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(54) Title: METHODS OF INCREASING HEIGHT AND PROMOTING LINEAR BONE GROWTH

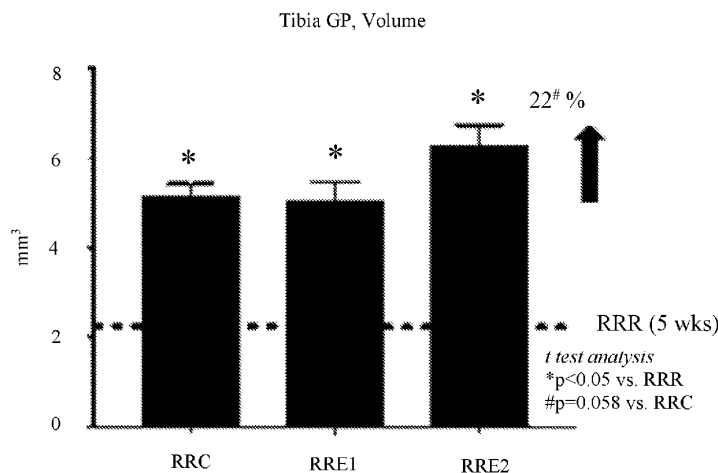


FIG. 8

(57) Abstract: A method of increasing height in a pediatric subject comprises enterally administering an exosome-enriched product comprising intact bovine milk-derived exosomes to the pediatric subject in need thereof. A method of promoting linear bone growth in a pediatric subject comprises enterally administering an exosome-enriched product comprising intact bovine milk-derived exosomes to the pediatric subject in need thereof. A method of obtaining an exosome-enriched product from cheese whey comprises subjecting the cheese whey to microfiltration (MF), ultrafiltration (UF), and diafiltration (DF) steps, wherein the MF, UF, and DF 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.

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