Elevate your cells.
Elevate your self.
fatty

C15:0 Fatty Acid Supplement
Essential to replenishing and strengthening cells
One vegan capsule per day
Hi fatty15 family!

We have some exciting news to share.

Our scientific study on fatty15 vs. omega-3 was published in a prestigious, peer-reviewed journal and shared with the world! Our research brought some big deal findings to the scientific community—specifically, that FA15 (the C15:0 powder that’s in fatty15) is better, broader, and safer than omega-3s when it comes to repairing cellular health.

This means that fatty15 is emerging as the essential, essential fatty acid. We’ll dive a bit more into this in the following pages but we were too excited to wait to tell you the good news.

We’ll also give you an update on how much we were able to donate because of your help on National Dolphin Day.

Get ready to nerd out!

Steph and Eric
fatty15, co-founders
We’re the new kid in town

Omega-3s are essential fatty acids that were discovered over 90 years ago. As the newest essential fatty acid in town, we put C15:0 (aka fatty15) head-to-head against a leading omega-3 (aka EPA) to see which nutrient is most essential to our cells.
Fatty15 is better, broader, and safer for cellular health than omega-3

- **More cellular benefits than omega-3**
  Fatty15 has 36 clinically relevant benefits. Omega-3 only has 10.
- **83% More cell types repaired**
  Fatty15 repairs 83% of the 12 cell types tested. Omega-3 only safely repairs 33%.
- **12/12 More cell types protected**
  Fatty15 is safe to all cells at all concentrations. Omega-3 is toxic to 4 of the 12 cell systems tested (including lung and blood vessel cells) when at its highest dose.

**fatty15 fun fact!**
The dolphins told us so! Back in 2015, it was actually our work helping dolphins that gave us the first clue that C15:0 is the essential, essential fatty acid. Specifically, we discovered that the nutrient, C15:0, present in their all-fish diet, was the top predictor of healthy aging dolphins. Omega-3s actually predicted less-healthy aging dolphins.

*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.*
How the study worked

To do this study, we supplemented a dozen types of human cell systems mimicking aging-related breakdown with either fatty15 or omega-3 at four increasing concentrations. A total of 148 clinically relevant biomarkers were measured to compare how well fatty15 and EPA help to repair cells.

<table>
<thead>
<tr>
<th>BioMAP® Cell System Name</th>
<th>Benefits to specific health systems</th>
<th>Omega-3 (EPA)</th>
<th>Fatty15 (C15:0)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4H</td>
<td>Immune and gut</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>LPS</td>
<td>Heart, joint, and metabolic</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>SAg</td>
<td>Immune, joint, skin, gut, red blood cell</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>BT</td>
<td>Immune, lung</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>3C</td>
<td>Heart, immune</td>
<td></td>
<td>✔️</td>
</tr>
<tr>
<td>HDF3CGF</td>
<td>Joint, tissue</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>MyoF</td>
<td>Tissue</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>BE3C</td>
<td>Lung</td>
<td></td>
<td>✔️</td>
</tr>
<tr>
<td>CASM3C</td>
<td>Immune, heart</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Mphg</td>
<td>Heart, joint, immune</td>
<td></td>
<td>✔️</td>
</tr>
</tbody>
</table>

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.
Meet the expert

Dr. Stephanie Venn-Watson, DVM, MPH

I guess you could say that not only is Stephanie our founder, she's C15:0’s biggest fan.

In addition to her breakthrough discovery of C15:0 as an essential fatty acid, Steph most recently led the C15:0 versus omega-3 peer-reviewed study. We asked Steph about her approach to science, including the importance of ensuring that it is valid, transparent, and impactful.
Dr. Stephanie Venn-Watson on the importance of peer-reviewed studies

You’ve authored over 80 peer-reviewed papers. The most recent is the omega-3 vs C15:0 study. In the scientific community, how can companies lead studies without bias?

We believe that responsible science-based companies should continue to lead research on their products. To help ensure that our company-led science is not biased, we always publish in reputable scientific journals with a stringent peer-review process.

In our study, we also used a third party (Eurofins/DiscoverX) to conduct the cell-based experiments and interpret the data. In addition to using a third party, we made all raw data from this study available to the public, enabling others to repeat our study and interpret the data. Finally, we put our paper through peer review in a reputable scientific journal that makes all of its publications available to the public.

The new study was published in the Public Library of Science (PLOS ONE). What is PLOS ONE’s reputation as a peer-reviewed source?

PLOS ONE has a strong reputation among journalists as a peer-reviewed source. Their process is outlined on their website but for ease, I’ll share it here.

What do you hope to do next?

Next up, clinical trials. There is an ongoing double-blinded, placebo-controlled clinical trial at the University of California, San Diego to evaluate the physiological effects of FA15 relevant to metabolic, heart, liver, and immune health. We also continue to study C15:0 in the lab, including understanding how C15:0 and related molecules actively improve cellular and whole body health and mindful wellness.
Together we raised over $10,000!

In April, we donated 5% of sales to dolphin conservation. We chose dolphins because our founder Stephanie Venn-Watson was helping dolphins live longer, healthier lives, and when she found C15:0 in their diets. The rest is history.

We’re so excited to update you on how much we raised together. Firstly, we wanted to say thank you. Secondly, the dolphins wanted to say “Ee! Ee!” Thirdly, Dr. Randall Wells Director at the Sarasota Dolphin Research Program, where our donations have been sent says, “It is very gratifying to know that our collaborative work that has benefited dolphins is now helping humans as well, and we are grateful to Seraphina for helping to continue our efforts. It is wonderful to see science have positive impacts beyond initial expectations.”

Save the dolphins, save the world!
Omega-3s FAQ

You may have some questions. We have some answers.

Can I take fatty15 and omega-3s together?
Absolutely. Both C15:0 (the only ingredient in fatty15) and omega-3s are considered essential fatty acids, which can be taken together as part of your daily essential fatty acid supplement routine.

Can this replace omega-3s?
It depends. First, it is important to note that C15:0 and omega-3s are two different kinds of essential fatty acids. Specifically, C15:0 is a healthy saturated fatty acid, while omega-3s are polyunsaturated fatty acids. Both have been determined to be essential (aka your body requires certain amounts of these nutrients to stay healthy), so you should be sure to get adequate levels of both C15:0 and omega-3s. That said, in our peer-reviewed study, we found that pure C15:0 (fatty15) had all of the cell-repairing benefits of the leading pure omega-3 (EPA). Further, C15:0 had an additional 26 clinically-relevant benefits. So, if you are taking omega-3s for these cell-based benefits, this study supports that fatty15 is better, broader and safer.

If I can't take omega-3s, can I take fatty15?
Yes. There are many reasons that people don't take omega-3 (aka fish oil) supplements. Fish oil supplements require multiple, large pills and daily doses, cause fishy burps and gastric upset, have concerns about quality and rancidity, are typically from squeezed fish, and have mixed scientific findings, with most promising clinical trials limited to pure, pharmaceutical-grade omega-3 (EPA). The most recent studies support that fatty15 provides better, broader and safer cellular repairing benefits compared to omega-3 (EPA), with just 1 tiny capsule a day*. Additionally fatty15 is an award-winning C15:0 powder ingredient that is 99% pure, vegan-friendly and stable - in the bottle and your body, without the fishy smell or taste. In addition to the longer term benefits, 2 out of 3 fatty15 customers report feeling benefits within 6 weeks.

Can't I just get more C15:0 by eating foods with C15:0?
While C15:0 is available in trace levels in food, especially whole fat dairy products, there are a few reasons why the pure C15:0 ingredient in fatty15 (FA15) can be even better for your health.

Food-based C15:0 is tied up in complex lipids called triacylglycerides, which we cannot absorb. Because of this, digestive enzymes are needed to break C15:0 down into free fatty acids, which can then be absorbed. In comparison, fatty15 provides ready-to-absorb free fatty acid C15:0.

Foods with healthy C15:0 also contain bad saturated fats. While dairy fat contains trace amounts of C15:0, these foods contain much higher levels of "bad" even-chain saturated fats (like, C16:0), which come with increased calories and continue to be linked to increased risks of type 2 diabetes and heart disease. Fatty15 was made to provide only the good C15:0 fat - and only 1 calorie.

Our most common food source of C15:0 is dairy fat, which comes from animals. In comparison, the pure and award-winning C15:0 ingredient in fatty15 is vegan–friendly and has no fillers and no additives.

In addition to all of the reasons above, only our pure C15:0 ingredient in fatty15 has been extensively studied for safety and efficacy, including a recent study demonstrating the many cellular benefits of fatty15.
Brain break!

Solved the crossword? Email us at newsletter@fatty15.com for a chance to win $20 off a 90-day kit for a loved one of your choice.

Across
3. A sign of aging that skincare is obsessed with
4. The smallest molecule
10. A classic science fair project
11. A dairy product with trace amounts of C15:0
12. The mitochondria are the ______ of the cells
13. It used to be lame to be one
14. Get 8 hours of it

Down
1. They’re kind of like a dolphin but scary
2. Harvesting fish for Omega-3’s is leading to
5. Wait is this puzzle ______ ______?
6. “fatty15 is a part of my daily ______”
7. “Aging is like a fine ______”
8. You take one fatty15 ______ a day.
9. No animal products for me, thanks!
Share your health.

Give 50% off, get $20 off. Access your unique referral code at fatty15.com/pages/refer.

fatty15.com

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