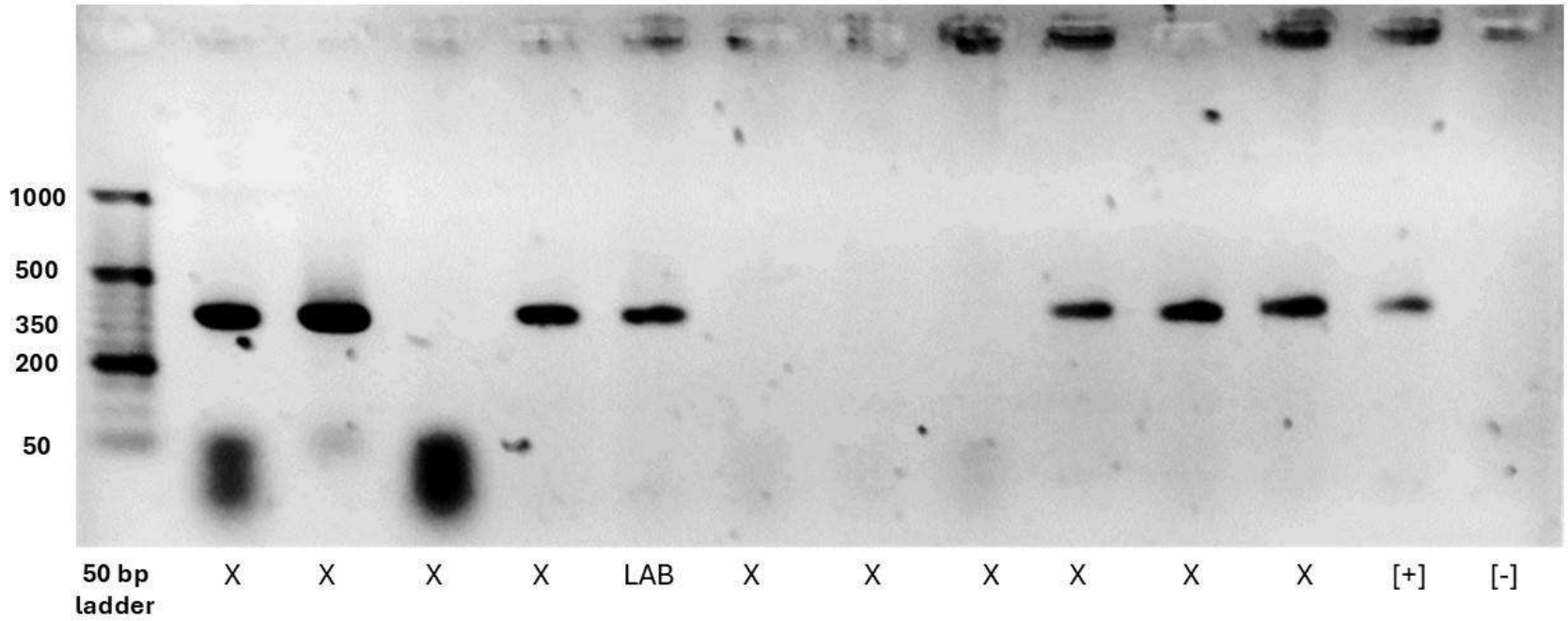
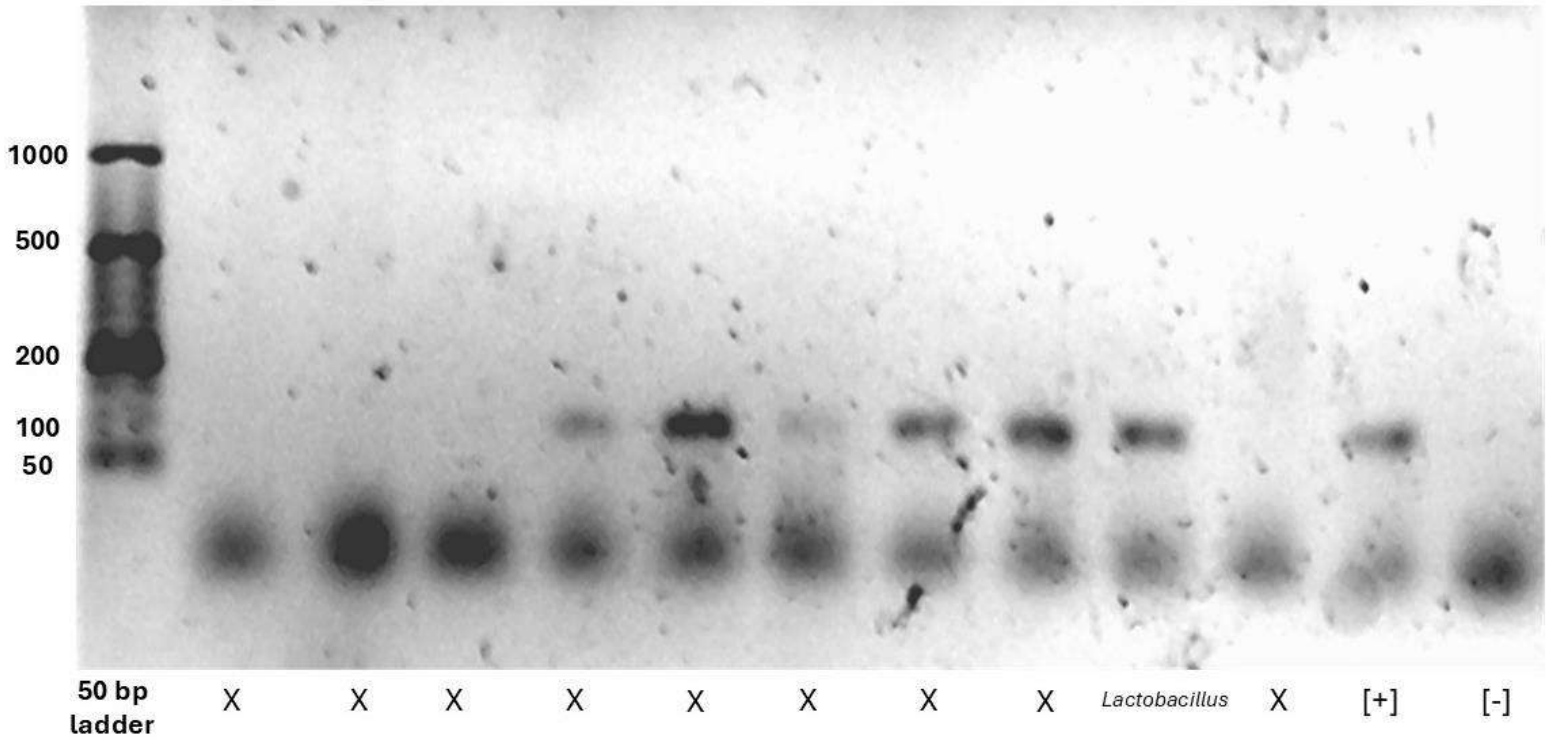
PCR corresponding to the LAB genus



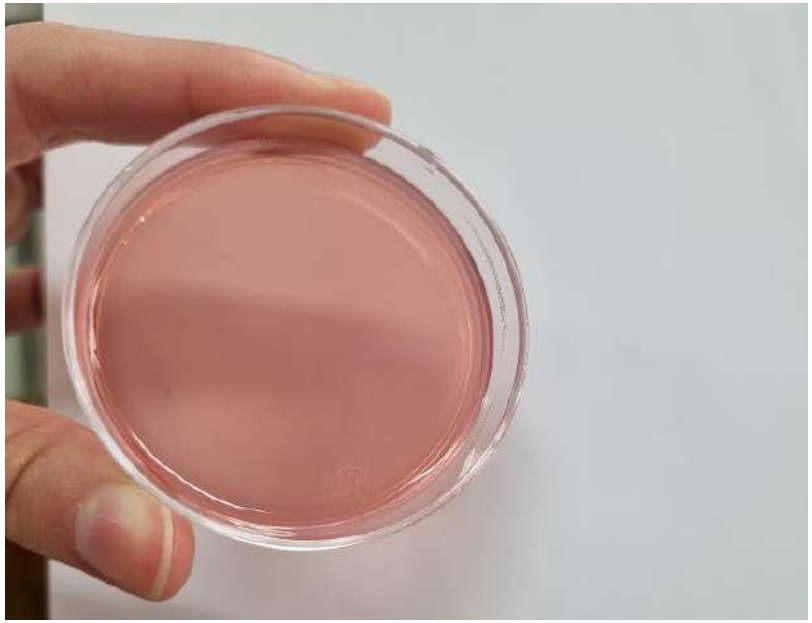
*Photograph of the agarose gel taken with Image Lab software

PCR corresponding to the *Lactobacillus* genus

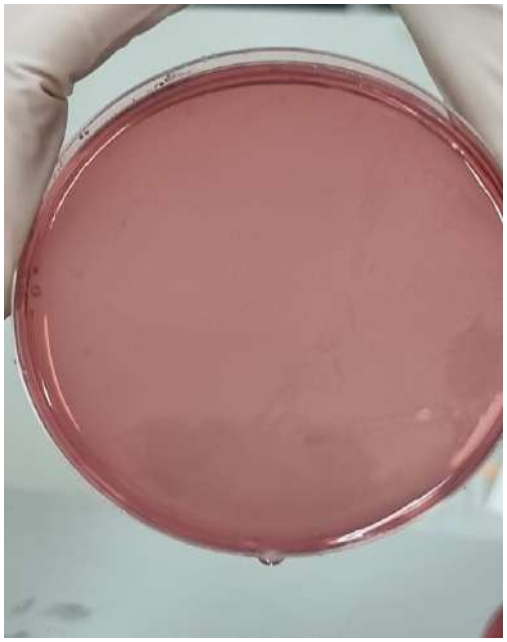


*Photograph of the agarose gel taken with Image Lab software

MacConkey agar with *L. plantarum* + *E. coli*



MacConkey agar with *L. plantarum* + *S.* Typhimurium



MacConkey agar with *E. coli*

MacConkey agar with *S.* Typhimurium

Negative-stained transmission electron microscopy of *L. plantarum* MVs

Figure A

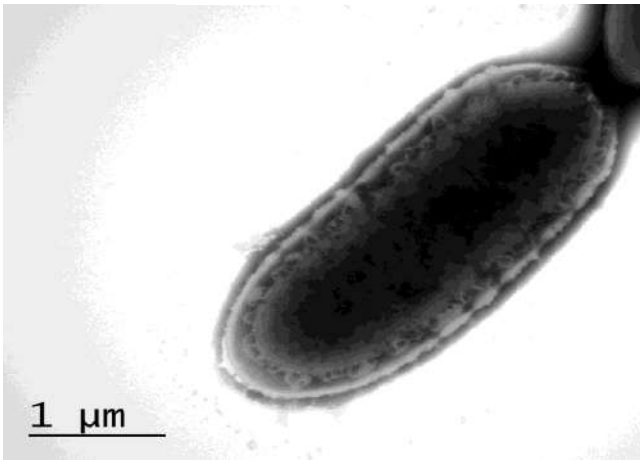


Figure B

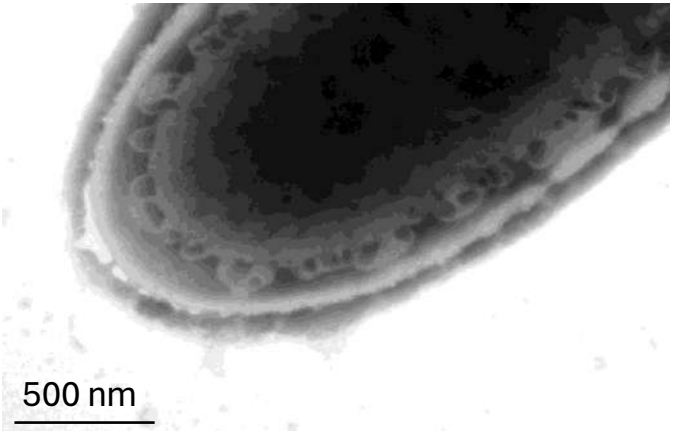


Figure C

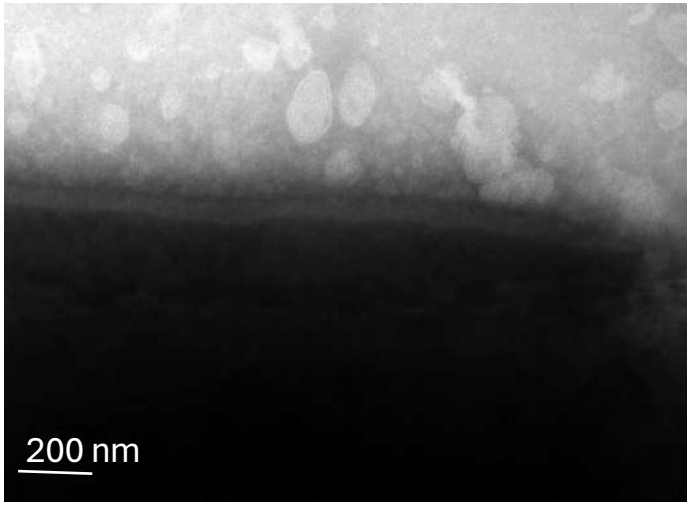


Figure D

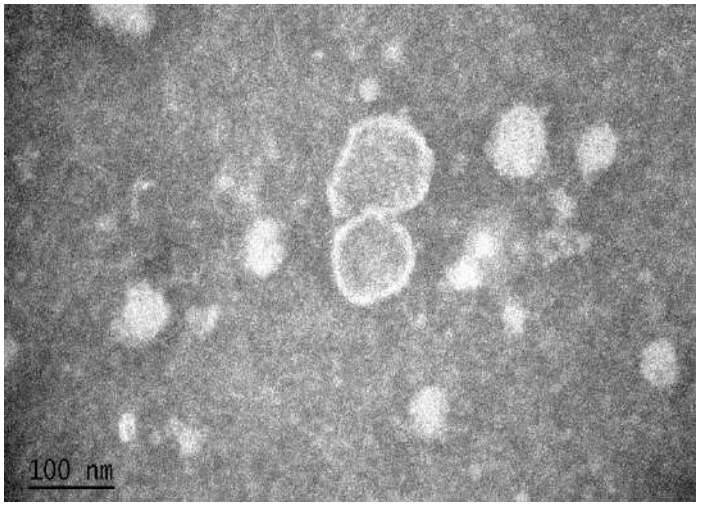


Figure E

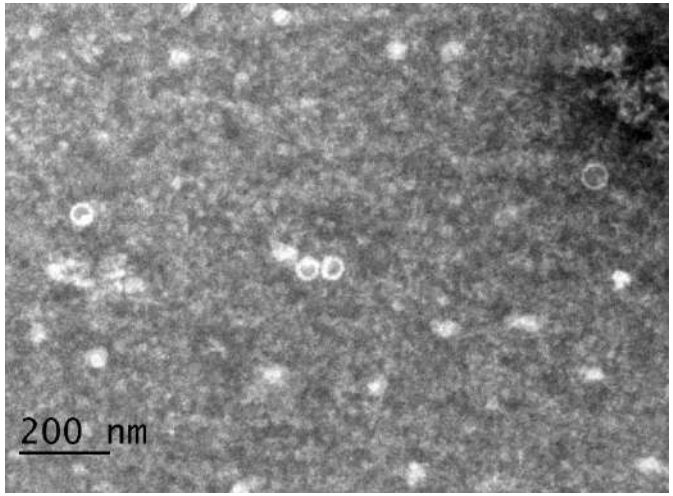
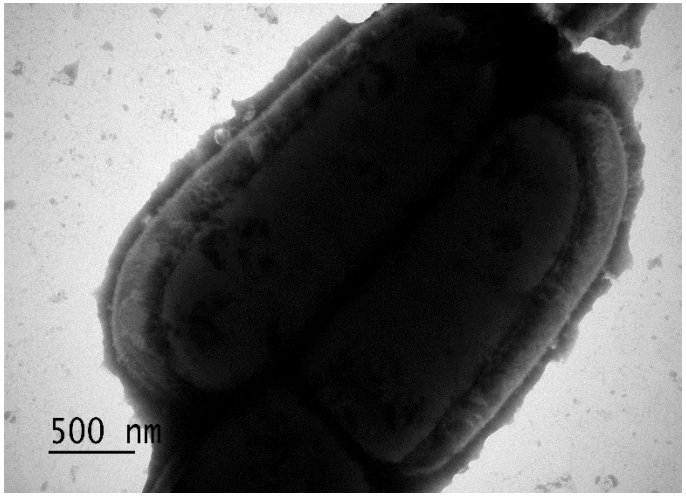


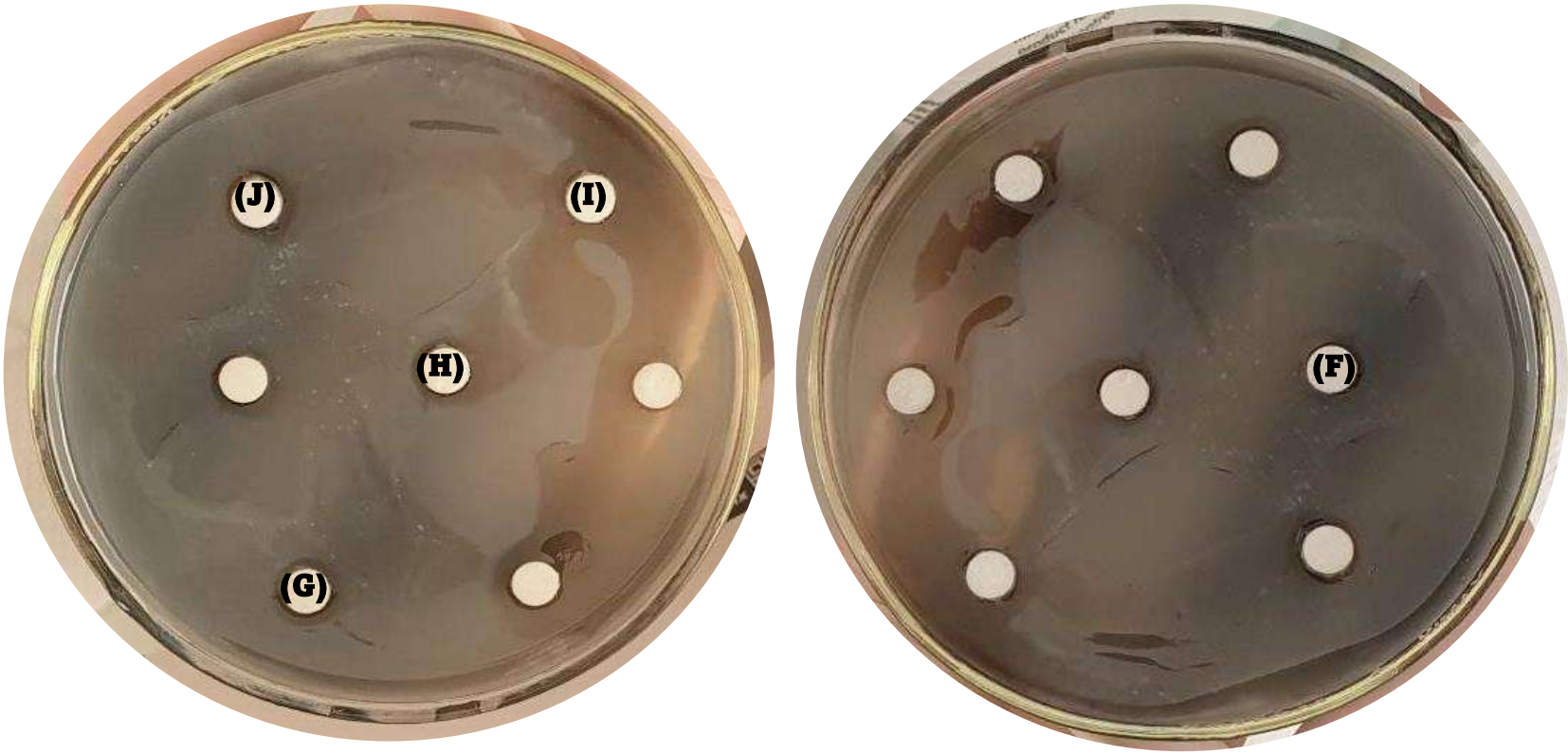
Figure F



SIM medium inoculated with *E. coli*

(A) PBS, (B) C.C60pl, (C) MVspl, (D) C.CplE , (E) MVsplE

SIM medium inoculated with *S.* Typhimurium



(F) PBS, (G) C.C60pl, (H) MVspl, (I) C.CplS , (J) MVsplS.

Morphological changes in RAW 264.7 with different treatments

Figure A

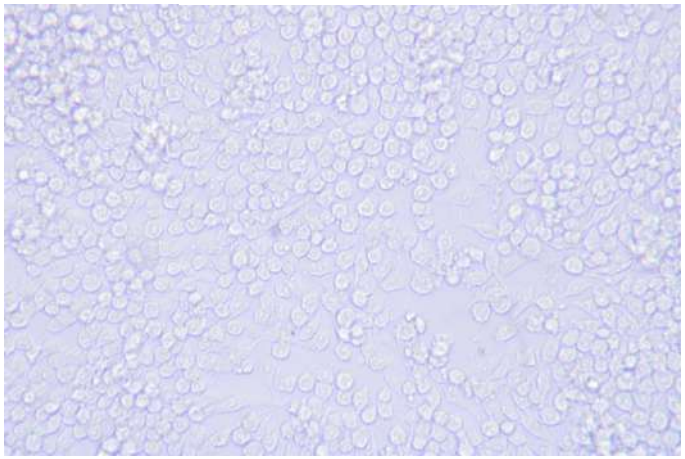


Figure B

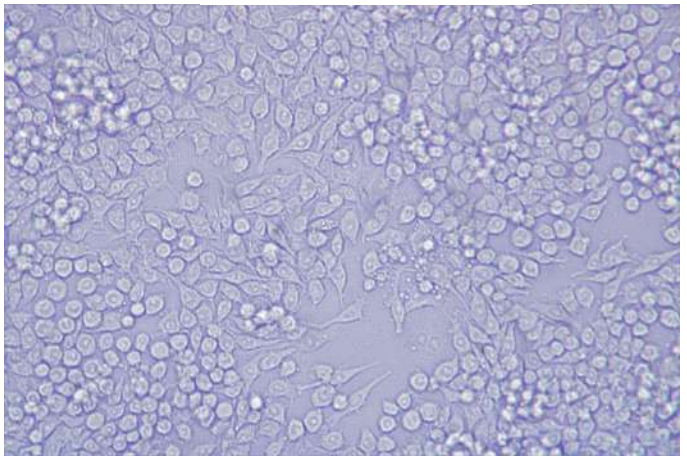


Figure C

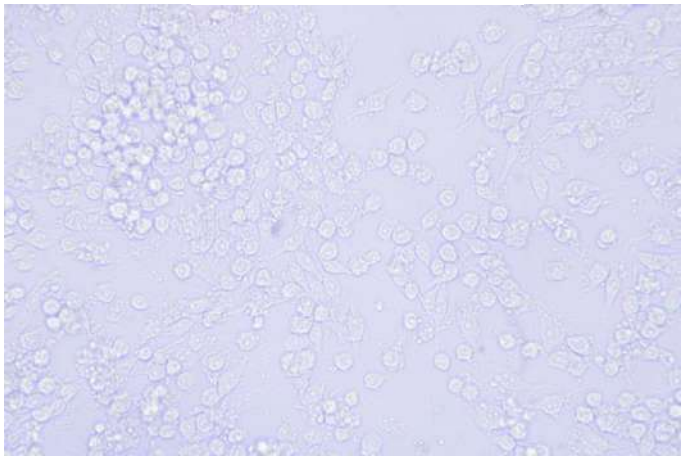


Figure D

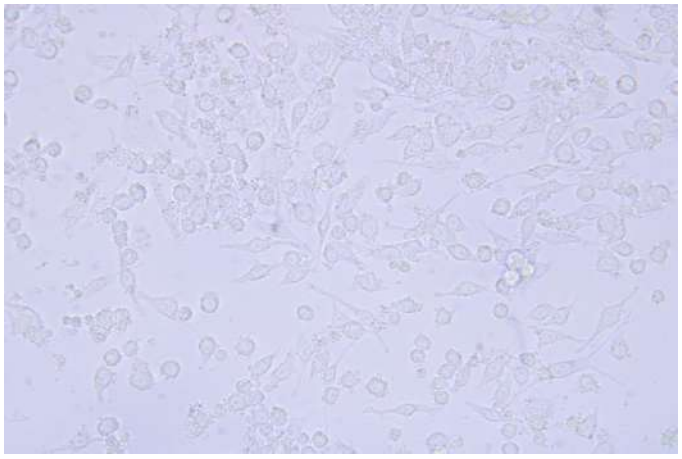


Figure E

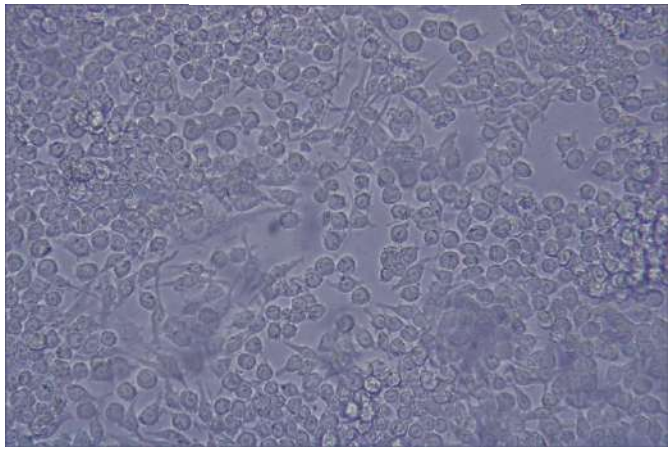


Figure F

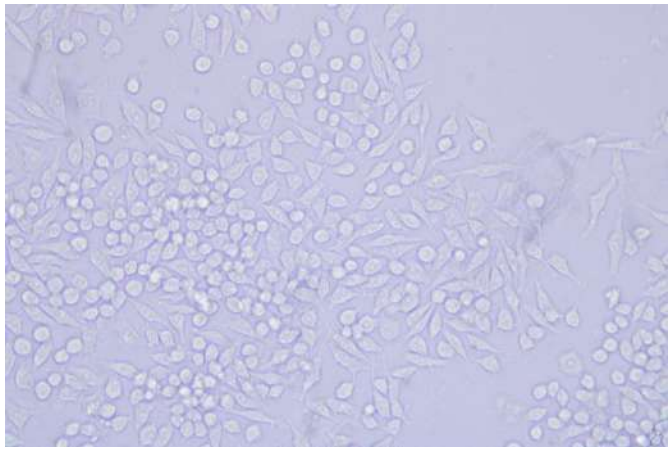


Figure G

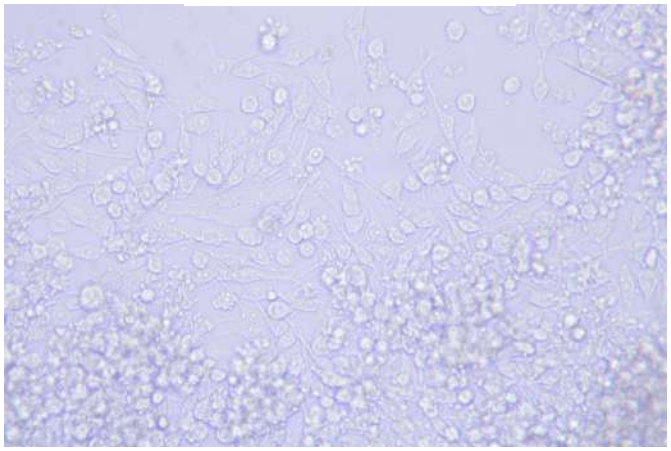
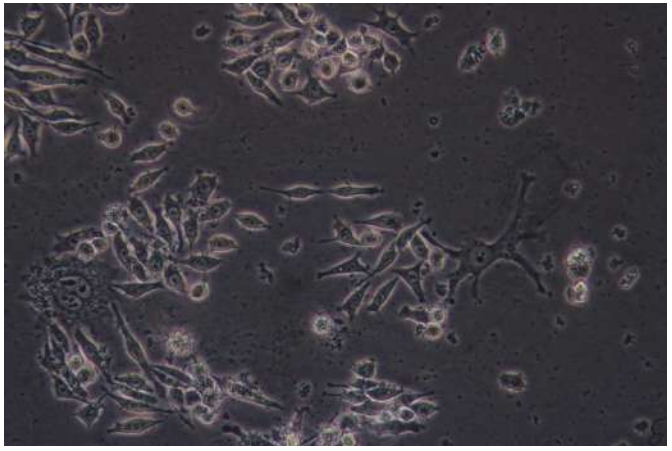
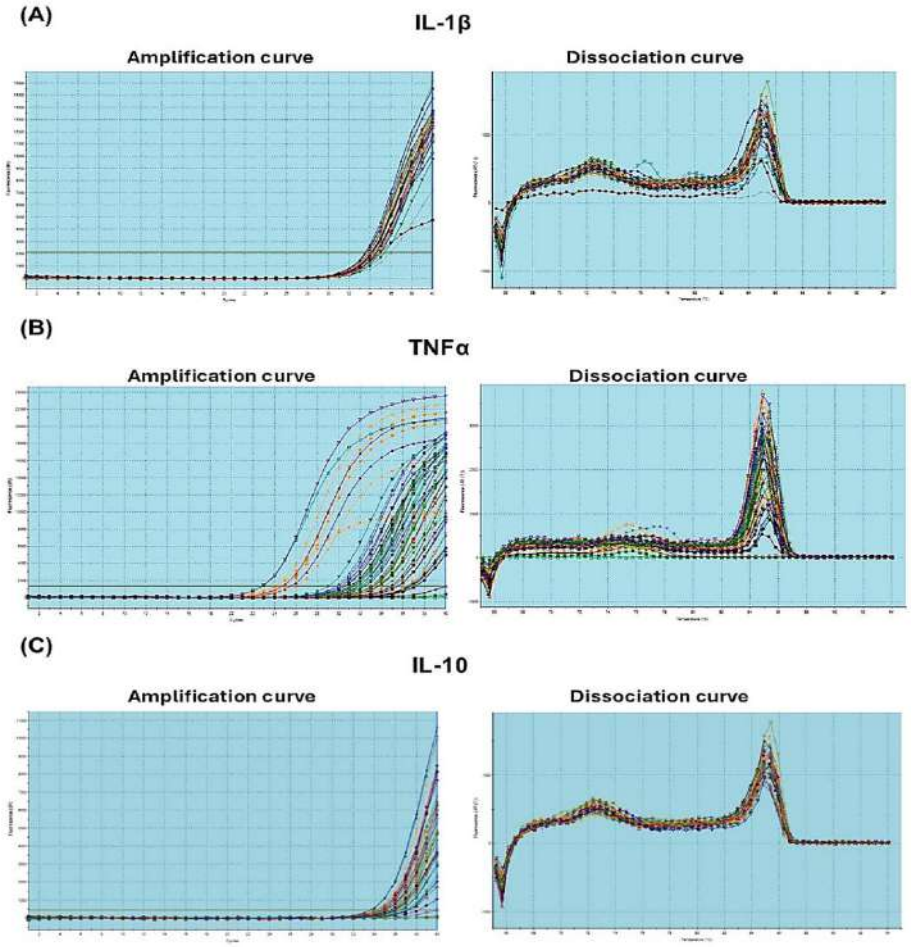


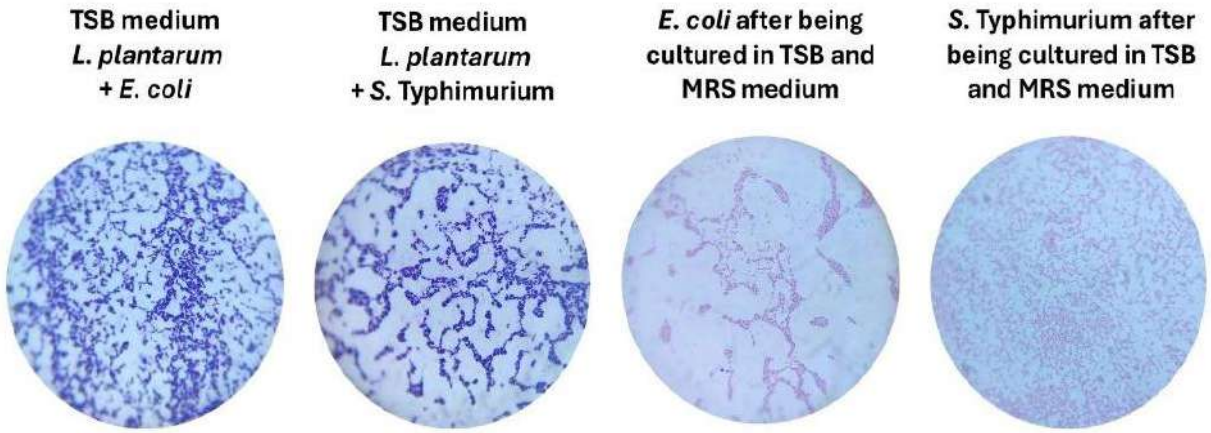
Figure H



Supporting information



S1 Fig. Dissociation and amplification curves for validation and specificity of the primers synthesized for qPCR. (A). IL-1β, (B) TNF α, (C) IL-10.



S2 Fig. Gram staining of *L. plantarum* co-cultures (1000x). (A) *L. plantarum* strain after being co-cultured with *E. coli* 1×10^8 in TSB medium and (B) *L. plantarum* strain after being co-cultured with *S*. Typhimurium 1×10^8 in TSB medium. (C) *E. coli* strain, after being cultured in TSB and MRS, and (D) *S*. Typhimurium strain, after being cultured in TSB and MRS, were used as experimental controls.