

Supplementary movies 1. CFSE-exosomes derived from HEK293 cells are internalised by HEK293 cells. A, B) HEK293 cells were incubated with 500pM CFSE-exosomes (green) for 4 h and stained with anti-CD81, followed by anti-mouse Alexa Fluor-647, and imaged using structured illumination super-resolution microscopy. A) Focal series of optically sectioned super-resolution images through three adjacent cells. B) 3D views generated from the same image series.