

Table S1. EVs isolation characteristics

Samples	Supports for Cell Cultures	Cells (10 ⁶)	EV Isolation Volume	EVs Isolated by UC (100 µl)	UC EVs Yield (µg)	EVs Isolated by S-O (in 100 µl)	S-O EVs Yields (µg)
Saliva_UC (1)			2ml	$(6.7 \pm 0.3) \times 10^{10}$	$(8.3 \pm 2.1) \times 10^2$	$(2.9 \pm 0.4) \times 10^{10}$	$(3.6 \pm 1.9) \times 10^2$
Saliva_UC (2)				$(9.80 \pm 0.9) \times 10^9$	$(1.17 \pm 0.3) \times 10^2$	$(4.10 \pm 0.2) \times 10^9$	$(0.56 \pm 0.1) \times 10^2$
Saliva_UC (3)				$(3.74 \pm 0.2) \times 10^{10}$	$(4.35 \pm 0.2) \times 10^2$	$(2.13 \pm 0.2) \times 10^{10}$	$(2.35 \pm 0.5) \times 10^2$
Plasma_UC (1)			4ml	$(1.7 \pm 0.1) \times 10^{11}$	$(16.5 \pm 4.6) \times 10^2$	$(2.3 \pm 0.3) \times 10^{10}$	$(2.8 \pm 1.7) \times 10^2$
Plasma_UC (2)				$(2.71 \pm 0.2) \times 10^{10}$	$(3.3 \pm 0.01) \times 10^2$	$(5.24 \pm 1.1) \times 10^{10}$	$(6.7 \pm 0.01) \times 10^2$
Plasma_UC (3)				$(1.93 \pm 0.1) \times 10^{10}$	$(2.9 \pm 0.01) \times 10^2$	$(2.82 \pm 0.3) \times 10^{10}$	$(3.5 \pm 0.01) \times 10^2$
Urine_UC (1)			50ml	$(2.2 \pm 0.1) \times 10^{11}$	$(28.7 \pm 35.8) \times 10^2$	$(3.5 \pm 0.1) \times 10^{10}$	$(4.1 \pm 1.6) \times 10^2$
Urine_UC (2)				$(6.65 \pm 0.1) \times 10^{10}$	$(7.4 \pm 0.1) \times 10^2$	$(6.49 \pm 0.6) \times 10^9$	$(0.95 \pm 0.02) \times 10^2$
Urine_UC (3)				$(2.59 \pm 0.2) \times 10^{10}$	$(3 \pm 0.08) \times 10^2$	$(2.13 \pm 0.2) \times 10^{10}$	$(2.5 \pm 0.05) \times 10^2$
Human cancer cells	flasks 75cm ²	24± 0.7	30ml	$(4.2 \pm 0.6) \times 10^{10}$	$(3.3 \pm 0.8) \times 10^2$	$(2.5 \pm 0.3) \times 10^{10}$	$(2.5 \pm 0.6) \times 10^2$
Human non cancer cells	flasks 75 cm ²	22± 0.3	30ml	$(6.8 \pm 0.4) \times 10^{10}$	$(3.1 \pm 0.4) \times 10^2$	$(3.3 \pm 0.1) \times 10^{10}$	$(2.6 \pm 0.5) \times 10^2$
Insect cells	flasks 75 cm ²	61± 1	30ml	$(6.3 \pm 0.3) \times 10^{10}$	$(2.8 \pm 0.4) \times 10^2$	$(2.1 \pm 0.2) \times 10^{10}$	$(1.3 \pm 0.2) \times 10^2$
Unicellular organisms	flasks 75 cm ²	0,6±0,1 (OD)	50ml	$(3.3 \pm 0.1) \times 10^{10}$	$(6.2 \pm 0.7) \times 10^2$	$(2.9 \pm 1.5) \times 10^{10}$	$(2.9 \pm 0.5) \times 10^2$