CLAIMS:

1. An oral composition comprising a therapeutically effective amount of extracellular vesicles (EVs) derived from blood, a blood fraction and/or tissue of a young, non-human animal.
2. The composition of claim 1 wherein:

   i) the young, non-human animal has not yet reached sexual maturity; and/or

   ii) the EVs are selected from the group consisting of exosomes, microvesicles, membrane particles, membrane vesicles, exosome-like vesicles, extracellular vesicles, exovesicles and combinations thereof and/or are derived from; and/or

   iii) the EVs are derived from one or more of:

      a livestock species,

      non-human mammal,

      whole blood, serum, plasma and/or bone marrow, and

      at least one tissue selected from the group consisting of adipose tissue, thymus, pancreas, lung, heart, liver, muscle, intestine and combinations thereof.
3. The composition of claim 1 or 2, wherein the non-human mammal is selected from a bovine, ovine, equine, caprine, porcine or camelid.
4. The composition of claim 1 or 2, wherein the EVs are derived from an avian livestock species.
5. The composition of any one of claims 1 to 4, wherein the EVs are derived from adipose tissue.
6. The composition of any one of claims 1 to 5, wherein the EVs have one or more of the following features:

   i) are present in the composition at a concentration which is higher than is present in the blood, blood fraction or tissue from which they are derived;

   ii) have been purified;

   iii)are lyophilized, spray-dried or gelated;

   iv) are encapsulated;

   v) are provided within a capsule;

   vi) are provided within a capsule; and

vii) are provided in a liquid form.

7. A method of preparing a composition of any one of claims 1 to 6, comprising:
    a. obtaining blood, a blood fraction and/or tissue from a non-human mammal; and
    b. isolating the EVs from one or more other components of the blood, blood fraction and/or tissue.
8. The method of claim 7, further comprising:

    i) performing one or more purification processes, optionally wherein the one or more purification processes are selected from size exclusion chromatography, ultracentrifugation, polymer or calcium ion or salt-induced precipitation and ultrafiltration; and/or

    ii) performing one or more processes to concentrate the EVs, optionally wherein the one or more processes to concentrate the EVs is ultrafiltration and centrifugation; and/or

    iii) lyophilizing the EVs.
9. A composition when produced by the method of claim 7 or 8.
10. Use of a composition of any one of claims 1 to 16 in the manufacture of a medicament for treating, preventing or delaying an age-related condition or pathology in a subject, optionally wherein the age-related condition or pathology is associated with a decline in one or more of cognitive function, physical performance and/or metabolic function.
11. The use of claim 10, wherein:

    i) a decline in cognitive function comprises a decline in one or more of alertness, executive function, memory, learning, visual-spatial processing utilizing the frontal cortex, thalamus, dorso-lateral prefrontal cortex and/or hippocampus, and/or olfactory sensitivity; and/or

    ii) a decline in physical performance comprises a decline in one or more of musculoskeletal strength, motor skills and/or balance, and/or an increase in frailty; and/or

    iii) a decline in metabolic function comprises impaired glucose tolerance and/or insulin insensitivity; and/or

    iv) wherein the age-related condition or pathology is associated with inflammation and/or oxidative stress, optionally wherein the inflammation and/or oxidative stress is associated with impaired kidney function, acute kidney injury, chronic kidney disease, or acute and chronic liver injury in the subject.

12. Use of a composition of any one of claims 1 to 16 in the manufacture of a medicament for improving kidney and/or liver function in a subject suffering from a kidney and/or liver condition.

13. The use of claim 12, wherein the kidney condition is an acute kidney injury and/or the liver condition is acute liver injury.

14. The use of claim 12, wherein the kidney condition is a chronic kidney disease and/or the liver condition is chronic liver disease.

15. The composition of any one of claims 1 to 6 for use in the manufacture of a medicament for oral administration, for improving a decline in one or more of cognitive function, physical performance and/or metabolic function in a subject in need thereof.