

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

Water fasting for extended periods of time can be difficult to complete on your own. ProLon® Professional contains a **scientifically-researched** combination of micro- and macronutrients. This **unique nutritional formulation** nourishes your body—while still enabling it to enter a fasting state that provides metabolic and cellular benefits. ProLon Professional also helps promote healthier eating habits, including reduced food cravings and better portion control.

How is ProLon Professional 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 Professional—can actually affect your body on a cellular level by inducing cellular clean-up and rejuvenation of old, worn-out cellular components through a process known as autophagy.

ProLon® Professional Includes:

- ✓ A 5-day supply of the ProLon Professional Fasting Mimicking Diet® (FMD®) that includes meals, snacks, and teas
- ✓ Access to educational materials that include tips on how to successfully use ProLon

ProLon Professional is based on decades of research



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

Ask your healthcare provider about
ProLon Professional



prolon® PROFESSIONAL

Promoting Metabolic Health



A Nutritional Intervention to Reset Your Metabolic Balance

Only 5 days each month of 5-day Fasting Mimicking Diet® (FMD) provides many of the benefits of an **every day** heart-healthy diet when done over a few months¹

- ✓ Helps support metabolic health
- ✓ Helps support cardiovascular health as part of a healthy lifestyle
- ✓ Helps with weight loss and visceral fat burning
- ✓ Supports healthy aging and cellular rejuvenation
- ✓ Designed for sensitive gut



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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

1) Wei M, Brandhorst S, et al. Sci Transl Med. Feb 15, 2017;9:1-12. & Data on file

What is ProLon® Professional?

ProLon Professional is a groundbreaking nutritional intervention 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 multiple cycles of fasting are well-documented. 5-day FMD has been clinically studied to help support¹:

- ✓ Metabolic Wellness
- ✓ Weight Loss of 5 to 8 pounds
- ✓ Reduced Waist Circumference (average 1.6 inches)
- ✓ Lean Body Mass Preservation and Body Fat Reduction
- ✓ Lower Body Mass Index (BMI)
- ✓ Healthy Aging: Brought on by weight loss, metabolic wellness, and cellular rejuvenation

Because ProLon Professional is formulated without nightshades, and with fewer grains and inulin, it supports milder digestion for individuals with a sensitive gut.

What Exactly is Cellular Clean-Up and Renewal?

During prolonged fasting, your body starts a **self-cleaning process** known as **autophagy** (or **cellular clean-up**), the subject of the 2016 Nobel Prize in Physiology or Medicine. Think of this process of autophagy as a biological vacuum that cleans up old and worn-out cellular components to make room for newer, fresher ones.

What Happens to Your Body on ProLon® Professional?



A FAST 5 DAYS

A FAST 5 DAYS		What Happens to the Body During FMD
1	FASTING STATE	The body transitions into a fasting state & fat-burning mode so it can begin cellular clean-up.
2	FAT BURNING & KETOGENESIS	Fat-burning ramps up, contributing to the initiation of ketogenesis (ketone production). By the end of this day (48 hours), ketosis may occur.
3	AUTOPHAGY	Cellular clean-up (autophagy) begins. Fat-burning and ketone production/utilization continues and increases.
4	CELLULAR REJUVENATION	Cellular cleaning and rejuvenation continue. Fat-burning and ketosis continue.
5	RENEWAL	Sustained cellular recycling and rejuvenation. Sustained fat burning and ketone burning.
EXPERIENCE THE BENEFITS ¹		Weight loss, greater energy levels, mental clarity & focus, better relationship with food, and fewer cravings.

1) Wei M, Brandhorst S, et al. Sci Transl Med. Feb 15, 2017;9:1-12. & Data on file