

【ABSTRACT】

The present specification discloses an immunomodulatory composition comprising lactobacillus-derived extracellular vesicles as an active ingredient. The lactobacillus may be *Lactobacillus plantarum*. The composition has the effects of
5 inducing differentiation into M2-type macrophages and reducing expression of at least one member selected from the group consisting of CCR2, SOCS3 and HLA-DR α , which are M1-type macrophage differentiation markers.