Enjoy your summer by putting your health first.
Here’s to another 90 days together.
Welcome back! We hope you are enjoying a healthier, happier you.

As part of our fatty15 family, our goal is to empower you with information that will elevate your wellness routine, with fatty15 and beyond. This issue will begin by debunking a 40-year old myth regarding all saturated fats and end with a game to promote brain health. Along the way, we’ll discuss how to optimize fatty15’s near-term benefits and share some exciting news about our GRAS status.

Congratulations on your commitment to your long-term health and wellness.

— Co-Founders Drs. Stephanie & Eric Venn-Watson
The 40-year Experiment
Let's get back on track.

The U.S. government gave dietary advice to 220 million Americans, including guidance to reduce intake of all dietary saturated fats (in order to stem the rise of heart disease among men).

1977

1988

1990s-2010s

There was a 4-fold decrease in whole fat milk intake in just over 20 years, as people switched to low-fat, skim, and non-dairy alternatives.

Instead of getting healthier from the reduction of dietary saturated fat intake, the general population became sicker, with a higher prevalence of obesity, type 2 diabetes, liver disease, and even heart disease—especially among younger people.
We’ve all taken part in a 40-year experiment, and the results are in. Despite our response to dietary advice from the 1970s to collectively remove saturated fats from our diet, we have had increased rates of obesity, type 2 diabetes, and liver disease. Signs are pointing to deficiencies of a key saturated fat (aka C15:0) as a cause.*

Numerous studies throughout the world have shown that higher amounts of C15:0 (a trace saturated fat present in whole fat milk and butter) are associated with healthy metabolism, healthy heart function, and healthy liver function—and that circulating C15:0 levels have been declining over the past few decades.

2020: The team at Seraphina Therapeutics was the first to document that higher C15:0 is not only associated with better health in humans, but also that their pure powder and free fatty acid form of C15:0 (aka FA15™ in fatty15) is an active dietary fat that may directly cause these health benefits.*

With this science and the backing of global leaders in health, Seraphina launched fatty15, the world’s first - and only - pure powder C15:0 supplement to support your general health and wellness. *

*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.
As your healthy aging supplement, fatty15’s main purpose is to protect and promote your long-term health and wellness. That said, many of our customers have experienced near-term benefits, including better sleep, calmer mood, and less snacking between meals.*

All bodies are not created equal, so if you have not experienced these near-term benefits, or find that they may be subsiding over time, there may be ways to help.

Here are a few tips to optimize your continued fatty15 experience:

- **Take fatty15 in the morning.**
  
  We’ve seen near-term benefits peak within the first 4 to 6 hours. Rise and shine.

- **Monitor both near- and long-term health.**
  
  Some customers are reporting healthy blood pressure and healthy levels of cholesterol, liver enzymes, and red blood cells.* Give it 6 months then get a check-up.

- **Try taking two capsules a day.**
  
  Alternate between 1 and 2 capsules, or go all-in and take 2 for a few days in a row. See what works for you.

- **Melt fatty15 in your morning coffee (or tea).**
  
  Open the capsule and sprinkle in. You won’t notice the tasteless powder, but it may add a jolt to your near-term experience.

Like with any vitamin or supplement, all of our customers will have varied experiences and responses to fatty15. It is entirely possible that you don’t experience near-term benefits with fatty15, but fear not—our pure, powder pill is still working its long-term magic.
Near-Term Benefits
How to optimize your fatty15 experience

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Experiences shared by the fatty15 family

"An amazing transformation from the inside and out."

"Improved sense of well-being and health."

"I have taken all kinds of supplements over the years and there have been only two supplements that I've taken that have had such a dramatic and immediately positive impact on how I feel: magnesium and Fatty15."

"Love it! Feeling great and looking forward to continued good health for many years to come!"

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Fatty15 for you and the whole family, too.
We knew this day would come, but we’re so excited to make it official! The one and only ingredient in fatty15 (aka FA15™) is now officially GRAS, or Generally Recognized as Safe. This means that fatty15 can be safely taken by children over four, pregnant women, nursing moms, and just about everyone else, too. At last, cellular reinforcements for the whole fam!

The moment we discovered the essential importance of C15:0 back in 2018, we made it our mission to ensure that one day, its benefits would be accessible to all. We did the research, passed all of the tests, and jumped through the remaining hoops, and are so thrilled to officially share that fatty15 is safe for those across ages and life stages.

Best part? This means that FA15™ can now be added to different foods to supplement our diets and ensure we get enough of this essential fatty acid. Think of your favorite nutritional bar, with FA15™ already in it. We like the sound of it, too.
Use the pills to unscramble each word.

FEOCFE
Some people like to sprinkle their fatty15 powder into this morning beverage, making it an even easier pill to swallow.

APHNASREI SITCUPRAEHET
The team of scientists and entrepreneurs that was the first to document that C15:0 is an active and beneficial saturated fatty acid.

RASG STTUSA
Something that fatty15 recently achieved, which allows us to be used by your whole family.

RNAE-MRET SIFTEENB
Some of fatty15’s include: improved sleep, calmer mood, and less snacking between meals.*

LNUANTROITI RBA
Because fatty15 is officially deemed “generally recognized as safe,” you may be seeing these tasty treats with an FA15 logo sometime soon…

Answer Key: coffee, seraphina therapeutics, gras status, near-term benefits, nutritional bar
Let’s test your fatty15 knowledge... and flex those brain muscles, too.

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Share your healthy aging secret.

Give 15%, get 15%. Learn more at fatty15.com/pages/refer.

fatty15.com

Follow us. Tag us. Tell us why you love us.