

QUARTERLY | WINTER 2023

# fatty<sup>15</sup>

An illustration of a woman with long, flowing dark blue hair, wearing a bright yellow short-sleeved top and blue pants. She is sitting in a yoga-like pose (possibly a variation of Bhujangasana) on a blue mat. The background features a large, stylized sun in shades of orange and yellow, with a blue dolphin leaping from the water on the left. The overall style is modern and graphic.

New Year,  
*Renewed You*



fatty<sup>15</sup>

C15:0  
Fatty Acid Supplement

Essential to replenishing  
and strengthening cells



One vegan  
capsule per day

Hi fatty15 family!

And just like that, 2023 is here.

Every new year gives us a new start. New memories to make with our family and friends, new places to explore, and an opportunity to renew yourself.

In this issue, we cover a groundbreaking discovery about fatty15 that is helping you to renew you. While the science continues to grow around C15:0's direct benefits to your metabolism, heart, liver and immune health, our nerdy do-gooders discovered that our bodies use C15:0 to make a second molecule that supports your mind's health, too.

We're calling it PDC (short for pentadecanoylcarnitine), and we're dedicating this issue to talking about how fatty15 gives you the 2-in-1 benefits of C15:0 and PDC to support your whole body and mind health.

May your new year be wonderful, and may your continued journey with fatty15 give you many more years filled with friends, family, and adventures.

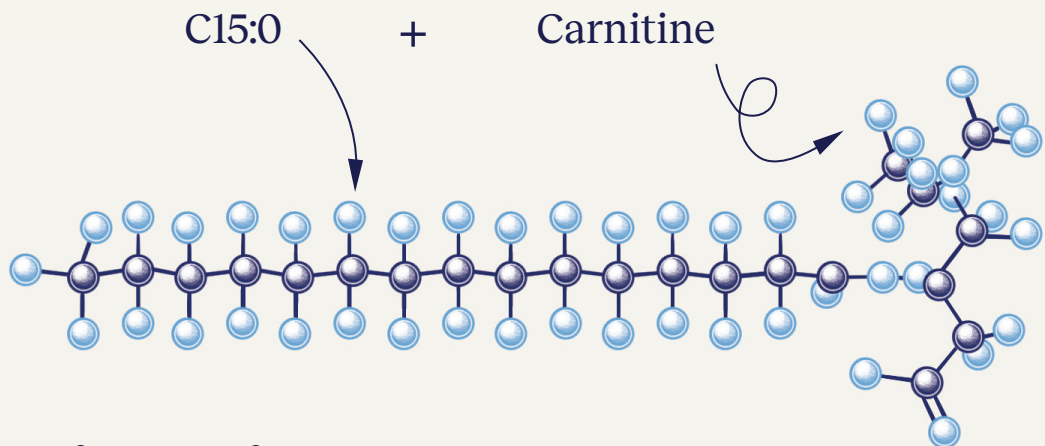
A handwritten signature in black ink, appearing to read "Steph & Eric". The signature is fluid and cursive, with a large initial 'S' and 'E'.

Steph and Eric  
fatty15, co-founders

## A(NOTHER) GROUNDBREAKING DISCOVERY

While we have known how fatty15 supports our whole-body health, our latest discovery explains how fatty15 supports our mental health, too. Here's how:

It ends up, our bodies naturally use C15:0 to make a second molecule that supports **deeper sleep, improved mood, joint comfort and brain health.**



The fancy name for this molecule is pentadecanoylcarnitine. We're calling it **PDC**.

---

#### References:

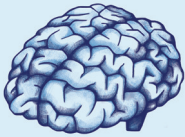
Venn-Watson, S., Reiner, J., Jensen, E.D. **Pentadecanoylcarnitine is a newly discovered endocannabinoid with pleiotropic activities relevant to supporting physical and mental health.** Scientific Reports 12:13717 (2022). Scientific Reports 12:13717 (2022).

## SO, WHAT'S THE BIG DEAL ABOUT THIS DISCOVERY?

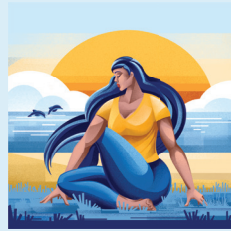
Pentadecanoylcarnitine (PDC) is the second-ever discovered full-acting endocannabinoid that naturally activates our endocannabinoid system.

## OUR ENDOCANNABIN-WHAT?

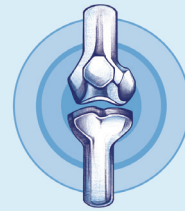
Our endocannabinoid system is considered the holy grail of health because it is responsible for:



Supporting cognition  
& brain health



Deeper sleep &  
calmer mood



Lower inflammation  
& better pain control

## WHAT IS A FULL-ACTING ENDOCANNABINOID?

Full-acting endocannabinoids are naturally made by our bodies to activate two key receptors, called CB1 and CB2. In turn, these receptors help to keep our bodies and brains healthy and balanced.



CB 1

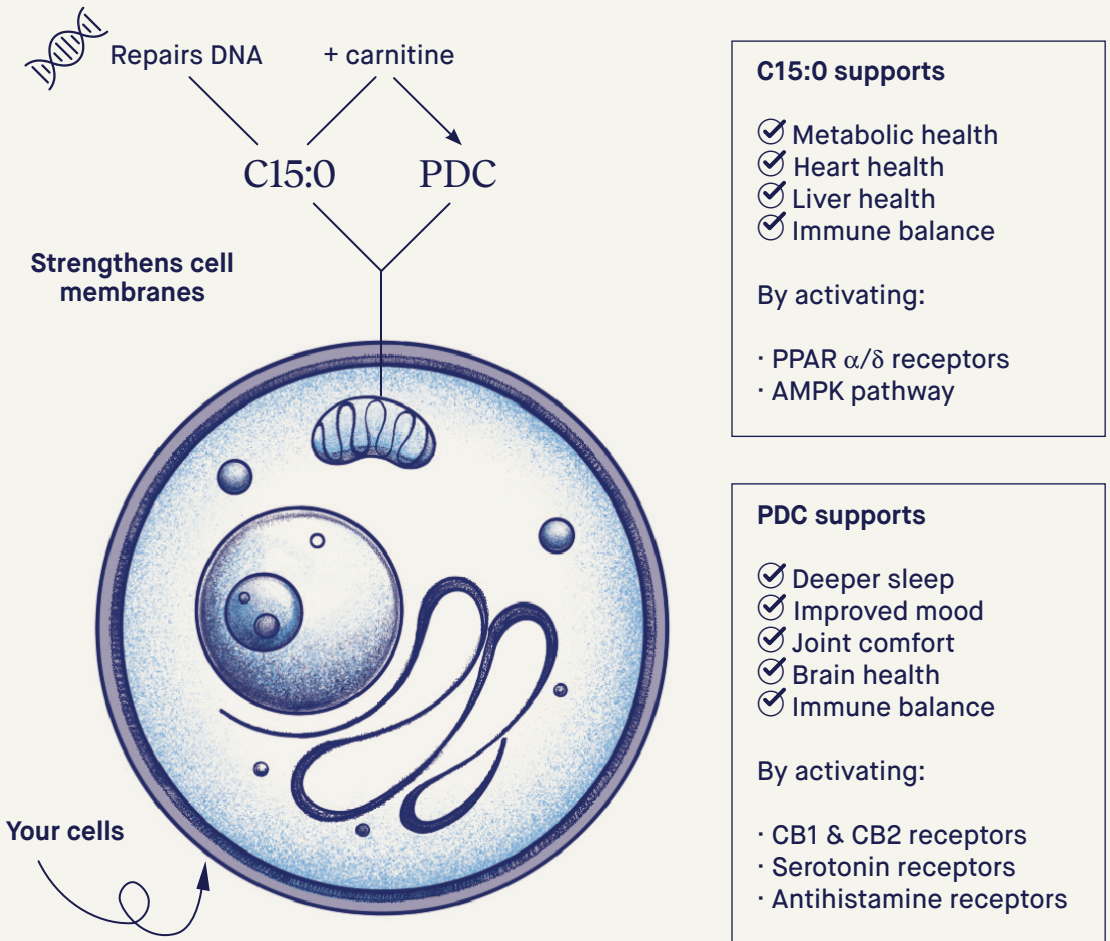


CB 2

In fact, adequate levels of C15:0 and PDC may be needed to keep our endocannabinoid systems balanced - and us, healthy...especially as we age.

## NEW YEAR, RENEWED YOU

Okay, let's bring the science together to show how fatty15 truly delivers whole body & mind health at the cellular level.



Whew! That's a lot of science supporting your long-term health & wellness.

**Keep up to date on the latest C15:0 science by visiting**  
**DiscoverC15.com**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Fatty15 Testimonials

### SCIENCE-BACKED BENEFITS FROM OUR COMMUNITY

Fatty15's swell science translates into real benefits. Here are just a few inspiring words from fatty15 community (keep 'em coming)!



Melanie B. Verified User

United States

★★★★★

I feel and look better, and sleep better. Blood work came back significantly better.



Holly I. Verified User

United States

★★★★★

I look younger than I was before taking fatty15. My sleep quality improves tremendously and my skin appears to be firmer and brighter.



Gary M. Verified User

United States

★★★★★

I've been taking fatty15 for a little over a year and am feeling great with amazing labs.



Barbara H. Verified User

United States

★★★★★

I have benefited from fatty15 through reduced blood pressure, increased energy, more restful sleep and weight loss. Also, more stable, relaxed emotional cycles. I've definitely experienced increased quality of life.



Leslie L. Verified User

United States

★★★★★

I have much more energy and for almost 87 years old, that is wonderful.



Vince B. Verified User

United States

★★★★★

My blood tests after taking fatty15 for 6 months are the best I have had in 10 years. Low lipids and perfect Alc.




AndreaH. Verified User

United States

★★★★★

Here is what has happened to me since starting fatty15:

1. I have more energy
2. I am sleeping better
3. My eyelashes and eyebrows are longer
4. My skin looks better and everything feels more hydrated



Whole lotta science.

*One tiny  
pill.*







1000  
APPROX

800

600


400

200

# fatty<sup>15</sup>

C15:0  
Fatty Acid Supplement

Essential to replenishing  
and strengthening cells

 One vegan  
capsule per day

## Meet Pia Baroncini

A creator, co-founder, mother, podcaster multi-hyphenate extraordinaire with a knack for finding the Next Great Thing in the worlds of food, fashion, and health. Now on her radar? Fatty15 of course! This is some of what she had to say after a few weeks of C15:0:

*“This is a life changer.”*

*“I cannot believe what an incredible sleep I had last night”*

*“I’ve noticed my focus is much better”*

*“It’s literally helping my whole body function properly.”*

*“You see the results in six weeks- you just feel fantastic.*

*I cannot recommend this enough.”*

*Now streaming*



Get to know Pia with a listen to Everything is the Best, her well-loved podcast. As a recent guest, our own Dr. Stephanie Venn-Watson shares the full story of C15:0 and first-person detail of the curious observation made in dolphins. Scan the QR code and dive in!



## Our New Year's Resolutions

Every year is another opportunity to learn, grow, and be a little bit better. Sometimes it starts with one little daily action, like taking a supplement. Other changes require holding your breath and taking a big leap, like switching careers. Either way, we're rooting for you in all of 2023!



**Eric:** *Learn bass guitar with my offspring!*

**Steph:** *Elevate my nerd status and present even more C15:0 science.*

**Ken:** *Call my Mom more...sorry Mom!*

**Dennis:** *Learn something new everyday, so I can be a better version of me.*

**Ali:** *Take more time to catch up with friends.*

**Kate:** *Cook dinner at least four times every week. Bon appetit!*

Now, you!:

Here's some other ideas worth considering:

- ✔1. Take my fatty15, daily
- 2. Read a new book, cover-to-cover
- 3. Schedule a routine physical, and get your bloodwork done
- 4. Give a compliment to a complete stranger
- 5. Use the word 'mitochondria' during a dinner party conversation
- 6. Find a type of exercise you actually love
- 7. Take an old friend out for coffee
- 8. Keep a journal and write down how you are feeling
- 9. Take a 20 minute dance break to your favorite playlist
- 10. Get 8 hours of sleep every night for a full week
- 11. Practice self-care with a long bubble bath or hot shower
- 12. Try a new vegetable, bonus points if you cook it yourself
- 13. Send someone a hand-written letter
- 14. Learn about an interesting, but completely obscure topic on Wikipedia
- 15. Share your healthy aging secret (fatty15) with family and friends  
(and get rewarded for it 😊)

# *Science Search!*

We've hidden some of the amazing benefits of fatty15 in this puzzle, along with a few other of our favorite words. Can you find them all?

**SLEEP**

**LIVER**

**EEVEE** (The furry, four-legged Venn-Watson)

**HEART**

**RECEPTORS**

**SARASOTA** (Home of our Florida dolphin friends)

**IMMUNE**

**BAMBOO** (The sustainable material of our bottle caps)

**METABOLIC**

**KRAUSS** (As in, Dr. Ron, a top lipid researcher, and one of fatty15's scientific advisors)

**MOOD**

**FLATWHITE** (Steph's go-to coffee order)

**HEALTH**

**PPAR** (Pronounced 'Pee-PAR', a type of receptor found in the body activated by C15:0 to support your health)

**BRAIN**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | S | M | E | T | L | D | L | E | M | O | M | N | I |
| M | A | E | E | R | E | I | P | O | O | E | O | E | M |
| T | R | T | H | E | H | K | O | B | E | H | T | H | M |
| A | E | A | O | V | S | D | M | O | O | A | A | R | U |
| T | M | B | L | I | I | A | P | E | H | R | E | S | N |
| R | M | O | E | L | B | L | H | E | A | L | T | H | E |
| A | M | L | E | P | P | S | T | O | P | E | E | L | S |
| E | E | I | V | M | E | B | R | A | I | N | F | R | U |
| H | F | C | E | C | S | S | H | T | C | H | C | A | P |
| A | T | A | E | A | O | T | V | V | O | E | O | T | P |
| A | R | E | C | E | P | T | O | R | S | B | S | A | A |
| K | R | A | U | S | S | E | T | E | O | R | E | O | R |
| M | S | B | A | H | F | L | A | T | W | H | I | T | E |
| R | T | T | R | S | A | R | A | S | O | T | A | T | S |

Submit a photo of your completed puzzled to [newsletter@fatty15.com](mailto:newsletter@fatty15.com) for a chance to win a complimentary 90-day refill!

# Lights. Camera. *Mitochondria!*



***We want to hear YOUR fatty15 story (and, we'll make it worth your while)!***

Using your phone, record your experience with fatty15 in 30-60 seconds. Tell us about what you've seen, what you love, or why you recommend it. No professional acting required.

Email your video to us at [info@fatty15.com](mailto:info@fatty15.com)

To show our thanks, we'll cover the cost of your next 90-day refill (that's \$119.95 back in your pocket!)

---

[fatty15.com](http://fatty15.com)

Follow us. Tag us. Tell us how @fatty15 is helping you. We want to hear!



SKU#: IN-123-TYP