Science says! *Nutra Ingredients Says!*

June 4, 2023

NUTRA INGREDIENTS USA AWARDS 2023 — FINALIST —

Great news! We are excited to share that fatty15 has been selected as a finalist for the 2023 NutraIngredients USA Start-Up Award. The award celebrates the best new companies blazing the trail in nutrition and health.

Each week, we are proud to bring you the latest and greatest science on C15:0 and healthy aging. Go science!

Steph and Eric
Co-Founders, Doctors, Nerds

Learn more

The science continues to grow

RESEARCH ARTICLE

scientific reports

Efficacy of dietary odd-chain saturated fatty acid pentadecanoic acid parallels broad associated health benefits in humans: could it be essential?

Stephanie Venn-Watson
Richard Lumpkin
Edward A. Dennis
Published: May 18, 2020

Dietary odd-chain saturated fatty acids (OCFAs) are present in trace levels in dairy fat and some fish and plants. Higher circulating concentrations of OCFAs, pentadecanoic acid (C15:0) and heptadecanoic acid (C17:0)…

Read the paper

RESEARCH ARTICLE

PLOS ONE

Broader and safer clinically-relevant activities of pentadecanoic acid compared to omega-3: Evaluation of an emerging essential fatty acid…

Stephanie K. Venn-Watson
Camden N. Butterworth
Published: May 26, 2022

A growing body of evidence supports that pentadecanoic acid (C15:0), an odd-chain saturated fat found in butter, is an essential fatty acid that is necessary in the diet to support long-term metabolic and heart health…

Read the paper

RESEARCH ARTICLE

scientific reports

Pentadecanoylcarnitine is a newly discovered endocannabinoid with pleiotropic activities relevant to supporting physical and mental health

Stephanie Venn-Watson
John Reiner
Eric D. Jensen
Published: August 23, 2022

As an emerging dietary essential fatty acid, pentadecanoic acid (C15:0) is expected to have bioactive metabolites with broad health benefits.

Read the paper

Nerd out on the science at
DiscoverC15.com

Stay tuned for our next groundbreaking discovery of C15:0 as *the* leading longevity nutrient…