

Can I Simply Fast on My Own for These Health Benefits?

Prolonged fasting can be dangerous and difficult to complete on your own. The ProLon program contains a **scientifically-researched** combination of micro- and macro nutrients. This **unique nutritional formulation nourishes your body**—while still enabling it to enter a fasting state that provides metabolic and cellular benefits. ProLon also helps promote healthier eating habits, including reduced food cravings and better portion control.



How is ProLon® Different from Intermittent Fasting (IF) or Time-Restricted Eating (TRE)?

Intermittent fasting (reducing calories on certain days in a week) and time-restricted eating (limiting eating to certain hours in a day) can help reduce fat and promote metabolic balance. But prolonged fasting—as enabled by ProLon®—can actually affect your body on the cellular level by inducing cellular clean-up and rejuvenation.



ProLon FMD® Includes:

- **A 5-day supply** of the ProLon nutritional program, including meals, snacks, and teas
- **Access to educational materials** including tips on how to successfully take ProLon



ProLon FMD® is backed by research

Over \$36M NIH/EU funding in addition to funding to support many ongoing FMD trials have been provided to date.



Ask your healthcare provider about **ProLon FMD**



proLon[®]
Promoting Health and Longevity

Reset Your Eating Habits

ProLon FMD® is a **5-day nutritional breakthrough program** that is scientifically shown to help you:

Lose fat while preserving lean body mass

Activate the body's cellular clean-up and rejuvenation process

Maintain metabolic balance

Control food cravings and portion size



← Open for a day-by-day look at what happens to your body on ProLon.

Learn more about this nutritional breakthrough. →

What is ProLon FMD®?

ProLon FMD® is a **groundbreaking nutritional program** that includes 5 days' worth of convenient, tasty, plant-based foods. These foods are specially formulated to put your body in a fasting state—even though you're eating.

The benefits of fasting three cycles are well-documented:

- a **reduction of excess fat** (especially stubborn belly fat) while preserving lean body mass
- **metabolic balance**, which includes maintaining healthy blood pressure
- **cellular clean-up and renewal**

What Exactly is Cellular Clean-Up and Renewal?

During prolonged fasting, your body starts a **self-cleaning process** called **cellular clean-up** (also known as autophagy).

Think of this process of autophagy as a biological vacuum cleaner that sucks up old and worn-out cellular components to make room for newer, fresher ones.

What Happens to Your Body on ProLon®?

FASTING STATE

The body transitions into a fasting state & fat-burning mode so it can begin cellular clean-up.

KETOSIS & AUTOPHAGY

Many reach a degree of the fat burning metabolic state known as ketosis. Cellular recycling and clean-up continues.

RENEWAL

Your transformational journey is completed. Re-feeding beyond Day 5 will fuel a Better You.



FAT BURNING

The body is switching to fat burning. Cellular clean-up (autophagy) now begins.

CELLULAR REJUVENATION

Cellular cleaning/renewal & fat burning continues.

