Tis the season of healthy aging
Here’s to a healthy new year.
Hi fatty15 family,

While it might feel cliche to say, ‘What a year!’ at the beginning of a holiday letter, there’s really no better way to wrap up 2021 than to say: What. A. Year.

Through the whirlwind of this year, our mission to better the lives of our customers always stayed constant. It has been a true honor to connect with so many of you, and to hear of your inspiring stories and experiences with fatty15.

In this issue, we’re excited to share the growing number of global studies supporting the role of C15:0 in promoting your heart health, provide some tips on how to keep your skin soft and healthy, and talk about how FA15™ (the only ingredient in fatty15) may be better than getting C15:0 from milk. We’ll also (as always) get a little exercise with a brain game—and yes, it will be holiday themed. Oh, and as fatty15 gets you through the new year, don’t forget that you can easily gift the healthy aging you know and love to others this holiday season, this time with non-subscription 90-day fatty15 starter kits or gift cards.

Thanks for being part of our fatty15 family. May your holiday season be filled with snowball fights, cozy blankets, and endless dancing sugar plums.

Warmly,

— Co-Founders Drs. Stephanie & Eric Venn-Watson
Good for your health, good for your heart.*
This Just In: New Study Supports C15:0 for Your Heart Health

A new peer-reviewed study on C15:0 and heart health was just published. Here’s the 411:

• 4,000 people were followed for 16 years by teams from Australia, Sweden, Harvard and Johns Hopkins.

• People with higher blood concentrations of C15:0 showed better heart health and a lower risk of overall mortality compared to those with lower C15:0 levels.

• A meta-analysis involving 18 published studies with 42,000 participants re-confirmed the association between higher C15:0 and promoted heart health.

• These studies by Trieu et al. were published in *PLOS Medicine* this past September.

So, could population-wide C15:0 nutritional deficiencies be driving the global rise in chronic diseases, including heart disease?

A team at UC San Diego is on a mission to find out.

• An ongoing placebo-controlled and double-blinded clinical trial being conducted by Dr. Jeffrey Schwimmer at UC San Diego is evaluating the potential physiological effects of FA15™ (the only ingredient in fatty15).

• This study is assessing the ability for FA15™ to positively affect indices of cardiometabolic, liver, and immune health.

These studies, and the science behind how FA15™ can protect heart and liver health*, were recently featured in *Eat This, Not That*.

As seen in: [EAT THIS NOT THAT!](#)

*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.

The study is registered at clinicaltrials.gov (NCT04947176).
5 Tips to Maintain Skin Health

Increase your (good) fat intake
Increasing your intake of healthy fats (like fatty acids) can help support your skin health, strengthen your cells, and keep you looking younger, longer.*

Grab some pumpkin
Fruits and vegetables are rich in antioxidants. Vitamin C, in particular, is one of the best antioxidants available and can also be added to skin creams to be applied topically.

Exercise regularly
Exercise increases blood flow to your skin cells. That blood flow nourishes your skin, providing it with hydration, oxygen, and nutrients.

Apply the sunscreen
Sunscreen shields your skin from the sun’s rays and helps prevent premature skin aging.

No smoking
Smoking exposes your skin to free radicals and toxins that severely damage your skin cells and prevent them from getting adequate oxygen.

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Focus on healthy skin.
They said it, not us
Real testimonials from real fatty15 customers, just like you.*

“It has really helped me maintain my energy throughout the day and my hair and skin look better since taking it.”
—Nancy

“I have thicker hair, shiny hair, and I have lost a few pounds without changing my diet.”
—Marianne

“Fatty15 is a fountain of well being.”
—James

“I have been taking this for about a month and love it!!!! My skin is plumper softer and firmer, head to toe. I sleep deeper and just feel wonderful.”
—Eloise

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Wait... can’t I just get C15:0 from food?
Fatty15’s pure powder C15:0 (aka FA15™) can actually be an even better option when it comes to reversing the hallmarks of cellular aging.*

FA15™ is made ready-to-absorb.

In milk (and other foods), C15:0 is attached to branches of lipids called triacylglycerides. That means that in order to break these triacylglycerides down and release C15:0 as a free and absorbable fatty acid, our gut has to enlist the help of digestive enzymes. In contrast, the FA15™ in fatty15 is a pure powder and vegan-friendly C15:0 ingredient, already in free fatty acid form. Less work for the gut, more good C15:0 for our bodies.

It is not mixed with bad saturated fats.

While the good C15:0 fatty acid is present in whole fat dairy products at trace levels, there are much higher levels of ‘bad’ even-chain saturated fatty acids that continue to be associated with poorer health. Fatty15 provides pure C15:0 — just the good fat without any of the bad ones.

It skips the cows and calories.

In addition to coming from cows (a no-no if you’re vegan or lactose-intolerant), whole fat dairy products also come with a whole bunch of calories. These calories likely explain why a large-scale recent study showed that adults who drink more dairy milk are more likely to have a higher body weight. Fatty15 offers a vegan-friendly C15:0, with only 1 calorie per capsule.

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Find the following words in the puzzle.

Find the following words in the puzzle.

Words are hidden →↓ and ↓

CALORIES         LIPIDS         SANDIEGO
CARDIOMETABOLIC  MILK           SUGARPLUMS
COWS             PUMPKIN         SUNSCREEN
Let’s test your fatty15 knowledge... and flex those brain muscles, too.
Give the gift of healthy aging

Share your healthy aging secret with those that you care most about, whether they are age 4 or 104.

Gift a 90-day supply or via Referral program (Give 15%, get 15%). Learn more at fatty15.com/pages/refer.

Dec 17 cutoff date for guaranteed holiday delivery. Don’t forget we have gift cards available.

fatty15.com

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