

**proLon**<sup>®</sup>  
A BETTER, LIGHTER YOU IN JUST 5 DAYS

*Reset* your eating habits.

## 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 consecutive cycles** are well-documented:



**Reduction of visceral fat** while preserving lean body mass



**Metabolic balance,** which includes maintaining healthy systolic blood pressure



**Cellular clean-up and renewal**





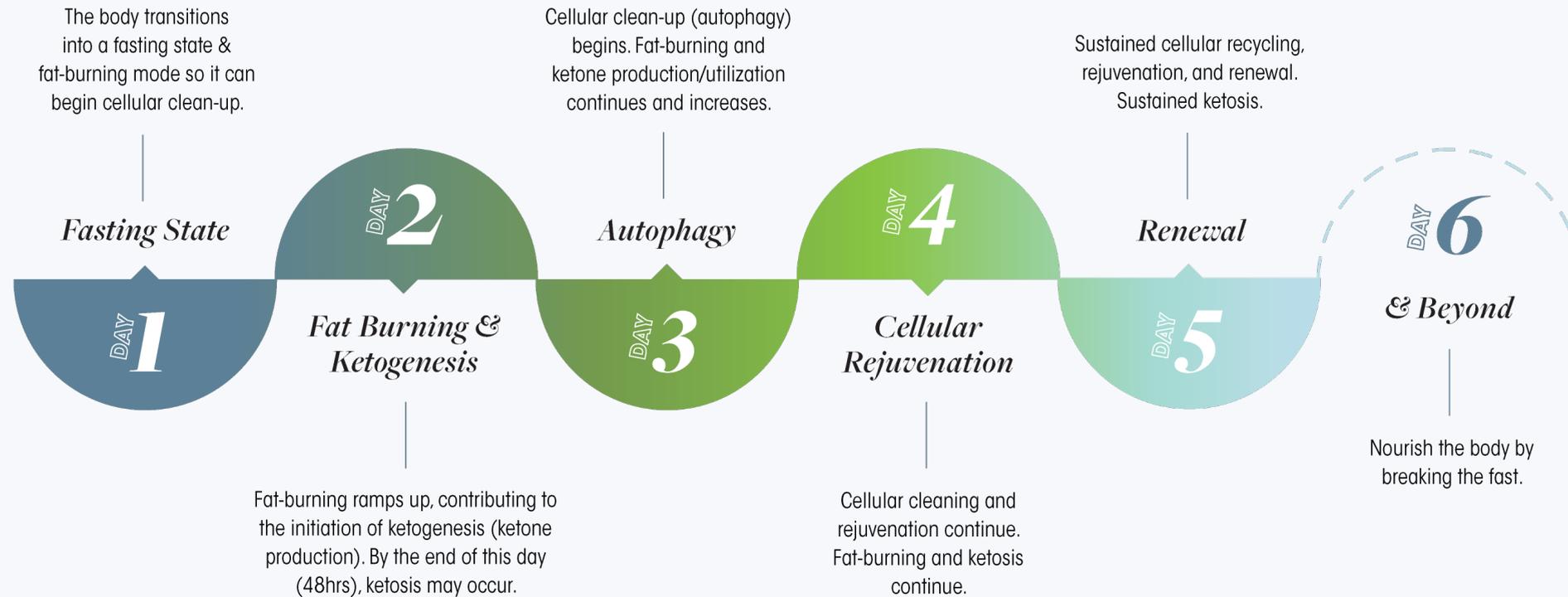
# *What Exactly is* Cellular Clean-up & Renewal?



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 that cleans and recycles old and damaged parts of the cells, resulting in a profound benefit: cellular rejuvenation.



## The ProLon 5-Day Journey



## *Can I Simply Fast on My Own* For These Health Benefits?

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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 users say they have reduced food cravings, better portion control, and healthier eating habits after completion.



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

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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 support 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:

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- **A 5-day supply** of the ProLon nutritional program, including meals, snacks, and teas
- **Access to support materials** (online & print) including tips on how to successfully use ProLon, Fasting Report to learn about types of fasting, recipe book to cook healthy meals and more

ProLon FMD is *Backed by Over 20 Years of Research and Development*

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**ASK YOUR HEALTH PROVIDER  
ABOUT PROLON FMD**



proLon®

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