



Why should you take ProLon?

Two decades of scientific discoveries at the University of Southern California brings you an easy-to-use, 5-day meal program.

ProLon has been shown to provide protective, regenerative and rejuvenating effects, while providing balanced nourishment.



The First Fasting Mimicking Diet (FMD[®])



Here's what ProLon[®] can do for you

- Decreases body fat
- Decreases body weight
- Preserves lean body mass
- 60% of the weight loss is maintained 3 months after resuming a normal diet

Maintains Healthy Levels of

- Fasting blood glucose
- BP, cholesterol and triglycerides
- C-reactive proteins
- Stem cells
- Insulin-like growth factor 1 (IGF-1)

The **proLON**® Meal Program

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
BREAKFAST	Tea	Tea	Tea	Tea	Tea	Transition Diet (not included) Start with Liquids: Soup and Juice Then light meals of Rice or Pasta and Small amounts of Fish, Meat, Legumes Resume a regular healthy diet on Day 7 See Complete Instructions for details
	L-Bar (nut-based)	L-Bar (nut-based)	L-Bar (nut-based)	L-Bar (nut-based)	L-Bar (nut-based)	
	Algal Oil (2)				Algal Oil (1)	
LUNCH	Tomato Soup	Mushroom Soup	Tomato Soup	Veg Soup	Tomato Soup	
	Olives	Olives		Olives		
	Crackers		Crackers		Crackers	
	NR-1 (2)	NR-1 (1)	NR-1 (1)	NR-1 (1)	NR-1 (1)	
AFTER NOON	Tea	Tea	Tea	Tea	Tea	
	L-Bar (nut-based)	Olives		Olives		
DINNER	Minestrone Soup	Quinoa Mix Soup	Minestrone Soup	Quinoa Mix Soup	Minestrone Soup	
	L-Bar (Choco Crisp)	L-Bar (Choco Crisp)		L-Bar (Choco Crisp)		
		L-Drink	L-Drink	L-Drink	L-Drink	

What is ProLon®?

- ProLon® is a convenient 5-day meal program based on a complex proprietary combination of ingredients
- Everything you need for each of the 5-days is located in one convenient carton, individually packed and labeled for each day
- The meal program consists of scientifically formulated, great tasting, plant-based foods that are either ready to eat or easy to prepare, including soups, bars, snacks, supplements, a drink concentrate, and teas
- The meal program provides approximately 1150 calories on Day 1 and approximately 800 calories on days 2-5

Transition Diet (not included in Meal Pack)

At the end of the ProLon® meal program on Day 6 for a period of 12 hours

- Avoid binge eating and gradually resume a healthy diet
- Start with liquid foods, such as soups and fruit juices
- Add light meals including rice, pasta and small portions of fish, meat and/or legumes
- Resume a regular healthy diet on Day 7

How to take ProLon®

- Consume the ProLon® meal program's components for 5 consecutive days
- Do not consume any additional food/liquid other than water or herbal teas without caffeine or additives
- Resume a healthy diet for the rest of the month making sure to follow the 1-day transition diet at the end of the 5 days

When Resuming a Healthy Diet

- Start with liquid foods, such as soups and fruit juices
- Follow with light meals
- Avoid binge eating



What can you expect?

Subjects taking ProLon® a have reported

- Improved energy levels
- Less fatigue
- Softer and shinier skin
- A positive impact on lifestyle
- Making healthier choices and eating less

Side effects

Potential side-effects associated with a low calorie, low protein meal program may include: fatigue, weakness, headache, dry mouth, memory impairment, muscle pain, abdominal cramp, loss of coordination, tingling, nausea, numbness, diarrhea, decreased sensation, hair loss, oral pain and vomiting.

Precautions

Due to the low caloric nature of the ProLon® 5 day meal program

- You should not take ProLon® in combination with prescription or non-prescription drugs unless approved by your healthcare professional.
- Drink at least 8 cups of water to minimize the risk of dehydration.
- Avoid alcohol consumption, strenuous exercise, and exposure to high temperatures (e.g. saunas, spas, Jacuzzi) or cold environments and swimming.
- Operate a motor vehicle and heavy machinery with care until it is known how ProLon® may affect you.

In order to maximize the benefits of ProLon®, you should minimize your consumption of caffeine to 1 cup of coffee or tea without additives or sweeteners per day during the 5 day program. No sodas allowed.



ProLon® is clinically tested, easy-to-take 5-day meal program that enhances your health without dramatic lifestyle changes

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

