al. It is thus important to address any bone growth inhibiting condition as soon as possible in order to prevent permanent growth complications.

[0009] In view of the above, there is an urgent need to develop new and accessible technologies that stimulate growth plate activity, especially in children and adolescents with suboptimal nutrition.

[0010] Accordingly, a method of increasing height in a pediatric subject and a method of promoting linear bone growth are desirable.

## SUMMARY OF THE INVENTION

[0011] It is therefore an object of the disclosure to provide methods which promote linear bone growth and/or increase height in pediatric subjects.

[0011a] In one example, the present disclosure refers to the use of an exosome-enriched product comprising intact bovine milk-derived exosomes in the manufacture of a medicament for increasing height in a pediatric subject, wherein the medicament is to be enterally administered to the pediatric subject in need thereof.

[0011b] In another example, the present disclosure refers to the use of an exosome-enriched product comprising intact bovine milk-derived exosomes in the manufacture of a medicament for promoting linear bone growth in a pediatric subject, wherein the medicament is to be enterally administered to the pediatric subject in need thereof.

[0012] In one example, the disclosure is directed to a method of increasing height in a pediatric subject comprising enterally administering an exosome-enriched product comprising intact bovine milk-derived exosomes to the pediatric subject in need thereof.

[0013] In another example, the disclosure is directed to a method of promoting linear bone growth in a pediatric subject comprising enterally administering an exosome-enriched product comprising intact bovine milk-derived exosomes to the pediatric subject in need thereof.

[0014] In another example, the disclosure is directed to a method of obtaining an exosome-enriched product from cheese whey comprising subjecting the cheese whey to microfiltration (MF), ultrafiltration (UF), and diafiltration (DF) steps, wherein the MF, UF, and DF steps employ, successively, membranes with cut off values which gradually decrease in size with each filtration step, wherein the cheese whey is sweet cheese whey and has a pH from about 6.0 to about 6.5.

[0015] The methods of increasing height and promoting linear bone growth in a pediatric subject are advantageous in that they provide a convenient therapeutic strategy for preventing, reducing and/or treating linear bone growth restriction in children, for example caused by inadequate nutrition and/or treatments with glucocorticoids or chemotherapeutic agents. These