

Appendix 1

Intervention (TITLE AND ABSTRACT)	Outcome (ALL FILDS)
Multiple Sclerosis OR MS patients OR MFIS OR Modified Fatigue Impact Scale OR fatigue perception	extracellular vesicles OR EVs OR exercise-induced OR physical activity OR exercise

Database	n
PubMed/Medline: ("Multiple Sclerosis"[Title] OR "MS patients"[Title] OR "MFIS"[Title] OR "Modified Fatigue Impact Scale"[Title] OR "fatigue perception"[Title])) AND ("extracellular vesicles"[Title] OR "EVs"[Title] OR "exercise-induced"[Title] OR "physical activity"[Title] OR "exercise")	3281
Scopus: (TITLE-ABS-KEY("Multiple Sclerosis") OR TITLE-ABS-KEY("MS patients") OR TITLE-ABS-KEY("MFIS") OR TITLE-ABS-KEY("Modified Fatigue Impact Scale") OR TITLE-ABS-KEY("fatigue perception") AND TITLE-ABS-KEY("extracellular vesicles") OR TITLE-ABS-KEY("EVs") OR TITLE-ABS-KEY("exercise-induced") OR TITLE-ABS-KEY("physical activity") OR TITLE-ABS-KEY("exercise"))	5902
ScienceDirect: Multiple Sclerosis OR MS patients OR MFIS OR Modified Fatigue Impact Scale OR fatigue perception AND extracellular vesicles OR EVs OR exercise-induced OR physical activity OR exercise	828
https://trialsearch.who.int/	3
https://clinicaltrials.gov/	4