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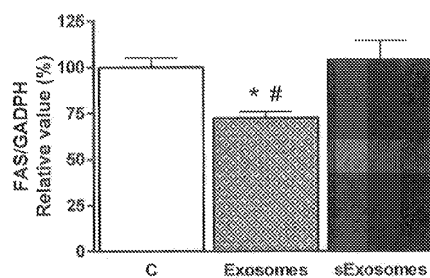


FIG. 1

(57) Abstract: A method of preventing, reducing, or delaying the onset of fatty liver disease in a subject comprises enterally 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. In a specific embodiment, the intact bovine milk-derived exosomes consisting of endogenous cargo can be administered in an amount effective to reduce de novo lipogenesis in the subject. The intact bovine milk-derived exosomes consisting of endogenous cargo can be administered to the subject directly or in a nutritional composition.

