**WHAT IS CLAIMED IS:**

1. 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.

2. The use of claim 1, wherein the intact bovine milk-derived exosomes consisting of endogenous cargo are to be administered in an amount effective to reduce de novo lipogenesis in the subject.

3. The use of claim 1 or claim 2, wherein the fatty liver disease is non-alcoholic fatty liver disease (NAFLD).

4. The use of claim 3, wherein the medicament is for reducing non-alcoholic fatty liver disease (NAFLD).

5. The use of claim 3 or claim 4, wherein the NAFLD is simple fatty liver disease or nonalcoholic steatohepatitis (NASH).

6. The use of any one of the preceding claims, wherein the medicament is in a form for oral administration.

7. The use of any one of the preceding claims, wherein the intact bovine milk-derived exosomes consisting of endogenous cargo are to be administered to the subject in a nutritional composition.

8. The use of claim 7, wherein the nutritional composition is in the form of a powder.

9. The use of claim 7, wherein the nutritional composition is in the form of a liquid.

10. The use of any one of claims 7-9, wherein the nutritional composition further comprises protein, carbohydrate, and/or a fat.

11. The use of claim 10, wherein the nutritional composition comprises protein, and 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, 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, rice protein concentrate, rice protein isolate, rice protein hydrolysate, fava bean protein concentrate, fava bean protein isolate, fava bean protein hydrolysate, meat proteins, potato proteins, chickpea proteins, canola proteins, mung proteins, quinoa proteins, amaranth proteins, chia proteins, hemp proteins, flax seed proteins, earthworm protein, insect protein, or combinations of two or more thereof.

12. The use of claim 10 or claim 11, wherein the nutritional composition comprises carbohydrate, and the carbohydrate comprises human milk oligosaccharides (HMOs), 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.

13. The use of any one of claims 10-12, wherein the nutritional composition comprises fat, and the fat comprises coconut oil, fractionated coconut oil, soy oil, corn oil, olive oil, safflower oil, medium chain triglyceride oil (MCT oil), high gamma linolenic (GLA) safflower oil, sunflower oil, palm oil, palm kernel oil, palm olein, 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.

14. The use of claim 13, wherein the fat comprises at least one omega-3 fatty acid selected from the group consisting of eicosapentaenoic acid, docosahexaenoic acid, arachidonic acid, and alpha-linolenic acid.

15. The use of any one of claims 7-14, wherein the nutritional composition comprises protein, carbohydrate, fat, and one or more nutrients selected from the group consisting of vitamins, minerals, and trace minerals.

16. The use of any one of claims 7-15, wherein the nutritional composition comprises about 0.001 to about 10 wt% of the intact bovine milk-derived exosomes consisting of endogenous cargo, based on the weight of the nutritional composition.

17. The use of any one of the preceding claims, wherein the subject is a human.