Characterisation of *Trichuris muris* secreted proteins and extracellular vesicles

provides new insights into host-parasite communication

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Abstract

Whipworms are parasitic nematodes that live in the gut of more than 500 million people worldwide. Due to the difficulty in obtaining parasite material, the mouse whipworm *Trichuris muris* has been extensively used as a model to study human whipworm infections. These nematodes secrete a multitude of compounds that interact with host tissues where they orchestrate a parasitic existence. Herein we provide the first comprehensive characterisation of the excretory/secretory products of *T. muris*. We identify 148 proteins secreted by *T. muris* and show for the first time that the mouse whipworm secretes exosome-like extracellular vesicles (EVs) that can interact with host cells. We use an Optiprep® gradient to purify the EVs, highlighting the suitability of this method for purifying EVs secreted by a parasitic nematode. We also characterise the proteomic and genomic content of the EVs, identifying >350 proteins, 56 miRNAs (22 novel) and 475 full-length mRNA transcripts mapping to *T. muris* gene models. Many of the miRNAs putatively mapped to mouse genes involved in regulation of inflammation, implying a role in parasite-driven immunomodulation. In addition, for the first time to our knowledge, we use colonic organoids to demonstrate the internalisation of parasite EVs by host cells. Understanding how parasites interact with their host is crucial to develop new control measures. This first characterisation of the proteins and EVs secreted by *T. muris* provides important information on whipworm-host communication and forms the basis for future studies.

Keywords: extracellular vesicles, exosomes, *Trichuris muris*, whipworm, miRNA, proteomics, organoids

1. Introduction

Infections with soil-transmitted helminths (STH) affect more than 1.5 billion people worldwide, causing great socio-economic impact as well as physical and intellectual retardation [1]. Among the STH, hookworms (*Necator americanus* and *Ancylostoma duodenale*), roundworms (*Ascaris lumbricoides*) and whipworms (*Trichuris trichiura*) are of particular importance due to their high prevalence and disease burden in impoverished countries [2]. For instance, *T. trichiura* alone infects around 500 million people worldwide, and contributes to 638,000 years of life lived with disability (YLDs) [2].

Infection with *Trichuris* spp. occurs after ingestion of infective eggs, which hatch in the caecum of the host. Larvae penetrate the mucosal tissue where they moult to become adult worms and reside for the rest of their lives. Due to the difficulty in obtaining parasite material to study whipworm infections, particularly adult worms, the rodent whipworm, *Trichuris muris*, has been extensively used as a tractable model of human trichuriasis [3, 4, 5]. In addition to parasitologists, immunologists have also benefited from the study of *T. muris* infections, and a significant amount of basic immunology research has been conducted using this model (reviewed by [6]). For instance, the role of IL-13 in resistance to nematode infections was elucidated using *T. muris* [7].

The recent publication of the genome and transcriptome of *T. muris* has provided meaningful insights into the immunobiology of whipworm infections [8]. This work provided new information on potential drug targets against trichuriasis and elucidated important traits that drive chronicity. Despite this progress, and the tractability of the *T. muris* model, very few proteomic studies have been conducted, and only a handful of reports have described proteins secreted by *Trichuris spp.* [9,

10, 11, 12, 13, 14]. Drake *et al.* characterised a pore-forming protein that *T. muris*

[14] and *T. trichiura* [13] use to drill holes in the host cell membrane. Furthermore, it

has been suggested that a thioredoxin-like protein secreted by the pig whipworm

Trichuris suis plays a role in mucosal homeostasis [11].

The importance of excretory/secretory (ES) products in governing host-

parasite interactions and ensuring parasite survival in inhospitable environments is

indisputable. Traditionally, ES products were believed to contain only soluble

proteins, lipids, carbohydrates and genomic content; however, the recent discovery of

extracellular vesicles (EVs) secreted by helminths has revealed a new paradigm in the

study of host-parasite relationships [15, 16, 17]. Helminth EVs have

immunomodulatory effects and contribute to pathogenesis. For instance, EVs secreted

by parasitic flatworms can promote tumorigenesis [18] and polarise host macrophages

towards a M1 phenotype [19], while EVs from the gastrointestinal nematode

Heligmosomoides polygyrus contain small RNAs that can modulate host innate

immunity [20].

In the present study, we aim to characterise the factors involved in *T. muris*-

host relationships. We provide the first proteomic analysis of the soluble proteins

present in the ES products and we describe the proteomic and nucleic acid content of

EVs secreted by whipworms. This work provides important information on

whipworm biology and contributes to the development of new strategies and targets to

combat nematode infections in humans and animals.

2. Experimental procedures

2.1 Ethics statement

The study was approved by the James Cook University (JCU) Animal Ethics

Committee (A2213). Mice were maintained at the JCU animal house (Cairns campus)

under normal conditions of regulated temperature (22°C) and lighting (12 h light/dark

cycle) with free access to pelleted food and water. The mice were kept in cages in

compliance with the Australian Code of Practice for the Care and Use of Animals for

Scientific Purposes.

2.2 Parasite material, isolation of ES products, and EV purification

Parasites were obtained from genetically susceptible B10.BR mice infected

with 200 *T. muris* eggs. The infection load (200 *T. muris* eggs per mouse) is well

tolerated, and results, usually, in ~180 adult parasites/mouse (90% success). Adult

worms were harvested from the caecum of infected mice 5 weeks after infection,

washed in PBS containing 5× antibiotic/antimycotic (AA) and cultured in 6-well

plates for 5 days in RPMI containing 1× AA, at 37°C and 5% CO_2. Each well

contained ~500 worms in 4.5 mL media. The media obtained during the first 4 h after

parasite culturing was discarded for further analysis. Dead worms were removed and

ES products were collected daily, subjected to sequential differential centrifugation at

500 *g*, 2,000 *g* and 4,000 *g* for 30 min each to remove eggs and parasite debris. For

the isolation of ES products, media was concentrated using a 10 kDa spin

concentrator (Merck Millipore, USA) and stored at 1.0 mg/ml in PBS at -80°C until

required.

For the isolation of EVs, the media obtained after differential centrifugation

was processed as described previously [21]. Briefly, ES products were concentrated

using a 10 kDa spin concentrator, followed by centrifugation for 45 min at 12,000 *g* to

remove larger vesicles. A MLS-50 rotor (Beckman Coulter, USA) was used to

ultracentrifuge the supernatant for 3 h at 120,000 g and the resultant pellet was

resuspended in 70 µl of PBS and subjected to Optiprep® discontinous gradient

(ODG) separation. One mL of 40%, 20%, 10% and 5% iodixanol solutions prepared

in 0.25 M sucrose, 10 mM Tris-HCl, pH 7.2, was layered in decreasing density in an

ultracentrifuge tube, and the 70 µl containing the resuspended EVs was added to the

top layer and ultracentrifuged at 120,000 g for 18 h at 4°C. Seventy (70) µl of PBS

was added to the control tube prepared as described above. A total of 12 fractions

were recovered from the ODG, and the excess Optiprep® solution was removed by

buffer exchanging with 8 ml of PBS containing 1× EDTA-free protease inhibitor

cocktail (Santa Cruz, USA) using a 10 kDa spin concentrator. The absorbance (340

nm) was measured in each of the fractions and density was calculated using a standard

curve with known standards. The protein concentration of all fractions was measured

using a Pierce BCA Protein Assay Kit (ThermoFischer, USA). All fractions were kept

at -80°C until use.

2.3 Size and concentration analysis of EVs.

The size distribution and particle concentration of fractions recovered after

ODG were measured using tunable resistive pulse sensing (TRPS) by qNano (Izon,

USA) following the manufacturer's instructions. Voltage and pressure values were set

to optimize the signal to ensure high sensitivity. A nanopore NP100 was used for all

fractions analysed except for fraction 9, where a NP150 was used. Calibration was

performed using CP100 carboxylated polystyrene calibration particles (Izon) at a

1:1000 dilution. Samples were diluted 1:5 and applied to the nanopore. The size and

concentration of particles were determined using the software provided by Izon

(version 3.2).

2.4 Exosome uptake in murine colonic organoids (mini-guts)

Murine colonic organoids were produced from intestinal crypts of a female

C57 Bl6/J mouse according to previous reports [22] with some modifications. Briefly,

murine colonic crypts were dissociated with Gentle Cell Dissociation reagent

(Stemcell Technology Inc., Canada) and further incubated in trypsin (Gibco,

ThermoFischer). Approximately 500 crypts were seeded in 50 µl of Matrigel

(Corning, USA) in a 24-well plate and cultured in Intesticult Organoid Growth

Medium (Stemcell Technology Inc.) supplemented with 100 ng/ml murine

recombinant Wnt3a (Peprotech, USA). ROCK-inhibitor (10 µM Y-27632; Sigma-

Aldrich, USA) was included in the culture medium for the first 2 days to avoid

anoikis.

For imaging, organoids were seeded in 75 µl of Matrigel in 6-well plates and

cultured for 7 days. To investigate internalization of EVs in the colonic epithelium

layer, EVs were labelled with PKH26 (Sigma-Aldrich) according to the

manufacturer's instructions. A total of 15-30 million stained particles (based on the

TRPS results) in 3-5 µl were injected into the central lumen of individual organoids

and cultured for 3 hours at 37°C and 4°C, respectively. Cell culture medium was

removed, and wells were washed with PBS. Organoids were fixed by directly adding

4% paraformaldehyde to the 6-well plates and incubating for 30 min at room

temperature (RT). Matrigel was then mechanically disrupted, and cells were

transferred into BSA-coated tubes. Autofluorescence was quenched by incubating the

organoids with 50 mM NH_4Cl in PBS (for 30 min at RT) and 100 mM glycine in PBS

(for 5 min). Cell nuclei were stained with Hoechst dye (Invitrogen, US) and

visualized on an AxioImager M1 ApoTome fluorescence microscope (Zeiss,

Germany). Fluorescence intensity of PKH26-stained parasite EVs was quantified in

ImageJ and expressed as percentage of corrected total fluorescence (% CTF) adjusted

by background fluorescence and the surveyed area in total epithelial cells (donut-

shaped selection) or in the lumen incubated at different conditions in 10 different

murine colonic organoids from 2 technical replicates (5 each). The whole experiment

was repeated to perform laser scanning confocal imaging on a 780 NLO microscope

(Zeiss). Confocal image deconvolution was performed in ImageJ using the plugins

"Diffraction PSF 3D" for PSF calculation and "DeconvolutionLab" with the

Richardson-Lucy algorithm for 3D deconvolution and Tikhonov-Miller algorithm for

2D deconvolution [23].

2.5 Proteomic analyses

The protein content from the *T. muris* ES products and ODG fractions were

analysed as follows.

2.5.1 Proteomic analysis of ES products

One hundred micrograms (100 µg) of *T. muris* ES proteins from two different

batches of adult worms were precipitated at -20°C overnight in ice-cold methanol.

Proteins were resuspended in 50 mM NH_4HCO_3, reduced in 20 mM dithiothreitol

(DTT, Sigma-Aldrich) and finally alkylated in 55 mM iodoacetamide (IAM, Sigma-

Aldrich). Proteins were finally digested with 2 µg of trypsin (Sigma-Aldrich) by

incubating for 16 h at 37°C with gentle agitation. Reaction was stopped with 5%

formic acid and the sample was desalted using ZipTip® (Merck Millipore). Both

samples were kept at -80°C until use.

2.5.2 Proteomic analysis of EVs

For the proteomic analysis of EVs, two replicates were analysed

independently. The ODG fractions with a density of 1.07-1.09g/ml (fractions 5-7)

were combined, and a total of 50 µg of protein from each of the two replicates was

loaded on a 12% SDS-PAGE and electrophoresed at 100V for 1.5 h. Each lane was

sliced into 9 pieces, which were subjected to trypsin digestion as described previously

[24]. Briefly, each slice was washed for 5 min three times in 50% acetonitrile, 25 mM

NH_4CO_3 and then dried under a vacuum centrifuge. Reduction was carried out in 20

mM DTT for 1 h at 65 °C, after which the supernatant was removed. Samples were

then alkylated in 55 mM IAM at RT in darkness for 40 min. Gel slices were then

washed 3× in 25 mM NH_4CO_3 before drying in a vacuum centrifuge followed by

digestion with 500 ng of trypsin overnight at 37°C. The digest supernatant was

removed from the gel slices, and residual peptides were removed from the gel slices

by washing three times with 0.1% TFA for 45 min at 37°C. Samples were desalted

and concentrated using Zip-Tip® and kept at -80°C until use.

2.5.2. Mass spectrometry and database searches

For all analyses, samples were reconstituted in 10 µl of 5% formic acid. Six

microlitres of sample was injected onto a 50 mm 300 µm C18 trap column (Agilent

Technologies, USA) and desalted for 5 min at 30 µL/min using 0.1% formic acid (aq).

Peptides were then eluted onto an analytical nano HPLC column (150 mm x 75 µm

300SBC18, 3.5 µm, Agilent Technologies) at a flow rate of 300 nL/min and separated

using a 35 min gradient (for ES proteins) or 95 min gradient (for EV proteins) of 1-

40% buffer B (90/10 acetonitrile/ 0.1% formic acid) followed by a steeper gradient

from 40-80% buffer B in 5 min. The mass spectrometer operated in information-

dependent acquisition mode (IDA), in which a 1-s TOF MS scan from 350-1400 m/z

was performed, and for product ion ms/ms 80-1400 m/z ions observed in the TOF-MS

scan exceeding a threshold of 100 counts and a charge state of +2 to +5 were set to

trigger the acquisition of product ion. Analyst 1.6.1 (ABSCIEX) software was used

for data acquisition and analysis.

For the analysis of the ES products, a database was built using the *T. muris*

genome [8] with the common repository of adventitious proteins (cRAP,

http://www.thegpm.org/crap/) appended to it. A similar database containing the *T.*

muris genome, the cRAP and the *Mus musculus* genome was used for the analysis of

the EV mass spectrometry data Database search was performed using X!Tandem,

MS-GF+, OMSSA and Tide search engines using SearchGUI [25]. Parameters were

set as follows: tryptic specificity allowing two missed cleavages, MS tolerance of 50

ppm and 0.2 Da tolerance for MS/MS ions. Carbamidomethylation of Cys was used

as fixed modification and oxidation of Met and deamidation of Asn and Gln as

variable modifications. PeptideShaker v.1.16.15 was used to import the results for

peptide and protein inference [26]. Peptide Spectrum Matches (PSMs), peptides and

proteins were validated at a 1.0% False Discovery Rate (FDR) estimated using the

decoy hit distribution. Only proteins having at least two unique peptides (containing

at least seven amino acid residues) were considered as positively identified. The mass

spectrometry proteomics data have been deposited to the ProteomeXchange

Consortium via the PRIDE partner repository with the dataset identifier PXD008387

(for the extracellular vesicles data) and PXD006344 (for the ES products data).

2.6. RNA analyses

2.6.1. mRNA and miRNA isolation

Two different biological replicates of EVs obtained from two different batches

of worms were used. ODG fractions with a density between 1.07 and 1.09 (fractions

containing pure EV samples after TRPS analysis) were pooled and excess Optiprep®

solution was removed by buffer exchanging. Total RNA and miRNA were extracted

using the mirVana^{TM} miRNA Isolation Kit (ThermoFischer) according to the

manufacturer's instructions. RNA was eluted over two fractions of 50 µl each and

stored at -80°C until analysed.

2.6.2. RNA sequencing and transcript annotation

The RNA quality, yield, and size of total and small RNAs were analyzed using

capillary electrophoresis (Agilent 2100 Bioanalyzer, Agilent Technologies, USA).

Ribosomal RNA was removed from samples, which were pooled for sufficient input

material for further sequencing, resulting in one sample for mRNA and two replicates

for miRNA analyses, respectively. mRNA and miRNA were prepared for sequencing

using Illumina TruSeq stranded mRNA-seq and Illumina TruSeq Small RNA-seq

library preparation kit according to the manufacturer's instructions, respectively.

RNAseq was performed on a HiSeq 500 (Illumina, single-end 75-bp PE mid output

run, approx. 30M reads per sample). Quality control, library preparation and

sequencing were performed at the Ramaciotti Centre for Genomics at the University

of New South Wales. The data have been deposited in NCBI's Gene Expression

Omnibus and are accessible through GEO Series accession numbers GSE107985 and

GSE107986.

2.7 Bioinformatic analyses

2.7.1 Proteomics

Proteins were classified according to Gene Ontology (GO) categories using

the software Blast2GO basic version 4.0.7. [27] and Pfam using HMMER v3.1b1

[28]. Putative signal peptides and transmembrane domain(s) were predicted using the

programs CD-Search tool [29] and SignalP [30].

2.7.2. mRNA analysis

High-throughput RNA-seq data was aligned to the *T. muris* reference genome

models (WormBase WS255; http://parasite.wormbase.org; [31]) using the STAR

transcriptome aligner [32]. Prior to downstream analysis, rRNA-like sequences were

removed from the metatranscriptomic dataset using riboPicker-0.4.3

(http://ribopicker.sourceforge.net; [33]). BLASTn algorithm [34] was used to

compare the non-redundant mRNA dataset for *T. muris* EVs to the nucleotide

sequence collection (nt) from NCBI (www.ncbi.nlm.nih.gov) to identify putative

homologues in a range of other organisms (cut-off: <1E-03). Corresponding hits

homologous to the murine host, with a transcriptional alignment coverage <95%

(based on the effective transcript length divided by length of the gene), and with an

expression level <10 fragments per kilobase of exon model per million mapped reads

(FPKM) normalized by the length of the gene, were removed from the list. The final

list of mRNA transcripts from *T. muris* exosomes was assigned to protein families

(Pfam) and GO categories (Blast2GO).

2.7.3. miRNA analysis and target prediction

The miRDeep2 package [35] was used to identify known and putative novel miRNAs

present in both miRNA samples. As there are no *T. muris* miRNAs available in

miRBase release 21 [36], the miRNAs from the nematodes *Ascaris suum*, *Brugia*

malayi, *Caenorhabditis elegans*, *Caenorhabditis brenneri*, *Caenorhabditis briggsae*,

Caenorhabditis remanei, *Haemonchus contortus*, *Pristionchus pacificus*, *Panagrellus*

redivivus, and *Strongyloides ratti* were utilised as a training set for the algorithm.

Only miRNA sequences commonly identified in both replicates were included for

further analyses. The interaction between miRNA and murine host genes was

predicted using the miRanda algorithm 3.3a [37]. Input 3'UTR from the *M. musculus*

GRCm38.p4 assembly was retrieved from the Ensembl database release 86 [38]. The

software was run with strict 5' seed pairing, energy threshold of -20 kcal/mol and

default settings for gap open and gap extend penalties. Interacting hits were filtered by

conservative cut-off values for pairing score (>155) and matches (>80%). The

resulting gene list was classified by the Panther classification system

(http://pantherdb.org/) using pathway classification [39] and curated by the reactome

pathway database (www.reactome.org) [40].

3. Results

3.1 Proteomics analysis of the ES products of T. muris

The ES products secreted by two different batches of *T. muris* adult worms

were analysed using LC-MS/MS. A total of 1,777 and 2,056 peptide-spectrum

matches (PSMs) were confidently identified in the first and second biological

replicates analysed respectively. Similarly, a total of 591 and 704, corresponding to

197 and 233 proteins were identified with 100% confidence. After removing the

proteins identified from only one peptide and the sequences belonging to the

contaminants, 100 and 116 *T. muris* proteins were identified in both replicates. A total

of 68 proteins were found in both replicates, whereas 32 and 48 proteins were

uniquely found in replicate 1 and 2 respectively, resulting in 148 proteins in total

(Supplementary Table 1).

The identified proteins were subjected to a Pfam and GO analysis. The most

represented domains were "trypsin-like peptidase", "thioredoxin-like" and

"tetratricopeptide repeat domains", with 21, 19 and 13 proteins containing these

domains respectively (Figure 1A). The most abundant GO terms within the

"molecular function" ontology were "protein binding", "metal ion binding" and

"nucleic acid" as well as "isomerase activity", "oxidoreductase activity" and "serine-

type peptidase activity" (Figure 1B). The GO terms within "biological process" and

"cell component" (as well as the above mentioned "molecular function") are detailed

in Supplementary Table 1.

From the total of 148 proteins found in both replicates, only 62 had a signal

peptide (Supplementary Table 2), which opened the possibility of other non-classical

mechanisms of secretion of these proteins described in other helminths, such as EVs.

3.2 T. muris adult worms secrete exosome-like EVs that can be internalised by host

cells

The ES products secreted by *T. muris* adult worms were concentrated and EVs

purified using Optiprep® gradient. The density of the 12 fractions recovered after

Optiprep® separation was measured, ranging from 1.04-1.27 g/ml (Table 1). All

fractions were subjected to TRPS analysis using a qNano system, but only fractions 4-

10 contained enough vesicles for the analysis (Figure 2). Fraction 6 (corresponding to

a density of 1.07 g/ml) contained the highest number of EVs (1.34×10^{12}

particles/ml), followed by fractions 7 (density = 1.008 g/ml; concentration = $8.21 \times$

10^{10} particles/ml) and fraction 5 (density = 1.07 g/ml; concentration = 7.47×10^{10})

(Table 1). Protein concentration was measured in all fractions, and EV purity

determined as described previously [41] (Table 1). Fraction 6 had the purest EV

preparation (4.31×10^9 particles/µg), followed by Fractions 7 and 5 (4.04×10^8 and

1.58×10^8 particles/µg respectively) (Table 1). Furthermore, the vesicle size was

determined using the qNano system, and the results are summarised in Table 1.

In vitro cellular uptake of *T. muris* EVs in host cells was studied using murine

colonic organoids, comprised of the complete census of progenitors and differentiated

cells from the colon epithelial tissue growing in cell culture. Purified membrane-

labelled *T. muris* EVs were injected into the central lumen of the colonic organoids

(corresponding to the intestinal lumen), and they were incubated for 3 hours at 37°C

to demonstrate cellular uptake. We observed internalisation of EVs by organoid cells,

which was absent by preventing endocytosis in metabolic inactive cells at 4°C (Figure

3). Using confocal microscopy, we confirmed that EVs were inside cells and present a

cytoplasmic location of the stained EVs in some cells within the donut-shaped

epithelial layer. By analysing the pictures and comparing the area of epithelial cells

and the central lumen uptake of stained vesicles at 37°C could be quantitatively traced

within epithelial organoid cells (mean percentage of corrected total fluorescence

(%CTF) +/-SD: 4.04 +/- 1.11), and %CTF values were significantly reduced

($p<0.001$) in the central lumen (0.59 +/- 0.41), whereas at 4°C, CTF values were 0.21

+/- 0.29 and 3.79 +/-2.29 for the total epithelial organoid cells and the central lumen,

respectively (Figure 3E).

3.3 T. muris secreted EVs contain specific proteins

Two replicates containing ODG fractions with a density between 1.07-1.09

g/ml were subjected to SDS-PAGE separation, each lane cut into 9 slices and

subjected to trypsin digestion followed by LC-MS/MS analysis. The results obtained

from both replicates were combined and only proteins commonly found in both

replicates were considered for further analysis. A total of 28,376 and 19,510 spectra

corresponding to 6,489 and 5,455 peptides were identified in replicates 1 and 2

respectively. A total of 663 and 718 proteins matching *T. muris*, *M. musculus* and

common contaminants for the cRAP database were identified (Supplementary Table

3). From these, 465 and 26 proteins containing at least 2 validated unique peptides

matched *T. muris* and *M. musculus respectively in replicate 1. Similarly,* 486 and 36

proteins containing at least 2 validated unique peptides matched *T. muris* and *M.*

musculus respectively in replicate 2. A final list of 364 and 17 proteins corresponding

to *T. muris* and *M. musculus* respectively was defined with proteins commonly

identified in both replicates (Supplementary Table 4). Only these common proteins

were used in subsequent analysis

Among the identified proteins from *T. muris*, the most abundant proteins

based on the spectrum count were a trypsin domain-containing protein, several sperm-

coating protein (SCP)-like extracellular proteins, also called SCP/Tpx-1/Ag5/PR-

1/Sc7 domain containing proteins (SCP/TAPS), a poly-cysteine and histidine-tailed

protein, a glyceraldehyde-3-phospahte dehydrogenase and a TB2/DP1 HVA22

domain-containing protein. One tetraspanin (TMUE_s0037005100) was found in the

EVs sample, as well as other proteins typically found in EVs from helminths like 14-

3-3, heat shock protein (HSP) and glutathione-s-transferase were also identified in this

study. Furthermore, from the 364 identified proteins from *T. muris*, only 50 (13.7%)

contained a transmembrane domain, and 120 (32.96%) had a signal peptide. Despite

washing the worms extensively before culturing, discarding the first 4 hours of the ES

for EV isolation (which typically contains a significant amount of host proteins) and

analysing only fractions containing highly pure EV samples, we found some host

proteins in our analysis. Among these proteins we found an antibody Fc fraction and 9

proteasome proteins (Supplementary Table 4).

401   Following a GO analysis, the most represented GO terms within biological

402   process in the *T. muris* EV proteins were assigned as "cellular metabolic process",

403   "response to stimulus" and "proteolysis" (Figure 4A). Similarly, the most represented

404   GO terms within molecular function were "Oxidoreductase activity", "protein

405   binding" and "ATP binding" (Figure 4B).

407   *3.4 T. muris secreted EVs contain specific mRNAs and miRNAs*

408   RNA content of EVs was characterized using the Illumina HiSeq platform. For

an initial description of parasite-specific mRNAs in EVs, total RNA from a highly

pure EV sample was sequenced and results were curated based on stringent

thresholds. This resulted in 475 full-length mRNA transcripts mapping to *T. muris*

gene models. The identified hits were subjected to a Pfam and GO analysis.

Interestingly, the most represented domains were of "unknown function", "reverse

transcriptase", and "helicase", whereas other gene models with DNA-binding and

processing domains were also highly abundant (e.g. genes with "retrotransposon

peptidase" domain) (Figure 5A). Mapping to molecular functions identified "protein

binding" as the most abundant term, with 31.9% of all sequences involved in this

function (Figure 5B). The underlying proteins from the parasite-specific mRNAs had

functions in signalling and signal transduction, transport, protein modification and

biosynthetic processes, as well as in RNA processing and DNA integration (Figure

5C). Data is provided in Supplementary Table 5.

By sequencing and screening biological duplicates for miRNAs, we identified

56 miRNAs commonly present in both datasets, 34 of which having close homologs

in other nematodes. The remaining 22 miRNAs were novel and were named serially

according to their mean abundances (tmu.miR.ev1 to tmu.miR.ev22). Potential

interactions of *T. muris* miRNAs to murine host genes were explored by

computational target prediction. The 56 nematode EV-miRNAs were predicted to

interact with 2,043 3'UTR binding sites of the mouse genome assembly

(Supplementary Table 6). Associated annotated coding genes were grouped according

to signalling, metabolic, and disease pathways (Supplementary Figure 1). Indeed, a

number of the nematode miRNA-mouse gene interactions are involved in host

immune system, receptor, and transcriptional regulation (Figure 6). Within the 56

identified EV miRNAs, 3 (5.4%) could not be assigned for interaction with a specific

pathway in the murine host, including the second most abundant asu-miR-5360-5p.

4. Discussion

Trichuriasis is a soil transmitted helminth infection that affects almost 500

million people worldwide [1, 42, 43]. In addition to the pathogenicity associated with

the disease, the infection can also cause physical and intellectual retardation [1, 44].

There is, therefore, an urgent need to understand the mechanisms by which the

parasite interacts with its host such that novel approaches to combat this neglected

tropical disease can be developed [45]. *T. trichiura* is the main species that affects

humans, but the difficulty in obtaining worms and working with the adult stage have

prompted parasitologists and immunologists to use the *T. muris* rodent model.

We provide herein the first high throughput study of the secretome of *T.*

muris. The analysis of the genome from *T. muris* predicted 434 proteins containing

signal peptides [8]. We have confidently identified (with 2 or more peptides) 148

proteins secreted by adult *T. muris*, corresponding to 34.1% of the total predicted

secreted proteins [8]). From the total proteins identified, 68 were commonly found in

both replicates, highlighting the importance of analysing multiple batches of samples

when conducting proteomics analyses of parasitic ES products. Among the identified

proteins we found several peptidases and proteases (such as serine proteases, pepsin

and trypsin domain-containing proteins) and also protease inhibitors including WAP

domain-containing proteins. These findings are in agreement with the functional

annotation of the *T. muris* proteins predicted from the genome [8]. Protease inhibitors

(particularly serine protease inhibitors and secretory leukocyte proteinase inhibitor

(SLPI)-like proteins - proteins containing mostly WAP domains) are abundantly

represented in the *T. muris genome* [8]. SLPI-like proteins have been suggested to

have immunomodulatory properties as well as a role in wound healing [8, 46, 47, 48],

so they could be secreted in an attempt to modulate the host's immune response and

repair damage caused by both feeding/migrating worms and immunopathogenesis. In

addition, we found five SCP/TAPS (also known as CAP-domain) proteins.

SCP/TAPS proteins are abundantly represented in soil-transmitted helminths,

although they have not been well characterised in the clade I nematodes [49].

Only recently, different authors have shown the importance of helminth-

secreted EVs in host-parasite interactions. The secretion of small EVs was

demonstrated in various intracellular and extracellular parasites, interacting with their

hosts in a specific manner (reviewed in [17]). In addition, the secretion of EVs has

been demonstrated thus far only in a small number of nematodes, including the free-

living *C. elegans*, the filarial nematodes *Brugia malayi* and *Dirofilaria immitis*, the

rodent nematode *Heligmosomoides polygyrus* and the ovine and porcine intestinal

nematodes *Teladorsagia circumcincta* and *Trichuris suis*, respectively [20, 50, 51, 52,

53].

Our results show that *T. muris* secretes EVs with a wide variety of sizes (40-

550 nm). In order to study the exosome-like vesicles (vesicles with a size between 50-

150 nm) and eliminate contamination with soluble proteins that could be co-

precipitated in the ultracentrifugation step, we further purified the EVs using Optiprep

and analysed only fractions 5-7 (fractions containing EVs with sizes between

72 ± 23.8nm to 90 ± 25.5nm). For a totally novel approach in EV research, we

introduced and established a long-term primary *in vitro* culture to generate 3D

intestinal organoids, recapitulating the *in vivo* epithelial tissue organisation and

representing the complete census of progenitors (stem cells) and differentiated cells

[22, 54]. Although there are colonic cancer cell lines available, such as the intestinal

epithelial cell line Caco2, cell lines cannot recapitulate the complex spatial

organisation of the intestinal epithelium, they have undergone significant molecular

changes to become immortal, and do not represent all intestinal subsets [55]. Hence,

we used colonic organoids corresponding to the epithelial barrier, which is the first

line of defence against intestinal pathogens. In a first attempt to study whipworm EV

interactions with the host intestinal epithelial barrier, we observed vesicle uptake only

in a subset of cells. This could not be confirmed by repeating the experiment and

analysing the cells by laser scanning confocal imaging and z-stack rendering. At first

glance, this suggests that parasite EV uptake – at least under the tested conditions - is

a cell type-unspecific process. Results from several studies show that fluorescently

labelled EVs can be taken up by different cell types, whereas other studies indicate

that vesicular uptake is a highly cell-type specific process (summarized in [56]). As

we don't know which intestinal cells are presented in the screened murine colonic

organoids, further studies should include good host cell markers to distinguish the

different cells in the heterogeneous organoid system. Furthermore, as the tested

conditions could correspond to a high parasite burden present in severe infections,

titration of the administered EV dosages, and inclusion of different endocytosis-

inhibitors could give clues about the specificity and mechanisms of *T. muris* EV-host

interactions. In line with the observation of different studies, uptake of EVs was

dramatically reduced when incubating at 4°C, suggesting that internalization is not a

passive process occurring in metabolically inactive cells, and hence relies on some

source of energy [57, 58, 59, 60]. A disadvantage of the intestinal organoid culture is

the lack of any immune cells. Co-culture experiments with intestinal organoids and

intraepithelial lymphocytes as described by Nozaki and colleagues [61] could be a

powerful tool to study interactions of EVs with immune cells at their primary

interface, complemented with host cell proteomics to detect host and parasite proteins,

and transcriptomic studies.

The proteomic analysis of the exosome-like EVs showed a total of 381

proteins (364 from *T. muris* and 17 from the host), 130 of which have been also found

in the crude ES prep. From the common proteins, only 54 (41.5%) were predicted to

have a signal peptide, thus, EVs could be a potential mechanism by which these

proteins are secreted by helminths into the extracellular milieu, addressing an issue

that has been frequently debated in the literature [8]. It is interesting to note that one

tetraspanin (TMUE_s0037005100) was detected in the *T. muris* EVs. Tetraspanins are

considered a molecular marker of exosomes since they are present on the surface

membrane of EVs from many different organisms including mammalian cells and

bacteria [62]. EVs secreted by, or shed from the surface of parasitic trematodes are

enriched in tetraspanins [18, 21, 63], although, in the case of nematodes, they are not

abundant on the surface of EVs. For instance, only one member of this family was

found in the EVs secreted by the nematode *H. polygyrus* [20]. Since tetraspanins are

involved in the formation of the membrane of EVs [62], it is unclear why EVs

secreted by nematode parasites are not replete in tetraspanins, as happens in

trematodes. In trematodes, exosomes derive from the tegumental syncytium of the

worm [64], whereas in nematodes they seem to have an intestinal origin [20]. This

different origin could be the reason why tetraspanins are not enriched in nematode

EVs. Our dataset presents other proteins usually found in parasitic exosomes, such as

14-3-3, heat shock protein 90 and myoglobin.

Proteins involved in proteolysis were abundantly represented (12.3% of

sequences) in the *T. muris* EVs (e.g. trypsin like, cathepsins and aminopeptidases).

Trichuris lacks the muscular pharynx that many other nematodes use to ingest their

food, a challenging process given the hydrostatic pressure of the pseudocoelom that

characterizes the phylum. Instead, it has been suggested that the parasite secretes

copious quantities of digestive enzymes for this purpose [8]. We have shown that

proteases are heavily represented in the ES products, and proteolysis is also in the top

3 main GO terms found when we analysed the proteins present in the EVs. Indeed, 37

of the 364 proteins from *T. muris* found in the EVs contain a trypsin or trypsin-like

domain. These proteins could be involved in extracellular digestion, and, since

feeding is a key process in parasite biology, they might also be potential targets for

vaccines and drugs against the parasite. Helminth proteases have also been

hypothesized to be involved in immunomodulatory processes, where they degrade

important immune cell surface receptors [65] and host intestinal mucins [9, 66]. If this

is the case, *Trichuris* could be secreting EVs containing peptidases to promote an

optimal environment for attaching to the mucosa and feeding purposes.

Proteins containing an SCP/TAPS domain were identified in the EVs secreted

by *T. muris*. This family of proteins is abundantly expressed by parasitic nematodes

and trematodes. For instance, they represent 35% of the ES products of the hookworm

Ancylostoma caninum [67], and have been found in free-living and plant nematodes

(reviewed by [68]). Their role is still unknown, although they have been suggested to

play roles in fundamental biological processes such as larval penetration [69],

modulation of the immune response [70, 71], in the transition from the free-living to

the parasitic stage [72] and have even been explored as vaccine candidates against

hookworm infections [73]. It is interesting to note that EVs from other helminths are

enriched for many known vaccine candidate antigens [21]. Since SCP/TAPS proteins

are abundant in the EVs secreted by *T. muris*, their potential use as vaccines should be

further explored.

We analysed the mRNA and miRNA content of the exosome-like EVs

secreted by *T. muris* since it has been well documented that the nucleic acid content of

eukaryotic EVs can be delivered between species to other cells, and can be functional

in the new location [74]. Functional categorization of the 475 mRNAs from *T. muris*

EVs revealed a high proportion of protein-binding proteins. Interestingly, mRNAs for

common EV proteins were present, including inter alia mRNAs for tetraspanins,

HSPs, histones, ubiquitin-related proteins, and signalling- and vesicle trafficking

molecules (rab, rho and ras). A significant number of domains found in the proteins

predicted from mRNA sequences were involved in reverse transcription and

retrotransposon activity, suggesting a strong involvement of these mRNAs in direct

interactions with the host target cell genome. This is supported by the hypothesis of

shared pathways between EV biogenesis and retrovirus budding, including the

molecular composition of the released particles, sites of budding in different cell

types, and the targeting signals that deliver proteins [75, 76, 77, 78].

To gain a more comprehensive picture of the RNA composition of the *T.*

muris EVs, we sequenced the miRNAs present in *T. muris* EVs and identified 56

miRNAs, including 22 novel miRNAs without described homology to other

nematodes. We also identified miRNAs that shared homology with those from other

parasitic nematodes, such as let-7, miR-2, miR-9, miR-34, miR-36 (a and c), miR-44,

miR-60, miR-72, miR-81, miR-86, miR-87, miR-92, miR-228, miR-236 and miR-252

(reviewed in [79]). This suggests that secretion of miRNAs by parasitic nematodes is

most probably conserved and that EVs could be playing an important role in this

secretory pathway. *T. muris* miRNAs that regulate expression of genes involved in

specific conditions and cellular pathways were identified. In humans, more than 60%

of all protein-coding genes are thought to be controlled by miRNAs (reviewed in

[80]). Our *in silico* prediction analysis of murine host gene interactions of *T. muris*

EV miRNAs points towards a strong involvement of parasite miRNAs in

regulation/modulation of the host immune system [81]. In this sense, it has been

previously demonstrated that small EVs secreted by *H. polygyrus* interact with

intestinal epithelial cells of its murine host and suppress type 2 innate immune

responses, promoting parasite survival [20]. Similarly, other studies demonstrated the

secretion of EVs containing miRNAs by larvae of the porcine whipworm *T. suis*, and

although the miRNAs were not sequenced, the authors suggested a possible role in

immune evasion [50].

The mechanisms by which parasitic helminths pack their nucleic acid cargo

into EVs is still unknown, and, while we hypothesize that an active mechanism might

regulate this process, we cannot discard the possibility that mRNAs and miRNAs

could be internalised at random. Understanding this mechanism will be of importance

in understanding the intimately interactive nature of host-parasite biology. For

example, are mRNAs in parasite EVs translated into protein by target host cells, akin

to viral hijacking of host cell protein manufacturing machinery? Or, are EV mRNAs

unimportant, and manipulation of host cell gene expression is mostly due to miRNAs?

In the present study we have provided important information regarding the

molecules secreted by the murine whipworm *T. muris*. The identification of the

secreted proteins and EVs (including their proteomic and RNA content) will prove

useful not only for the design of novel approaches aimed at controlling whipworm

infections, but also to understand the way the parasite promotes an optimal

environment for its survival.

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Figure legends

Figure 1. Bioinformatic analyses of the proteins secreted by *Trichuris muris*. (A)

Bar graph showing the most abundant protein families after a Pfam analysis on the

excretory/secretory proteins derived from *T. muris*. (B) Bar graph showing the most

abundantly represented gene ontology molecular function terms in excretory/secretory

proteins derived from *T. muris*.

Figure 2. Tunable resistive pulse sensing analysis of the extracellular vesicles

(EVs) secreted by *Trichuris muris*. (A) The size and number of the EVs secreted by

T. muris after purification using an Optiprep® gradient was analysed using a qNano

system (iZon). (B) Detailed graph showing number of vesicles with a diameter

between 30-150nm. Only fractions 4-10 contained enough vesicles for the analyses.

Figure 3. *Trichuris muris* extracellular vesicles (EVs) are internalized by murine

colonic organoids. (A) Representative fluorescence images (Zeiss AxioImager M1

ApoTome) of PKH26-labelled EVs (red) internalized by organoids after 3 hours at

37°C and 4°C (metabolically inactive cells). Hoechst dye (blue) was used to label cell

nuclei. † indicates the lumen of the organoids, which corresponds to the murine gut

lumen, separated by the dotted line from the epithelial cell layer. White bar

corresponds to 20 μm. (B) Deconvolved laser scanning confocal microscopy images

(Zeiss 780 NLO) of murine colonic organoids under 20x magnification. White bar

corresponds to 20 µm. (C) Magnification of the framed area in B under 100x

magnification. White bar corresponds to 10 μm. (D) 3D projection of z-stack serial

confocal images of a 12 µm organoid slice incubated with PKH26-labelled EVs after

3 hours at 37°C (videos of 3D projections of the experiments at 37°C and 4°C are

available in the supplementary materials) (E) Percentage of the corrected total

fluorescence (CTF) adjusted by background fluorescence and the surveyed area of

PKH26-stained EVs in total epithelial cells (donut-shaped selection) or in the

organoid lumen incubated under different conditions in 10 different organoids from 2

technical replicates (5 each). *** indicates highly significant results (p<0.001). Error

bars indicate 95% confidence intervals.

Figure 4. Gene ontology analysis of proteins from the extracellular vesicles (EVs)

secreted by *Trichuris muris*. (A) Bar graph showing the most abundantly represented

gene ontology biological process terms in proteins present in the EVs secreted by *T.*

muris. (B) Bar graph showing the most abundantly represented gene ontology

molecular function terms in proteins present in the EVs secreted by *T. muris*.

Figure 5. Analysis of the 475 full-length mRNAs detected in *Trichuris muris*

extracellular vesicles. (A) Bar graph showing the most represented protein families

(Pfam) from the translated mRNAs. (B) Molecular functions and (C) biological

functions of proteins encoded by each of the 475 transcripts assigned to gene ontology

functional annotation.

Figure 6. Prediction of *T. muris* extracellular vesicle (EV) miRNA target

interactions to murine host genes. Functional map of *T. muris* EV miRNAs and

their target murine host genes. (A) Individual targeted host genes are categorized by

PantherDB signaling pathway analysis (heat map corresponds to individual targeted

genes in the murine host). Bottom axis shows the 56 identified miRNAs in *T. muris*

EVs and their abundances (average mean read counts from two biological replicates),

termed according to their closest homologues (*de novo* transcripts were designated as

tmu.miR.ev#). Total number of targeted genes identified by PantherDB categories

classified as (B) 'immune system related', (C) 'receptor regulation', and (D)

'transcription regulation'.

Supplementary Figure 1. Prediction of *T. muris* extracellular vesicle (EV)

miRNA target interactions to murine host genes. Functional map of *T. muris* EV

miRNAs and their target murine host genes categorized by PantherDB signalling,

metabolic, disease, and other pathways. Heat map corresponds to individual targeted

genes in the murine host.

Supplementary Table 1. Detailed analysis of the proteins secreted by *Trichuris*

muris. Proteins were annotated using Blast2GO [27], and the description blast e-

values, gene ontology (GO) terms and enzyme codes are shown. Information about

the number of unique peptides, peptide-spectrum matches (PSM), spectrum counting

and coverage is also provided for each protein and batch analysed.

Supplementary Table 2. Signal peptide analysis of the proteins secreted by

***Trichuris muris*.** An analysis to check for the presence of a signal peptide in each of

the proteins secreted by *T. muris* was performed using SignalP [30].

Supplementary Table 3. Proteomic analysis of extracellular vesicles (EVs)

secreted by *Trichuris muris*. Details of the identification of the proteins present in

the EVs secreted by *T. muris* using X!Tandem, Tide, MS-GF + and OMSSA. All

proteins are shown, including contaminants, and independently of the number of

unique peptides identified.

1003

Supplementary Table 4. Curated proteomic analysis of extracellular vesicles

(EVs) secreted by *Trichuris muris*. Proteins from *T. muris* and *Mus musculus* found

in both replicates of EVs secreted by *T. muris*. Only proteins found in both replicates

containing at least 2 validated peptides were considered for the analysis. Proteins are

sorted by theoretical abundance (average spectrum counting). Only proteins from *T.*

muris or *M. musculus* are shown.

1010

1011   **Supplementary Table 5. Data on 475 detected mRNA transcripts from *T. muris***

1012   **extracellular vesicles.** RNA-seq data was aligned to the *T. muris* reference genome

1013   models [31] and the E-value of the alignment, the fragments per kilobase of exon

1014   model per million mapped reads (FPKM) normalized by the length of the gene and

1015   the relative coverage of the alignment are provided.

1016

1017   **Supplementary Table 6. Data description on predicted *T. muris* miRNA-host**

1018   **target interactions.** Table showing the 56 miRNAs identified in the *T. muris*

1019   extracellular vesicles and their 2,043 3'UTR predicted binding sites in the mouse

1020   genome.

1021

1022   **Supplementary Video 1. 3D reconstruction of a 12 μm murine colonic organoid**

1023   **slice incubated with PKH26-labelled EVs (red) after 3 hours at 37°C.** Z-stacks

1024   serial images acquired by laser scanning confocal microscopy under 20x

1025   magnification and processed in ImageJ software. Cell nuclei are stained with Hoechst

1026   dye (blue).

1027

1028   **Supplementary Video 2. 3D reconstruction of a 10 μm murine colonic organoid**

1029   **slice incubated with PKH26-labelled EVs (red) after 3 hours at 4°C.** Z-stacks

1030   serial images acquired by laser scanning confocal microscopy under 40x

1031   magnification and processed in ImageJ software. Cell nuclei are stained with Hoechst

1032   dye (blue).

1033

1034 **Table 1. Features of the different fractions isolated after Optiprep fractionation**

1035 **of extracellular vesicles from *Trichuris muris*.** Despite protein being detected in all

1036 fractions, only vesicles from fractions 4-10 could be quantified. The purity of the

1037 different fractions was calculated according to [41].

1038

Optiprep fraction	Density (g/mL)	Protein quantification (µg/ml)	Particle concentration (particles/mL)	Purity of vesicles particles/µg	Particle size nm
S1	1.04	104.69	-	-	-
S2	1.05	290.10	-	-	-
S3	1.05	435.58	-	-	-
S4	1.06	477.86	2.96E+08	6.19E+05	93±41.5
S5	1.07	474.19	7.47E+10	1.58E+08	72±11.7
S6	1.07	310.61	1.34E+12	4.31E+09	72±23.8
S7	1.08	202.99	8.21E+10	4.04E+08	90±25.5
S8	1.10	160.76	1.31E+10	8.15E+07	152±75.3
S9	1.12	190.46	1.31E+10	6.88E+07	183±68.2
S10	1.15	436.86	1.71E+09	3.91E+06	165±54.9
S11	1.21	232.77	-	-	-
S12	1.27	83.35	-	-	-

1039

A

B

A

B

B Immune system related target genes

Chemokine and cytokine signaling pathway (P00031)
Angiogenesis (P00005)
CCKR signaling map (P06959)
Integrin signaling pathway (P00034)
PDGF signaling pathway (P00047)
Interleukin signaling pathway (P00036)
T cell activation (P00053)
Ras Pathway (P04393)
B cell activation (P00010)
Endothelin signaling pathway (P00019)
TGF-beta signaling pathway (P00052)
p38 MAPK pathway (P05918)
Toll receptor signaling pathway (P00054)
Interferon-gamma signaling pathway (P00035)
Others

C Receptor regulation target genes

Gonadotropin-releasing hormone receptor pathway (P06664)
EGF receptor signaling pathway (P00018)
5HT2 type receptor mediated signaling pathway (P04374)
Oxytocin receptor mediated signaling pathway (P04391)
Nicotinic acetylcholine receptor signaling pathway (P00044)
Beta2 adrenergic receptor signaling pathway (P04378)
Beta1 adrenergic receptor signaling pathway (P04377)
Muscarinic acetylcholine receptor 2 and 4 signaling pathway (P00043)
Histamine H1 receptor mediated signaling pathway (P04385)
Metabotropic glutamate receptor group III pathway (P00039)
GABA-B receptor II signaling (P05731)
Muscarinic acetylcholine receptor 1 and 3 signaling pathway (P00042)
Dopamine receptor mediated signaling pathway (P05912)
5HT1 type receptor mediated signaling pathway (P04373)
Beta3 adrenergic receptor signaling pathway (P04379)
Others

D Transcription regulation target genes

Wnt signaling pathway (P00057)
Heterotrimeric G-protein signaling pathway-Gi alpha and Gs alpha mediated pathway (P00026)
Heterotrimeric G-protein signaling pathway-Gq alpha and Go alpha mediated pathway (P00027)
Heterotrimeric G-protein signaling pathway-rod outer segment phototransduction (P00028)
Cytoskeletal regulation by Rho GTPase (P00016)
PI3 kinase pathway (P00048)
Transcription regulation by bZIP transcription factor (P00055)
Endogenous cannabinoid signaling (P05730)
General transcription by RNA polymerase I (P00022)
General transcription regulation (P00023)
Notch signaling pathway (P00045)
5-Hydroxytryptamine degradation (P04372)