New Year.
New Molecule.
New You.
2022 is the year of C15:0
Hi fatty15 family,

We’ve reached a new year and we’re excited to help you make it your healthiest.

A lot of amazing things happened in the world of C15:0 and at fatty15, especially, in 2021. In this issue, we’ll share a bit more about all that and you’ll hear directly from other members of the fatty15 community with some amazing stories to share!

Thanks for being a part of our family and for being an early adopter of fatty15. We’re so excited to hear how it’s been helping you feel healthier and happier. Each story gives us a blast of energy to share our C15:0 discovery with the world.

Here’s to your (and our) best year yet!

Speak soon,

— Co-Founders Drs. Stephanie & Eric Venn-Watson
C15:0 takes center stage

In 2021, twenty peer-reviewed scientific publications linked C15:0 to better health—including improved metabolic, heart, liver, and immune health. Two independent studies even showed that people with higher C15:0 levels live longer. That's a whole lot of good news from a lot of great members of the scientific community.

Peer-reviewed papers were published by:

- Kaiser Permanente
- Johns Hopkins University
- Harvard University
- Rady Children’s Hospital San Diego
- University of New Mexico
- Carleton University
- Brigham and Women’s Hospital
- University of Washington
- UC San Diego
- Tufts University
- UCSF
And the winner is...

Fatty15 has only been around for a year. So, we’re excited and humbled that we’re already winning awards. Can’t wait to see what this year brings.

Since 1998, Nutritional Outlook Magazine has provided insights and industry updates that are critical to manufacturers of dietary supplements, healthy foods, and nutritious beverages. We were given this award by their team for our groundbreaking research on C15:0 and for bringing our pure powder and vegan-friendly C15:0 ingredient (FA15) to the market via fatty15. Their announcement says “Despite making a big splash, the story has only just begun,” and we couldn’t agree more. They asked us to join them on their podcast and wrote a really nice feature about us. Both can be accessed on our website press page: www.fatty15.com/pages/press.

Thingtesting is a website and community where people can discover and talk honestly about new things. They cover everything from clothing, to food, to exercise machines. And the people have spoken! Based on visitor traffic, user activity, and interest from the Thingtesting community, we were chosen as one of the best brands of the year. You can check them out (and leave a review on our brand page) at thingtesting.com/brands/fatty15.

NutraIngredients is the leading online news source for the nutrition industry. Every year they present an award to an up-and-coming “major player of the industry.” We were selected as one of their three finalists for this award and caught their eye for being “company blazing the trail in the nutrition and health market.” You can learn more about them at nutraingredients-usa.com.
The world is waking up to the power of C15:0

The amount of annual peer reviewed papers (original articles that have been written by scientists and evaluated by other experts in the same field) grew from 1 (or less) a year to 20 a year. Experts from Harvard, Hopkins, and Cambridge are studying the benefits of C15:0. You already know them first hand. So give yourself a pat on the back and let’s keep strengthening those cells!

Peer-reviewed papers in 2021
1954 - C15:0 confirmed as a naturally occurring saturated fatty acid in butter.

1977 - Congress recommends Americans decrease daily intake of all saturated fats.

1990 - America sees a rise in the prevalence of metabolic, heart, and liver diseases over the next 44 years.

2008 - Lower risk of type 2 diabetes

2012 - Lower risk of heart disease

2014 - Lower glucose, improved insulin sensitivity and lower risk of developing type 2 diabetes

2015 - Improved glucose tolerance, insulin sensitivity, and lower risk of type 2 diabetes

2017 - Lower risk of nonalcoholic fatty liver disease, osteoarthritis, chronic inflammation, and obesity

2018 - Lower risk of gestational diabetes and type 2 diabetes

2019 - Lower risk of type 2 diabetes, chronic obstructive pulmonary disease severity, and mortality

2020 - Our team demonstrates C15:0 is an active and beneficial fatty acid that causes improved cardiometabolic, immune and liver health.

2020 - We propose C15:0 as the first essential fatty acid to be discovered in 90 years.

2020 - 20 peer review papers are released linking C15:0 with higher longevity and lower risks of mortality, cardiovascular disease, chronic inflammation, nonalcoholic fatty liver disease, type 2 diabetes, hypertension, and heart failure.

2021 - You make the right decision for your health to add C15:0 to your routine!

2022 - The C15:0 journey continues. Onward and upward!
Community stories we're loving
After all, sharing fatty15 is our favorite thing to do.

“So far, the most apparent change is sleep. I am getting up earlier and feeling more rested when I do get up.” — Nina

“I didn’t think I was feeling anything at first, but I am definitely calmer and sleep better.” — Puck

“No aches, glowing skin and less hunger! List is actually longer!” — Carrie

“Less food cravings have been huge. I’ve actually lost weight, likely related to the decreased snacking.” — Brian

“I need less sleep, have more energy, fall asleep better, and am more stable emotionally.” — Sarah

“It is such an easy supplement to take and I am enjoying the energy boost from it.” — Elizabeth

“Fatty15 takes the harsh edge off of aging... I feel I can trust my body more to be resilient to stress or illness.” — Dorran

“I feel it is one of my vital supplements.” — Jan
Better everything. I haven’t lost a pound, but I look and feel extremely better. — Malone

I'm so glad for this Supplement my husband and I are taking it... good stuff C15:0 (aka) fatty15 — Wendy

My skin, elbows and knees are so soft — Marna

I feel really great. I’m happier—more content & calm overall and am sleeping better. — Sandy

I’m a physician and I’ve been using your product for a week and love it. — Aakash

I’ve had insomnia my whole life and I finally sleep well.— Sophia

Improved sense of health and well being. — Melissa

I feel like my ability to fall asleep at night has increased and I don’t struggle as much to shut down. — Miranda
Better everything. I haven't lost a pound, but I look and feel extremely better.
— Malone

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Share the knowledge

We’re scientists and doctors. We believe in the power of sharing knowledge and findings. Have something you’d like to share about how fatty15 is making you feel? We’re excited to learn.

Send us your story at:
newsletter@fatty15.com

Dr. Eric Venn-Watson
• Navy Reserve Commander
• 20+ years as a US Navy and Marine Corps physician
• Launched and led 3 life science companies

Dr. Stephanie Venn-Watson
• Public health scientist
• Veterinary epidemiologist
• Previously tracked diseases for the CDC and WHO
What’s up doc?

How to track your improving long-term health

The fatty15 team has been working on the C15:0 discovery for over 15 years. Several of these years included figuring out how to put this amazing fatty acid into the tiny fatty15 supplement you love. Since it’s a newer supplement and there are new benefits to C15:0 being found, even as you read this, some doctors may not yet be aware of C15:0 or fatty15. So, here is a list of what you should ask your doctor to check so you can track how fatty15 is benefiting your long-term health:

- Vital signs, including your blood pressure
- Bodyweight & BMI
- Blood work, including a fasting lipid panel, glucose and/or HbA1c
- Liver function tests
- Red blood cell indices

The fatty15 team

P.S. We’re working on a card you can bring to your doctor to explain all the science, one nerd to another. Keep an eye out!
Let’s flex those brain muscles.

How many words can you make out of these 8 letters? Email us a photo of our list at newsletter@fatty15.com and whoever has the most will get a free 90 day supply of fatty15 for the loved one of their choice. Are you ready?

MEMBRANE
Give 50% off, get $20 off

Access your unique referral code at fatty15.com/pages/refer.

fatty15.com

Follow us at @meetfatty15. Tell us why you love CI50 with the tag #fatty15.