



proLon[®]
A BETTER, LIGHTER YOU IN JUST 5 DAYS

Reset your eating habits.



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 internal parts of the cells, resulting in a profound benefit: cellular rejuvenation.



The ProLon 5-Day Journey

The body transitions into a fasted state & calburning mode so it can begin cellular clean-up.

1
AFLA
Fasting State

Cellular clean-up (autophagy) begins. Fat-burning and ketone production/ketosis continues and increases.

2
AFLA

Fat Burning & Ketogenesis

4
AFLA

Cellular Rejuvenation

Sustained cellular recycling, rejuvenation, and repair. Sustained ketosis.

5
AFLA
Renewal

6
AFLA

& Beyond

Nourish the body by breakfasting the fast.

Fat-burning ramps up, continuing to the initiation of ketogenesis (ketone production). By the end of the day (48hrs), ketosis may occur.

Cellular cleaning and rejuvenation continue. Fat-burning and ketosis continue.

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 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)?

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:

- **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**

**ASK YOUR HEALTH PROVIDER
ABOUT PROLON FMD**





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