WHAT IS CLAIMED IS:

1. Use of an exosome-enriched product comprising intact bovine milk-derived exosomes in the manufacture of a medicament for enhancing muscle performance in a subject in need of improved physical performance, wherein the medicament is to be administered to the subject in need thereof.

2. Use of an exosome-enriched product comprising intact bovine milk-derived exosomes in the manufacture of a medicament for reducing chronic fatigue in a subject recovering or recovered from a viral infection, wherein the medicament is to be administered to the subject in need thereof.

3. The use of claim 2, wherein the viral infection is selected from the group consisting of Epstein-Barr virus, human herpes virus 6, and coronavirus.

4. The use of any one of claims 1-3, wherein the intact bovine milk-derived exosomes are sourced from a whey-containing bovine milk fraction.

5. The use of any one of the preceding claims, wherein greater than 90% of the bovine milk-derived exosomes are from about 10 nanometers to about 250 nanometers in diameter.

6. The use of any one of the preceding claims, wherein at least about 50, 55, 60, 65, 70, 75, 80, 85, 90, or 95 wt% of the exosomes in the exosome-enriched product are intact.

7. The use of any one of the preceding claims, wherein the exosome-enriched product comprises at least 0.001 wt% exosomes, wherein at least about 50 wt% of exosomes in the exosome-enriched product are intact, and/or wherein the exosome-enriched product is lactose-free.

8. The use of any one of the preceding claims, wherein the exosome-enriched product comprising the intact bovine milk-derived exosomes is to be administered to the subject at a dose of about 0.01 to about 30 g.

9. The use of any one of the preceding claims, wherein the subject is a human adult 50 years of age or older.

10. The use of any one of claims 1 and 4-9, wherein the muscle is skeletal muscle or cardiac muscle.

11. The use of any one of the preceding claims, wherein the exosome-enriched product comprising intact bovine milk-derived exosomes is to be administered to the subject in a nutritional composition comprising protein, carbohydrate, and/or fat.

12. The use of claim 11, wherein the nutritional composition comprises protein, carbohydrate, fat, and one or more nutrients selected from the group consisting of vitamins and minerals.

13. The use of claim 11 or 12, wherein the nutritional composition comprises from about 0.001 to about 30 wt% of the exosome-enriched product comprising the intact bovine milk-derived exosomes, based on the weight of the nutritional composition.

14. The use of any one of claims 11-13, wherein the protein comprises whole egg powder, egg yolk powder, egg white powder, whey protein, whey protein concentrates, whey protein isolates, whey protein hydrolysates, acid caseins, casein protein isolates, sodium caseinates, calcium caseinates, potassium caseinates, casein hydrolysates, milk protein concentrates, milk protein isolates, milk protein hydrolysates, nonfat dry milk, condensed skim milk, whole cow's milk, partially or completely defatted milk, coconut milk, soy protein concentrates, soy protein isolates, soy protein hydrolysates, pea protein concentrates, pea protein isolates, pea protein hydrolysates, rice protein concentrate, rice protein isolate, rice protein hydrolysate, fava bean protein concentrate, fava bean protein isolate, fava bean protein hydrolysate, collagen proteins, collagen protein isolates, meat proteins, potato proteins, chickpea proteins, canola proteins, mung proteins, quinoa proteins, amaranth proteins, chia proteins, hemp proteins, flax seed proteins, earthworm proteins, insect proteins, one or more amino acids and/or metabolites thereof, or combinations of two or more thereof.

15. The use of any one of claims 11-14, wherein the nutritional composition comprises from about 1 wt% to about 30 wt%, from about 1 wt% to about 25 wt%, from about 1 to about 20 wt%, from about 1 to about 15 wt%, from about 1 to about 10 wt%, or from about 10 wt% to about 30 wt% protein, based on the weight of the nutritional composition.

16. The use of any one of claims 11-15, wherein the carbohydrate comprises maltodextrin, hydrolyzed starch, modified starch, hydrolyzed cornstarch, modified cornstarch, polydextrose, dextrins, corn syrup, corn syrup solids, rice maltodextrin, brown rice mild powder, brown rice syrup, sucrose, glucose, fructose, lactose, high fructose corn syrup, honey, maltitol, erythritol, sorbitol, isomaltulose, sucromalt, pullulan, potato starch, corn starch, fructooligosaccharides, galactooligosaccharides, oat fiber, soy fiber, gum arabic,

sodium carboxymethylcellulose, methylcellulose, guar gum, gellan gum, locust bean gum, konjac flour, hydroxypropyl methylcellulose, tragacanth gum, karaya gum, gum acacia, chitosan, arabinoglactins, glucomannan, xanthan gum, alginate, pectin, low methoxy pectin, high methoxy pectin, cereal beta-glucans, carrageenan, psyllium, fiber, fruit puree, vegetable puree, isomalto-oligosaccharides, monosaccharides, disaccharides, human milk oligosaccharides, tapioca-derived carbohydrates, inulin, and artificial sweeteners, or combinations of two or more thereof.

17. The use of any one of claims 11-16, wherein the nutritional composition comprises from about 5 wt% to about 75 wt%, from about 5 wt% to about 70 wt%, from about 5 wt% to about 65 wt%, from about 5 wt% to about 50 wt%, from about 5 wt% to about 40 wt%, from about 5 wt% to about 30 wt%, from about 5 wt% to about 25 wt%, from about 10 wt% to about 65 wt%, from about 20 wt% to about 65 wt%, from about 30 wt% to about 65 wt%, from about 40 wt% to about 65 wt%, or from about 15 wt% to about 25 wt% carbohydrate, based on the weight of the nutritional composition.

18. The use of any one of claims 11-17, wherein the fat comprises algal oil, canola oil, flaxseed oil, borage oil, safflower oil, high oleic safflower oil, high gamma-linolenic acid (GLA) safflower oil, corn oil, soy oil, sunflower oil, high oleic sunflower oil, cottonseed oil, coconut oil, fractionated coconut oil, medium chain triglycerides (MCT) oil, palm oil, palm kernel oil, palm olein, long chain polyunsaturated fatty acids, or combinations of two or more thereof.

19. The use of any one of claims 11-18, wherein the nutritional composition comprises from 0.5 wt% to 20 wt%, from about 0.5 to about 15 wt%, from about 0.5 to about 10 wt%, from about 0.5 to about 5 wt%, or from about 5 to about 15 wt% fat, based on the weight of the nutritional composition.

20. The use of any one of claims 11-19, wherein the nutritional composition comprises from about 1 to about 15 wt% of protein, from about 0.5 to about 10 wt% fat, and from about 5 to about 30 wt% carbohydrate, based on the weight of the nutritional composition, wherein the nutritional composition is in the form of a liquid.

21. The use of any one of claims 11-19, wherein the nutritional composition comprises from about 10 to about 30 wt% of protein, from about 5 to about 15 wt% fat, and from about 30 wt% to about 65 wt% carbohydrate, based on the weight of the nutritional composition, wherein the nutritional composition is in the form of a powder.

22. The use of any one of claims 11-21, wherein the nutritional composition comprises at least one protein comprising milk protein concentrate and/or soy protein isolate, at least one fat comprising canola oil, corn oil, coconut oil, long chain polyunsaturated fatty acid, and/or marine oil, and at least one carbohydrate comprising maltodextrin, sucrose, and/or short-chain fructooligosaccharide.