

GENERAL INFORMATION

Following ProLon® Meal Program is easy! Simply follow the suggested meal plan on the back of this brochure.

This kit contains 5 boxes - each labeled for one of the 5 days of the program. You will be consuming only what you find in that day's box.

Although we have made suggestions about which items in each box you might eat for breakfast, lunch, snack, and dinner, the order in which you eat these items each day is up to you. *However, the items should NOT be consumed on days different from the day indicated.*

After you complete the 5-day meal program, you should adopt a transition diet for DAY 6 (see Transition Diet on the back of the brochure). Regular eating after completion of the 5-day program should adhere to a healthy diet of your choice such as the Mediterranean.

For your convenience, we've also printed the meal plan a separate card inside the kit.



DIRECTIONS FOR STORAGE, PREPARATION AND USE

VEGETABLE, TOMATO, AND MUSHROOM SOUP BLENDS

- STORAGE** Store in a cool, dry place.
- SERVING** Add soup package contents (1.2 oz/33 g) to 1 cup (8 oz) of cold water. Stir to mix. You may adjust water volume to your taste.
- STOVE** Heat gently over medium heat in a saucepan, stirring occasionally. Bring to a boil and remove from heat.
- MICROWAVE** Microwave on HIGH for 2 minutes. Let stand for 1 minute. Stir well and microwave for 1 additional minute. Stir before serving.

MINESTRONE AND QUINOA BLEND AND MINESTRONE BLEND

- STORAGE** Store in a cool, dry place.
- SERVING** Open pouch and pour the content in a pan. Add 1¼ cup (300 ml) of cold water and stir.
- STOVE** Bring to a boil. Reduce heat to medium-low and simmer for 15 minutes.

L-BARS AND SNACKS (NUT-BASED AND CHOCO CRISP BARS, CRACKERS AND OLIVES)

- STORAGE** Store in a cool, dry place.
- SERVING** Ready to eat.

ALGAL OIL SOFTGELS (DHA RICH)

- STORAGE** Store in a cool, dry place.
- SERVING** Take with 8 oz of water and food.

NR-1 TABLETS (L-NUTRA VEGETABLE POWDER WITH VITAMINS AND MINERALS)

- STORAGE** Store in a cool, dry place.
- SERVING** Take with food.

TEAS

- STORAGE** Store in a cool, dry place.
- SERVING** **Hot brewing:** place 1 tea bag in a cup or a mug. Add boiling water and steep for 5-7 minutes.
Cool/cold brewing: steep one or more tea bags in cool/cold water for as long as desired.

L-DRINK

- STORAGE** Store in a cool, dry place.

WARNING: Do not drink from the small bottle without diluting. See below.

- SERVING** The amount of L-Drink used is based on your weight. Carefully follow the directions below for mixing:
 - On DAY 2 - Open the small bottle labeled "L-Drink Mix". Based on the scale on the side of the label, **pour into the drinking bottle (32 fl oz) that came in the ProLon® kit, the amount so that the remaining content in the small bottle is equivalent to your weight.** For example, if your weight is 160 lbs pour into the large bottle only the part of the energy mix above the 160 lbs mark. Discard the remaining liquid.
 - Add cold drinking water to fill the entire 32 oz bottle and shake to mix the content. **One to two of the hibiscus tea bags or one of the other tea bags included in the day box can be combined with the drink to add flavor. Cool-brew the tea bag(s) in the drink for as long as needed.**
 - Drink the entire content of the large bottle throughout the day.
Note: You can drink as much water and herbal teas as desired throughout the day.



Important information for those with diagnosed medical conditions or age restrictions

Do not use the ProLon® Fasting Mimicking Diet™ without a doctor's supervision if you have a diagnosed medical condition or are under 18 or over 70 years of age. Diagnosed medical conditions especially include diabetes (types 1 or 2), cardiovascular disease, cancer, kidney disease, liver disease, or any history of fainting (syncope).

ADVERSE EXPERIENCES

Clinical studies have identified potential risks and discomforts associated with low calorie and low protein diets such as ProLon®, including anxiety, depression, dizziness, drowsiness, fatigue, headache, hunger, irritability, muscle aches, nausea, or back pain. Heavy caffeine users may experience caffeine-withdrawal headaches upon elimination of caffeine intake.

Potential medical side effects could also include constipation, fainting, low blood pressure, and low blood sugar. **Although these occurrences are rare, you should be aware of them.**

This dietary intervention may also cause abnormal heart rhythms, and may exacerbate a pre-existing amino acid/protein deficiency. Extended periods of low calorie dieting can be especially dangerous in people who are already malnourished, such as those with some forms of advanced cancer or suffering from extreme weight loss, including anorexia and cachexia, and those that have undergone extended periods of protein deficiencies. Patients with any serious or terminal medical conditions, e.g. diabetes, heart diseases, cancer, or metabolic disorders, should NOT undergo the ProLon® meal program unless authorized by a healthcare professional appropriately trained and licensed to treat these conditions. **See other precautions and warnings below.**

Users should consult their authorized healthcare professional and seek immediate medical care if significant discomfort and side effects occur.

PRECAUTIONS

ProLon® may result in some people feeling light-headed, dizzy or drowsy, so during the dieting period you should assess how you are feeling before you engage in activities that require your undivided attention, such as operating a motor vehicle or heavy machinery.

During the 5-day meal program, we recommend that you completely avoid the following as these could cause serious side effects:

- **Alcohol consumption.**
- **Strenuous activities, or exercise.**
- **Exposure to high temperature environments, such as saunas, spas and Jacuzzis.**
- **Cold temperature environments and swimming.**

Drinking adequate amounts of water will help prevent dehydration and may alleviate some of these adverse experiences.


**PROLON® IS A LOW-CALORIE DIET.
DO NOT START IF:**

You are allergic to nuts, soy, oats, sesame, or celery/celeriac
(ProLon® contains these)

You are pregnant or breastfeeding

You have dietary restrictions or a fever, cough, diarrhea, or signs of an active infection

You are malnourished, have experienced protein deficiency, or you are underweight per the chart below:

UNDERWEIGHT CHART 	YOUR HEIGHT IS	YOUR WEIGHT IS UNDER
	4'11" - 5'2"	100 pounds
	5'3" - 5'4"	105 pounds
	5'5" - 5'7"	115 pounds
	5'8" - 5'10"	125 pounds
	5'11" - 6'0"	135 pounds
	6'1" - 6'4"	150 pounds

IT IS NOT POSSIBLE TO REPLICATE PROLON FMD AT HOME





ProLon FMD provides a balanced, proprietary, and patented composition of carbohydrates, protein, fats, and sugars in a unique proportion, amount, and timing that does not turn on the nutrient-sensing pathways in the body.

Therefore, it allows your body to enter and remain in a fasting state. It is this fasting state that provides the array of health benefits associated with the use of ProLon. Over 25 years of global scientific research conducted at prestigious institutions, some of which funded by National Institutes of Health (NIH), has gone into the development of this unique Nutri-technology.

Therefore, it may not be possible to replicate ProLon at home.



MEAL PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST 	L-Bar Nut-based Alga Oil (2) Tea	L-Bar Nut-based Tea	L-Bar Nut-based Tea	L-Bar Nut-based Tea	L-Bar Nut-based Alga Oil (1) Tea
LUNCH 	Soup Mix Olives Crackers NR-1 (2)	Soup Mix Olives NR-1 (1)	Soup Mix Crackers NR-1 (1)	Soup Mix Olives NR-1 (1)	Soup Mix Crackers NR-1 (1)
AFTERNOON 	L-Bar Choco Crisp Tea	Olives Tea	Tea	Olives Tea	Tea
DINNER 	Soup Mix L-Bar Nut-based	Soup Mix L-Bar Choco Crisp	Soup Mix	Soup Mix L-Bar Choco Crisp	Soup Mix
		L-Drink	L-Drink	L-Drink	L-Drink

Transition Diet (NOT INCLUDED)

At the end of the 5-day ProLon® meal program, on DAY 6 and for a period of 12 hours, you should avoid binge eating. Resume your regular healthy diet gradually, starting with liquid foods, such as soups and fruit juices, followed by light meals, including rice, pasta and small portions of meat, fish and/or beans. Your regular healthy diet may be resumed on DAY 7. As each person's dietary requirements are different, please discuss this with your licensed healthcare professional to confirm what is the right transition diet for you.

WARNING: ProLon® has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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proLon®
Promoting health and Longevity.
INSTRUCTIONS

Before you start the ProLon® Meal Program, Remember to sign up for our helpful tips on how to successfully take ProLon® on our website at www.prolonfmd.com/tips

GENERAL INFORMATION

ProLon®, a **FASTING MIMICKING DIET™ (FMD™)**, is a 5-day meal program providing about 1150 calories on Day 1 and approximately 800 on Days 2-5.

The ProLon dietary program has been scientifically developed and clinically tested at the University of Southern California Longevity Institute, one of the leading centers for research on aging and longevity.

ProLon® exploits the ability of the body during periods of low calorie intake to enter a protected mode, remove damaged cells and tissues, and undergo self-repair. Evidence suggests that this process may promote longevity through improved health and wellness.

The ProLon® meal program consists of proprietary plant-based soups, bars, drinks, snacks, teas, and supplement formula tablets – all designed to maximize the protective effects related to fasting, while providing micronutrient nourishment (vitamins, minerals, and essential dietary components), and minimizing hunger and the burdens of fasting. The program covers a period of 5 continuous days.

WHAT'S IN THE PROLON® MEAL KIT?

This kit contains a 5-day supply of the ProLon® meal program. Eat and drink the food as instructed for five continuous days (e.g. Monday-Friday). No other food or drink should be consumed during the 5-day period, except water and herbal teas. Caffeinated beverages are discouraged; however, 1 cup of black coffee or tea without sweeteners may be consumed daily. Sodas are not allowed.

