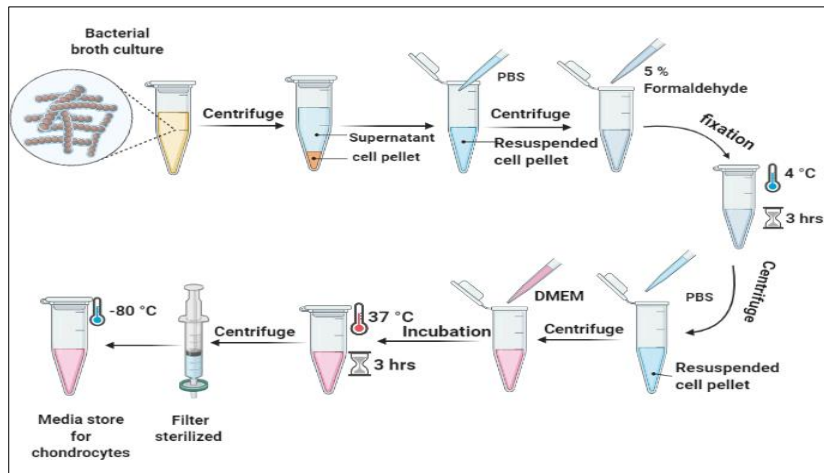


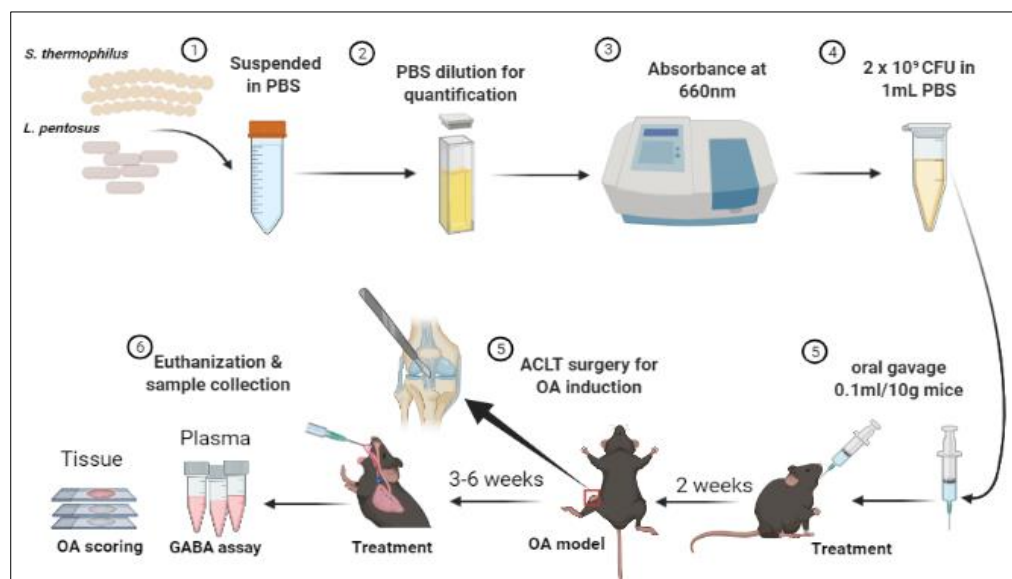
Supplementary Figure S1

Schematic illustration operational steps for conditioned media



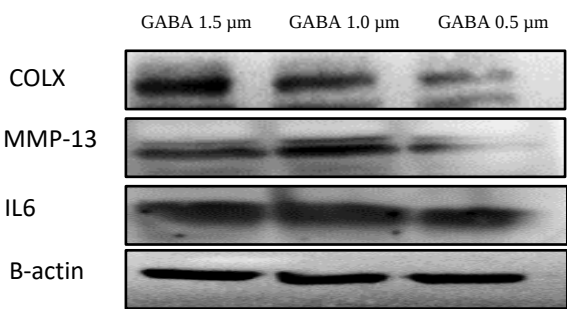
Supplementary Figure-S2

Oral administration protocol

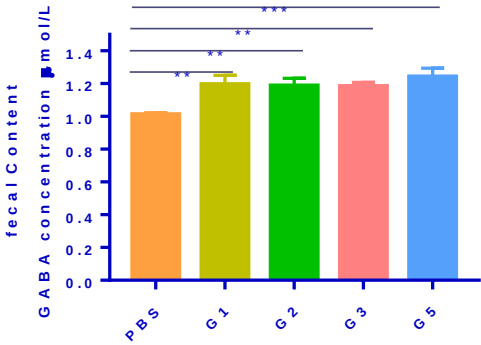


Supplementary Figure-S3

A



B



Supplementary Table S1

Primer	Sequence
qPCR primers	
COL2 (M-F)	CAGGATGCCCCGAAAATTAGGG
COL2 (M-R)	ACCACGATCACCTCTGGGT
IL-1 β (M-F)	CTCGTGCTGTCGGACCCAT
IL-1 β (M-R)	CAGGCTTGTGCTCTGCTTGTGA
IL-6 (M-F)	CTGCAAGAGACTTCCATCCAG
IL-6 (M-R)	AGTGGTATAGACAGGTCTGTTCG
TNF- α (M-F)	CCTGTAGCCACGTCGTAG
TNF- α (M-R)	GGGAGTAGACAAGGTACAACCC
SOX9-M-F	GAGCCGGATCTGAAGAGGGA
SOX9-M-R	GCTTGACGTGTGGCTTGTC
Adamts5-M-F	GGAGCGAGGCCATTTACAAC
Adamts5-M-R	CGTAGACAAGGTAGCCCACTTT
GAPDH (M-F)	AGGTCGGTGTGAACGGATTTG
GAPDH (M-R)	TGTAGACCATGTAGTTGAGGTCA
COL2 (H-F)	TGGACGATCAGGCGAAACC
COL2 (H-R)	GCTGCGGATGCTCTCAATCT
COL10 (H-F)	ATGCTGCCACAAATACCCTTT
COL10 (H-R)	GGTAGTGGGCCTTTTATGCCT
Aggrecan (H-F)	GTGCCTATCAGGACAAGGTCT
Aggrecan (H-R)	GATGCCTTTCACCACGACTTC
MMP13 (H-F)	TCCTGATGTGGGTGAATACAATG
MMP13 (H-R)	GCCATCGTGAAGTCTGGTAAAAT
PCNA (H-F)	CCTGCTGGGATATTAGCTCCA
PCNA (H-R)	CAGCGGTAGGTGTCGAAGC
CyclinB1 (H-F)	TTGGGGACATTGGTAACAAAGTC
CyclinB1 (H-R)	ATAGGCTCAGGCGAAAGTTTTT
CyclinD1 (H-F)	GCTGCGAAGTGGAACCATC
CyclinD1 (H-R)	CCTCCTTCTGCACACATTTGAA
MMP13-H-F	TCCTGATGTGGGTGAATACAATG

MMP13-H-R	GCCATCGTGAAGTCTGGTAAAAT
Adamts4-H-F	GAGGAGGAGATCGTGTTTCCA
Adamts4-H-R	CCAGCTCTAGTAGCAGCGTC
SOX9-H-F	AGCGAACGCACATCAAGAC
SOX9-H-R	CTGTAGGCGATCTGTTGGGG
qIL10-h-F	GACTTTAAGGGTTACCTGGGTTG
qIL10-h-R	TCACATGCGCCTTGATGTCTG
qhIL6F	ACTCACCTCTTCAGAACGAATTG
qhIL6R	CCATCTTTGGAAGGTTCAAGTTG
GAPDH (H-F)	GGAGCGAGATCCCTCCAAAAT
GAPDH (H-R)	GGCTGTTGTCATACTTCTCATGG
SOX9-H-F	AGCGAACGCACATCAAGAC
SOX9-H-R	CTGTAGGCGATCTGTTGGGG
Adamts4-H-F	GAGGAGGAGATCGTGTTTCCA
Adamts4-H-R	CCAGCTCTAGTAGCAGCGTC
qIL10-h-F	GACTTTAAGGGTTACCTGGGTTG
qIL10-h-R	TCACATGCGCCTTGATGTCTG
Ps: F: Forward R: Reverse M: Mouse H: Human	