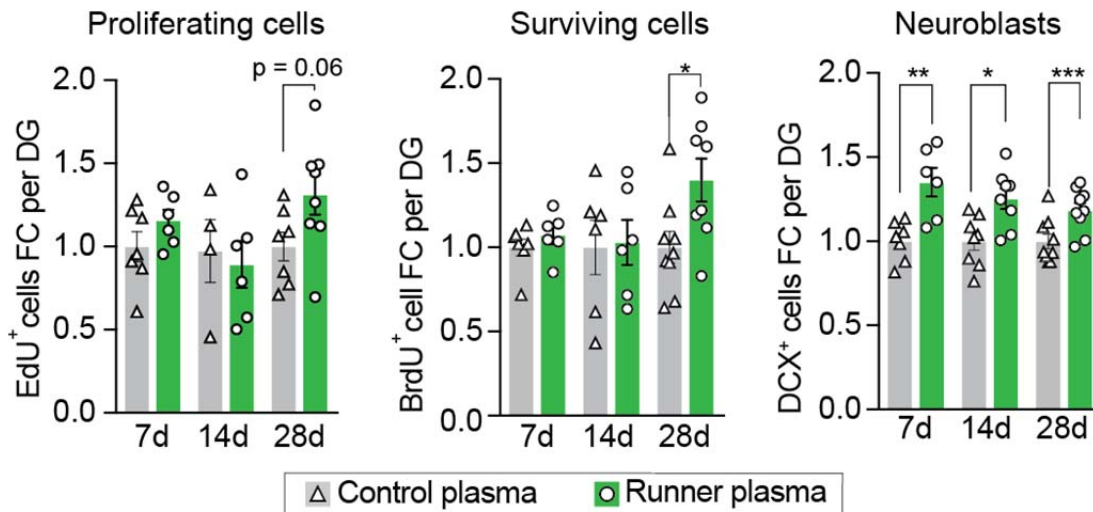


# Exercise conditioned plasma dampens inflammation via clusterin and boosts memory

## Extended data 3



### Extended data 3. Runner plasma infusions from 28 days runners upregulate proliferation and survival of hippocampal new born cells.

Plasma from running mice (3-4 months of age) that run for 7, 14 or 28 days was collected and transferred to matched aged non-running mice, once every 3 days 28 days. BrdU was administered 3 days before plasma administration and EdU 24 hours before sacrifice. Graphs show total number of cells per dentate gyrus (DG) of fluorescent immunolabeled EdU<sup>+</sup> cells, BrdU<sup>+</sup> cells and DCX<sup>+</sup> cells (n=6-9 per group).

Means ± s.e.m; unpaired Student's two-tailed *t* test; \* *P* < 0.05, \*\* *P* < 0.01 and \*\*\* *P* < 0.001