The gift of goodness
Fatty acids to the rescue.
Hi fatty15 family!

That’s right, the holiday season is upon us. What better time to look back at an amazing year of fatty15 science and discoveries, all while seeking (and finding) opportunities to pay it forward with do-goodery.

In this issue, we cover how random acts of science are helping do good for you, good for others, and good for our Earth, too. This includes an introduction to our new We Can Be Better campaign, an exciting announcement of our partnership with Grey Team to support the health and wellness of our military Veterans, and a bit about our dedication to improving the health of dolphins and our oceans.

Have a wonderful holiday season, everyone. We’ll be back with super duper exciting news in the new year!

Steph and Eric
fatty15, co-founders
We Can be *Better*

A deep-dive on fatty15’s ethos

Here at fatty15, we are constantly striving to be better.


✔️ Better outside. Sustainable, vegan-friendly and responsible to the Earth through-and-through.

✔️ Better than what came before. Cleaner, purer, and more effective than supplements borne from the 19th century, we are bringing 21st century science to meaningfully improve your health.

✔️ Better science to back it up. Clinically tested, scientifically studied, peer-reviewed and shown to be 3x better at repairing cellular health than even the purest, highest performing omega-3.*

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.
There's no pencils down.

And we're only getting started. As we continue to grow the science around fatty15, we'd love to hear from you about how we can keep improving your fatty15 journey.

If you have any suggestions, please reach out to us at info@fatty15.com
GOOD TO YOURSELF

Hey, you! We think you are amazing.

While we tend to focus on gift giving to others during the holiday season, we think it is just as important to take care of yourself, too. Heck, you deserve it!

During 2022, more of our peer-reviewed studies were published in the scientific literature showing how fatty15 can help you, take care of you.*

References:


Venn-Watson et al.. Broder and safer clinically-relevant activities of pentadecanoic acid compared to omega-3: Evaluation of an emerging essential fatty acid across twelve primary human cell-based disease systems. PLOS ONE 0268778 (2022).

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).
Healthy heart.
Dozens of studies have linked higher circulating C15:0 to healthy hearts. This year, we showed that fatty15 effectively calms immune responses around blood vessels, which can help protect your heart.

Healthy immune.
Fatty15 now has over 36 documented cellular benefits, with many of them related to regulating immune responses. We also reconfirmed what other researchers have found: that pure C15:0 has both antibacterial and antifungal properties.

Healthy brain, mind & sleep.
Hot off the press, came the news that fatty15 behaves similarly to a well-known compound that improves mood and lowers stress. This, paired with fatty15's role as a PPARα activator, supports how fatty15 can improve brain health and provide deeper sleep.

Healthy metabolism & liver.
People with higher circulating C15:0 have better metabolic and liver health. Fatty15 activates PPAR α/δ and AMPK, both of which help to balance metabolism. We also showed that fatty15 can support healthy liver function.

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THE GIFT OF GOODNESS

Good to *Others*

Here at fatty15, we are a team of nerdy do-gooders. Throughout the year, our growing fatty15 family showed that do-goodery is darn right contagious.

**Spreading the word.**
Check out our superfans talking up fatty15 to their families, friends, and complete strangers....

“Great product for overall wellness. Lab results [are] great and have had my family start taking it to see the results as well.”
—Isaac W.

“It’s seriously miraculous! I’ve recommended it to a lot of my friends...who also tell me it's fixed their [sleep] issues. I have my life back because of you!”
—Sulinya R.

“Fatty15 is amazing. I purchased fatty15 as part of my anti-aging regimen and think it is doing so much more...I love it so much, I’m gifting it to my family.”
—Carrie B.
Good for Veterans

As part of our ongoing support of military veterans, fatty15 is provided free-of-charge to support Grey Team's Operation Phoenix. Operation Phoenix helps to improve the personal health and wellness of both active-duty soldiers and military veterans.

“As a personal trainer, heavy weights challenge my body to the next level, but definitely take a toll on my joints. Now that I have been taking fatty15 for almost 6 months, I notice that I recover faster. My deep sleep has improved as well.”

— Trish P., Vice President of Grey Team
Our Impact

In 2022, our commitment to sustainable practices helped us save...

- **321,000 gallons of water**
- **46.2 tons of plastic**
- **283 million BTUs of electricity**
- **200,580 lbs of wood**

In all, we limited our CO2 emissions by over **299,910 lbs in 2022 alone!**
Good for *Dolphins*

As you likely already know, the health benefits of C15:0 were first discovered when our co-founder, Dr. Stephanie Venn-Watson, was helping Navy dolphins live their longest, healthiest lives.

We are helping give back to dolphins in a handful of ways:

- Our team continues to work alongside the U.S. Navy to discover more ways to support dolphins’ long-term health, including our latest findings that dolphins naturally use C15:0 from fish to make a metabolite called pentadecanoylcarnitine, which we are calling PDC. This molecule is showing lots of promise for supporting both their body and brain health. Stay tuned for more on this front!

- We are developing fatty15 for Navy dolphins! Due to the many health benefits that C15:0 provides to dolphins, including supporting their liver, immune, and red blood cell health, we are collaborating with the Navy to provide their dolphins daily C15:0 supplements.

- While it would be pretty difficult to deliver fatty15 to wild dolphins, we are doing what we can for them, too. This past year, we donated over $10,000 to the Sarasota Dolphin Research Program, which has supported dolphin and ocean conservation efforts for the past 50 years.
We’ve never been ones to say no to a brain break and a little game.

**Down**
1. Serves as the armor for our cells to keep them healthy and protected
2. Co-founder who is a Veterinary Epidemiologist
3. Another name for C15:0 (2 words)
4. These become more fragile, and break down with age
5. Fatty15 and omega-3 are types of these (2 words)
7. Condition of body and mind that typically recurs for several hours every night
12. Fish belong in this, not in capsules
13. Save the _______. Save the world.
14. The ability of an organism to resist a particular infection or toxin
15. Temporary state of mind or feeling
16. The muscular organ that pumps the blood through the circulatory system

**Across**
6. Co-founder who is a Navy Veteran and military physician
8. Substance taken to remedy the deficiencies in a person’s diet
9. Term used when our bodies cannot produce a nutrient themselves
10. The chemical processes that occur within a living organism in order to maintain life
11. Powerhouse of our cells
17. We are a team of nerdy_______
18. Dolphin who is part of the fatty15 family
Solved the crossword?
Email us at newsletter@fatty15.com for a chance to win $20 off your next refill.
What’s even better than gifting another pair of socks?

For those special people in your life, use the code HOLIDAY10 (October through December 2022) to get $10 off a 90-day single purchase starter kit (normally $149.95) or a gift card, as a healthy gift that keeps on giving!

We promise, they’re always the right size. Free shipping, as always. Straight to you, or over the river, through the woods, and direct to Grandma’s door.

Give 20% 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!