WHAT IS CLAIMED IS:

1. Use of an exosome-enriched product comprising intact bovine milk-derived exosomes in the manufacture of a medicament for ~~A method of~~ increasing height in a pediatric subject, wherein the medicament is ~~comprising~~ to be enterally administered ~~ing an exosome-enriched product comprising intact bovine milk-derived exosomes~~ to the pediatric subject in need thereof.

2. Use of an exosome-enriched product comprising intact bovine milk-derived exosomes in the manufacture of a medicament for ~~A method of~~ promoting linear bone growth in a pediatric subject, wherein the medicament is to be ~~comprising~~ enterally administered ~~ing an exosome-enriched product comprising intact bovine milk-derived exosomes~~ to the pediatric subject in need thereof.

3. The ~~method~~ use of claim 1 or claim 2, wherein the exosome-enriched product comprising the intact bovine milk-derived exosomes is to be administered to the pediatric subject at a dose of about 0.01 to about 30 g.

4. The ~~method~~ use of any one of claims 1-3, wherein the pediatric subject is a child at or under the age of about 18 years old, or at or under the age of about 15 years old, or at or under the age of about 10 years old, or at or under the age of about 5 years old, or at or under the age of about 1 year old, or at or under the age of about 6 months old, or at or under the age of about 3 months old.

5. The ~~method~~ use of claim 4, wherein the pediatric subject is a child at the age of about 1 year old to about 10 years old.

6. The ~~method~~ use of any one of the preceding claims, wherein the pediatric subject is suffering from linear bone growth restriction.

7. The ~~method~~ 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 pediatric subject orally.

8. The ~~method~~ use of any one of the preceding claims, wherein the exosome-enriched product comprises at least 0.001 wt% exosomes.

9. The ~~method~~ use of claim 8, wherein at least about 50 wt% of exosomes in the exosome-enriched product are intact.

10. The ~~method~~ use of claim 9, wherein at least about 55, 60, 65, 70, 75, 80, 85, 90, or 95 wt% of the exosomes in the exosome-enriched product are intact.

11. The ~~method~~ use of any one of the preceding claims, wherein the exosome-enriched product is lactose-free.

12. The ~~method~~ use of any one of the preceding claims, wherein the exosome-enriched product is to be administered in the form of an exosome-enriched powder.

13. The ~~method~~ use of any one of claims 1-11, wherein the exosome-enriched product is to be administered in the form of an exosome-enriched liquid.

14. The ~~method~~ 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 pediatric subject in a nutritional composition comprising protein, carbohydrate, and/or fat.

15. The ~~method~~ use of claim 14, 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.

16. The ~~method~~ use of claim 14 or claim 15, wherein the protein comprises whey protein concentrate, whey protein isolate, whey protein hydrolysate, acid casein, sodium caseinate, calcium caseinate, potassium caseinate, casein hydrolysate, milk protein concentrate, organic milk protein concentrate, milk protein isolate, milk protein hydrolysate, nonfat dry milk, condensed skim milk, soy protein concentrate, soy protein isolate, soy protein hydrolysate, pea protein concentrate, pea protein isolate, pea protein hydrolysate, collagen protein, collagen protein isolate, L-Carnitine, L-Lysine, taurine, lutein, 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, he~~a~~mp proteins, flax seed proteins, earthworm protein, insect protein, one or more amino acids and/or metabolites thereof, or combinations of two or more thereof.

17. The ~~method~~ use of claim 16, wherein the one or more amino acids and/or metabolites thereof comprise one or more branched chain amino acids or metabolites thereof.

18. The ~~method~~ use of claim 17, wherein the one or more branched chain amino acids or metabolites thereof comprise leucic acid (HICA), keto isocaproate (KIC), β-hydroxy-β-methylbutyrate (HMB), and combinations of two or more thereof.

19. The ~~method~~ use of any one of claims 14-18, wherein the carbohydrate comprises fiber, human milk oligosaccharides (HMOs), maltodextrin, corn maltodextrin, organic corn maltodextrin, corn syrup, sucralose, cellulose gel, cellulose gum, gellan gum, inositol, carrageenan, fructooligosaccharides, ~~maltodextrin,~~ hydrolyzed starch, glucose polymers, ~~corn syrup,~~ corn syrup solids, rice-derived carbohydrates, sucrose, glucose, lactose, honey, sugar alcohols, isomaltulose, sucromalt, pullulan, potato starch, galactooligosaccharides, oat fiber, soy fiber, corn 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, inulin, ~~fructooligosaccharides,~~ or combinations of two or more thereof.

20. The ~~method~~ use of any one of claims 14-19, wherein the fat comprises coconut oil, fractionated coconut oil, soy oil, soy lecithin, corn oil, safflower oil, sunflower oil, palm olein, canola oil ~~-~~ monoglycerides, lecithin, medium chain triglycerides, one or more fatty acids such as linoleic acid, alpha-linolenic acid, ~~ARA~~arachidonic acid, eicosapentaenoic acid~~EPA~~, and/or ~~DHA~~docosahexaenoic acid, fractionated coconut oil, ~~soy oil, corn oil,~~ olive oil, ~~safflower oil,~~ medium chain triglyceride oil (MCT oil), high gamma linolenic (GLA) safflower oil, palm oil, palm kernel oil, canola oil, marine oils, fish oils, algal oils,

borage oil, cottonseed oil, fungal oils, ~~omega-3 fatty acid~~, interesterified oils, transesterified oils, structured lipids, or combinations of two or more thereof.

21. The ~~method~~ use of claim 20, wherein the fat comprises omega-3 fatty acid selected from the group consisting of eicosapentaenoic acid, docosahexaenoic acid, arachidonic acid, and alpha-linolenic acid, and combinations of two or more thereof.

22. The ~~method~~ use of any one of claims 14-21, wherein the nutritional composition is to be administered in the form of a powder.

23. The ~~method~~ use of any one of claims 14-21, wherein the nutritional composition is to be administered in the form of a liquid.

24. The ~~method~~ use of any one of claims 14-23, wherein the nutritional composition comprises protein, carbohydrate, fat, and one or more nutrients selected from the group consisting of vitamins, minerals.

25. The use of any one of the preceding claims, wherein the exosome-enriched product is obtained by a ~~A method of obtaining an exosome-enriched product from cheese whey, the~~ method comprising:

subjecting the cheese whey to microfiltration (MF), ultrafiltration (UF), and diafiltration (DF) steps, wherein the 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.

~~26. An exosome-enriched product obtained by the method of claim 25, wherein the 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.~~