develop NAFLD. In fact, the prevalence of NAFLD has made NAFLD the second most common cause of liver transplantation in the United States. *See* Ipsen DH et al.; Mikolasevic, Ivana, et al. "Nonalcoholic Fatty Liver Disease and Liver Transplantation - Where Do We Stand?" World Journal of Gastroenterology, vol. 24, no. 14, 2018, pp. 1491–1506.

[0004] Unfortunately, there is currently neither an NAFLD-specific therapeutic agent available in the market nor a generally accepted NAFLD treatment. To date, the most effective treatment for NAFLD consists of implementing lifestyle changes aimed at reducing weight and increasing exercise. In addition, and given that NAFLD seems to be worsened by insulin resistance, insulin sensitizers such as pioglitazone, a thiazolidinedione compound, have been used. However, the therapeutic use of drugs that restore insulin sensitivity have raised some concerns regarding increased cardiovascular risks and other undesired side-effects. There is therefore an urgent need to develop new therapeutic strategies to fight NAFLD.

[0005] Accordingly, methods of preventing, reducing, or delaying the onset of NAFLD are desirable.

SUMMARY OF THE INVENTION

[0006] It is therefore an object of the invention to provide methods which prevent, reduce, or delay the onset of fatty liver disease.

[0006a] In one aspect, provided herein is the use of intact bovine milk-derived exosomes consisting of endogenous cargo in the manufacture of a medicament for preventing, reducing, or delaying the onset of fatty liver disease in a subject, wherein the intact bovine milk-derived exosomes are in an amount effective to reduce hepatic lipid accumulation, and wherein the medicament is to be enterally administered to the subject.

[0007] In one embodiment, the invention is directed to a method of preventing, reducing, or delaying the onset of fatty liver disease in a subject, comprising administering intact bovine milk-derived exosomes consisting of endogenous cargo to a subject in need thereof in an amount effective to reduce hepatic lipid accumulation.

[0008] In a more specific embodiment, the invention is directed to a method of preventing, reducing, or delaying the onset of fatty liver disease in a subject, comprising administering intact bovine milk-derived exosomes consisting of endogenous cargo to a subject in need thereof in an amount effective to reduce hepatic lipid accumulation, wherein the intact bovine milk-derived