

**Table S1.** Cargo proteins in MVs with downregulated expression level by (a) EGCG or (b) NOL.

(a)

| Biological Process and molecular function | Protein   | gene                        | MW     | Score | Coverage | Accession |
|---|---|-----------------------------|--------|-------|----------|-----------|
| Glycolytic process                        | Dihydrolipoyllysine-residue acetyltransferase-component of pyruvate dehydrogenase complex | <i>pdhC</i>                 | 46,382 | 512   | 50       | Q5HGY9    |
| Glucose metabolic process                 | Formate acetyltransferase   | <i>pflB</i>                 | 84,862 | 257   | 21       | Q2YV53    |
| Protein refolding                         | Chaperonin GroEL  | <i>groEL</i><br><i>groL</i> | 57,614 | 127   | 23       | Q6GF43    |

(b)

| Biological Process and molecular function                              | Protein  | gene                       | MW     | Score | Coverage | Accession |
|--|--|----------------------------|--------|-------|----------|-----------|
| Arginine biosynthetic process  | Ornithine carbamoyltransferase                     | <i>argF</i>                | 37,517 | 222   | 31       | Q5HGR3    |
| Glucose metabolic process, glycolytic process                          | Glyceraldehyde-3-phosphate dehydrogenase 1         | <i>gapA1</i><br><i>gap</i> | 36,281 | 187   | 31       | Q5HHP5    |
| Arginine biosynthetic process, arginine catabolic process to ornithine | Ornithine carbamoyltransferase, catabolic          | <i>arcB</i>                | 37,731 | 126   | 17       | Q6GDG8    |
| Alcohol dehydrogenase (NAD <sup>+</sup> ) activity, zinc ion binding   | Alcohol dehydrogenase                              | <i>adh</i>                 | 36,048 | 123   | 16       | Q2YSX0    |
| Glycolytic process   | L-lactate dehydrogenase 2                          | <i>ldh2</i>                | 34,420 | 88    | 15       | Q2FDQ7    |
| D-lactate dehydrogenase activity, NAD binding                          | D-lactate dehydrogenase                            | <i>ldhD</i><br><i>ddh</i>  | 36,682 | 70    | 16       | Q5HD29    |
| Glycolytic process   | Pyruvate dehydrogenase E1 component subunit- alpha | <i>pdhA</i>                | 41,383 | 44    | 5        | Q5HGZ1    |