

Pentadecanoic acid (C15:0) in MCT oil

Product number B112 – 300 ml

C15:0 is a unique, rediscovered odd-chain fatty acid. Pentadecanoic acid (C15:0) is a fully saturated fatty acid with an odd number of carbon atoms. The molecule consists of 15 carbon atoms (C) and has no (0) double bonds and no chiral carbon atoms. Its formula is $\text{CH}_3-(\text{CH}_2)_{13}-\text{COOH}$. It is a straight, stable chain that is resistant to oxidation.

While scientific attention has traditionally focused heavily on unsaturated omega fatty acids, recent studies show that the saturated fatty acid pentadecanoic acid (C15:0) plays a fundamental role in human biology. Because our bodies produce very little of this fatty acid and dietary intake is often limited, C15:0 is gaining popularity as a nutritional supplement.

In standard foods (such as full-fat dairy from grass-fed cattle), C15:0 is bound to triglycerides, which makes absorption more complex. This dietary supplement contains C15:0 in its free, active form, dissolved in a base of C8 and C10 MCT oil. This unique combination ensures good bioavailability, allowing the fatty acid to be absorbed directly and efficiently by the body.

- This fatty acid is a structural cellular building block. C15:0 acts as a direct building block for biological membranes. Once absorbed, the fatty acid is integrated into the membrane structure of our body's cells. •
- C15:0 is present in mitochondrial membranes. It is a structural component of mitochondrial membranes, the cell's internal energy factories.
- It complements Omega-3. In terms of molecular structure and biological presence, C15:0 differs from omega-3 fatty acids, allowing the two to perfectly complement each other at the cellular level.

Ingredients per 5 ml (≈ 1 teaspoon):

100 mg pentadecanoic acid (C15:0) in a base of 5 ml C8/C10 MCT oil (coconut)

Usage: Adults: take 1 teaspoon **twice** daily with a meal, unless otherwise advised by a professional. 2 teaspoons contain 200 mg C15. Do not exceed the recommended dosage. Keep out of reach of children. A dietary supplement is not a substitute for a balanced diet.