

proLon®

# FAST TO PERFORMANCE

PROMOTING HEALTH AND LONGEVITY

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PRESERVE LEAN BODY MASS

STEM CELL BASED REGENERATION

DECREASE EXCESS BODY FAT

OPTIMIZE COGNITIVE PERFORMANCE

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# 5-DAY FASTING MIMICKING DIET

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## BREAKTHROUGH NUTRI-TECHNOLOGY:

All natural, plant-based, high quality food and supplement

Experience the benefits of fasting, but with natural foods

Conveniently packaged in single serve portions for each day of the program

Evidence based and clinically proven by the world renowned Longevity Institute at the University of Southern California (USC)




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## WHAT IS A FASTING MIMICKING DIET (FMD)?

The Fasting Mimicking Diet™, or FMD, is proven to promote longevity, overall health and reduce excess fat, all while promoting regenerative and rejuvenating changes to the body. The FMD is most effective when used for a period of only 5 days, allowing you the freedom to live your regular lifestyle. The FMD is the first and only meal program that provides the body with optimal nourishment made up of healthy, natural ingredients that someone consumes for 5 days. This keeps the body in a fasting mode. In simple terms, it is fasting with food!



 323.580.6855

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**PROLON IS INTENDED  
FOR USE BY HEALTHY INDIVIDUALS  
WHO WANT TO OPTIMIZE  
THEIR HEALTH AND WELLBEING.  
TO LEARN MORE VISIT PROLONFMD.COM**