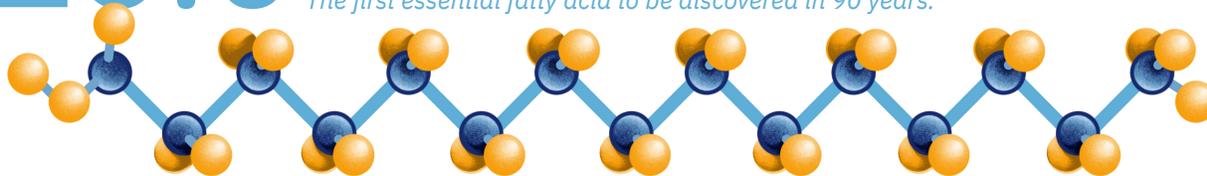


C15:0

The first essential fatty acid to be discovered in 90 years.



(Pentadecanoic Acid)

Fact Sheet

What is C15:0 (pentadecanoic acid)?

C15:0 is a nutrient that can help support your long-term health and wellness. C15:0 (pronounced see-fifteen) is the first essential fatty acid to be discovered since omega-3 and omega-6, which was over 90 years ago.

C15:0 as an essential fatty acid

Essential fatty acids are nutrients that our bodies need to maintain physiological health. Because our bodies don't make enough of these molecules on their own, we must get certain amounts routinely from our diet or supplements.

There are now three known essential fatty acids:

1. Alpha-linolenic acid, an omega-3 fatty acid
2. Linoleic acid, an omega-6 fatty acid
3. Pentadecanoic acid (C15:0)

Helping with mood

Our bodies use C15:0 to naturally make a molecule called pentadecanoylcarnitine (or PDC). PDC naturally activates key receptors that can help to:

- Improve mood
- Lower stress
- Decrease pain
- Improve sleep

Food sources & supplements

The primary dietary source of C15:0 is whole fat dairy. Because more people are avoiding cow's milk, population-wide C15:0 levels have been decreasing.

While foods contain trace amounts of C15:0, these foods also have 'bad' saturated fats, calories, and have C15:0 in a less bioavailable form.

C15:0 is available as a bioavailable supplement. Based on pharmacokinetic and activity studies, people should get between 100 to 200 mg of C15:0 daily.

What does C15:0 do?

C15:0 has been shown in studies to:

- Lower inflammation
- Lower cholesterol
- Lower triglycerides
- Lower glucose
- Decrease fibrosis

C15:0's essentiality comes from multiple benefits at the cellular level, including:

- ✓ **Strengthening cell membranes** to protect cells against premature breakdown.
- ✓ **Repairing mitochondria** to help maintain cellular energy.
- ✓ **Naturally activating receptors** throughout our body and brain, like PPAR-alpha/delta, that help to regulate immunity, metabolism, mood, appetite and sleep.

In human cell systems, C15:0 safely helped to lower clinically-relevant markers relevant to:

- Autoimmune diseases
- Cancer
- Cardiovascular disease
- Chronic inflammation
- Lung and liver fibrosis
- Osteoarthritis

Learn more at DiscoverC15.com