer sequence |
| hsa-miR-210-3p | 5’-AACAAGCTGTGCGTGTGACA-3’ |
| hsa-mir-155-5p | 5’-AAGCGACCTTAATGCTAATCGTGA-3’ |
| hsa-miR-133a-3p | 5’-AACACGCTTTGGTCCCCTTC-3’ |
| hsa-miR-15a-3p | 5’-AACACGCCAGGCCATATTGTG-3’ |
| hsa-miR-181a-5p | 5’-AACACGCAACATTCAACGCTG-3’ |
| hsa-miR-181b-5p | 5’-AAGCGACCAACATTCATTGCTGT-3’ |
| hsa-miR-30e-5p | 5’-AGCCAGCGTGTAAACATCCTTG-3’ |
| hsa-miR-18a-5p | 5’-AAGCGACCTAAGGTGCATCTAGT-3’ |
| hsa-miR-26a-5p | 5’-AGCCAGCGTTCAAGTAATCCAG-3’ |
| hsa-miR-20a-5p | 5’-ATGCGCGCTAAAGTGCTTATAGT-3’ |
| hsa-miR-19a-3p | 5’-AACACGCTGTGCAAATCTATGC-3’ |
| hsa-miR-301a-3p | 5’-AAGCGACCCAGTGCAATAGTATT-3’ |
| hsa-miR-92a-2-5p | 5’-AACAGTGGGGTGGGGATTTGT-3’ |



Supplementary Figure 1. Full western blot gels of extracellular vesicle (EV)/exosomal markers CD63 and CD81 in plasma-derived EVs.