【CLAIMS】

【Claim 1】

A composition for use in alleviating, preventing or treating an inflammation disease, which comprises an extracellular vesicle derived from *Lactobacillus paracasei* as an active ingredient.

【Claim 2】

A composition for use in alleviating, preventing or treating a cancer, which comprises an extracellular vesicle derived from *Lactobacillus paracasei* as an active ingredient.

【Claim 3】

The composition of 1, wherein the inflammation disease is any one selected from the group consisting of an inflammatory enteritis, gastritis, asthma, chronic obstructive pulmonary disease (COPD), rhinitis, atopic dermatitis, alopecia, psoriasis, degenerative arthritis, and rheumatoid arthritis.

【Claim 4】

The composition of 2, wherein the cancer is any one selected from the group consisting of a colorectal cancer, gastric cancer, lung cancer, liver cancer, bile duct cancer, pancreatic cancer, breast cancer, ovarian cancer, renal cancer, bladder cancer, and prostate cancer.

【Claim 5】

The composition of 1 or 2, wherein the extracellular vesicle has an average diameter of 10 to 300 nm.

【Claim 6】

The composition of 1 or 2, wherein the extracellular vesicle is secreted naturally or artificially from *Lactobacillus paracasei*.

【Claim 7】

The composition of 1 or 2, wherein the extracellular vesicle is isolated from a culture solution of *Lactobacillus paracasei*, or a food product cultured by adding *Lactobacillus paracasei*.

【Claim 8】

The composition of 1 or 2, wherein the composition is a pharmaceutical composition, a food composition, an inhalant composition, or a cosmetic composition.

【Claim 9】

Use of extracellular vesicle derived from *Lactobacillus paracasei* in the manufacture of a medicament for the alleviation, prevention or treatment of inflammation disease.

【Claim 10】

Use of extracellular vesicle derived from *Lactobacillus paracasei* in the manufacture of a medicament for the alleviation, prevention or treatment of cancer.