

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 stem cell-based rejuvenation.

ProLon FMD® Includes:

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

ProLon FMD® is backed by more than \$50 million in research, including funding from the National Institutes of Health and the Mayo Clinic.

Ask your healthcare provider about **ProLon FMD®**



*Less \$50 restocking fee

proLon®
Promoting Health and Longevity

Reset Your Eating Habits

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

Lose fat while preserving lean body mass

Activate the body's cellular clean up and stem cell-based 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 cycles** are well-documented:

- a **reduction of excess fat** (especially stubborn belly fat) while preserving lean body mass
- **metabolic balance**, which includes maintaining healthy levels of cholesterol, triglycerides, and 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 cells to make room for newer, fresher cells.

What Happens to Your Body on ProLon?

