Prolon® Fasting Mimicking Diet

The ProLon® Fasting Mimicking Diet (FMD™) is based on the research done by Professor Valter Longo at the Longevity Institute at the University of Southern California (USC). It is a plant-based meal plan that lasts for five consecutive days. The diet include soups, crackers, energy bars, energy drinks and supplements all designed to nourish the body and facilitate healthy changes. While on the ProLon diet, the body goes into a fasting mode. In this state, the cells go into a protective mode which ultimately promotes health and longevity. After completing the 5-day diet, one returns to their normal diet for the remainder of the month and experiences the rejuvenating and regenerative impact of going through this fasting mimicking diet.

The Science Behind ProLon®

Many pre-clinical and clinical studies to understand the drivers for aging and human healthspan have been conducted by the Longevity Institute at USC under the sponsorship of the National Institute of Aging and the National Institute of Health. This work serves as the foundation of the proprietary fasting mimicking diet (FMD™). The FMD can result in weight loss, decreased abdominal fat, and maintenance of healthy levels of fasting glucose, C-reactive protein, insulin like growth factor 1, while preserving lean body mass.

ProLon® Clinical Study Methodology and Results

Randomized controlled trial of 100 subjects, 71 completed 3 cycles of the ProLon® fasting mimicking diet (FMD) either in a randomized phase (N=39) or after being crossed over from a control diet group to the FMD group (N=32). Control subjects continued their normal diet. ProLon participants consumed the FMD for 5 consecutive days per month for 3 months. Measurements were performed prior to the diet (Before) and during the recovery period after the 3rd cycle (After). Source: Min Wei; Sebastian Brandhorst et al.Fasting-Mimicking Diet and Risk Factors for Aging, Diabetes, Cancer and Cardiovascular Disease. Science Translational Medicine February 15, 2017.

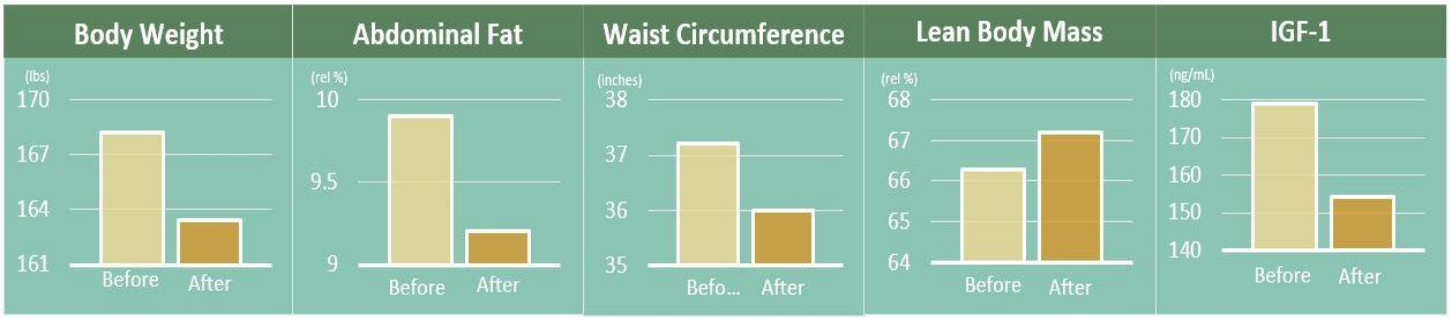

Figure 1 **Figure 2** **Figure 3** **Figure 4** **Figure 5**

Participants lost an average of 5 lbs (Fig. 1) coming mostly from abdominal fat shown as reduction in abdominal fat mass (Fig. 2) and >1-inch loss in waist circumference (Fig. 3) while preserving lean body mass (Fig. 4). IGF-1, a marker associated with increased mortality and DNA damage in human cells, was reduced by 14% (Fig. 5).

Figure 6 **Figure 7** **Figure 8** **Figure 9** **Figure 10**

Blood pressure (BP) was significantly reduced from 117.4 to 113.6 mm Hg (systolic) and 75.7 to 72.8 mm Hg (diastolic) (Fig. 6 & 7). Total cholesterol was reduced nearly 10 mg/dL with significant reductions of LDL from 104.9 to 99.2 mg/dL (Fig. 8). C-reactive protein (CRP) levels decreased from 1.5 mg/L to 1.0 mg/L after participants had resumed their normal diet for 5 – 8 days after cycle 3 (Fig. 9). A transient, major and significant elevation of stem cell/regenerative markers was also observed (Fig. 10).

How Often Should Patients Take The 5-Day ProLon® Diet

Depending on patients' body weight, baseline markers and health measurements, and after the evaluation and recommendation of their health care provider:

- High risk individuals: 3-12 times a year depending on condition
- Low risk or healthy individuals: 2-3 times a year

Who Should Not Be on ProLon®

- Children under the age of 18
- Women who are pregnant or nursing
- Individuals who are allergic to nuts or soy
- Individuals with a Body Mass Index (BMI) <18
- Individuals diagnosed with serious medical condition or disease, unless approved in writing by a physician appropriately trained to treat that condition
- Individuals who have been severely weakened by a disease or medical procedure
- Individuals who are taking medications which may not be safely consumed with a calorie restricted diet unless authorized in writing by a licensed physician
- Individuals with Diabetes (type 1 and type 2), cardiovascular disease and cancer, unless approved in writing by a licensed physician. ProLon® should never be combined with glucose lowering drugs, such as metformin or insulin
- Fasting is prohibited for individuals with particular metabolic diseases, such as those affecting gluconeogenesis.
- Individuals with a history of significant cardiac disease, particularly uncompensated congestive heart failure NYHA grade 2 or more or LVEF <40% on any prior assessment
- Individuals with a history of syncope (fainting) with calorie restriction or other medical co-morbidities
- Individuals who have special dietary needs that are incompatible with the ProLon® meal plan
- Individuals with liver or kidney disorders that may be affected by the very low glucose and protein content of the diet

How to Provide ProLon® to Your Patients

Any registered Health Care Provider (HCP) such as Medical Doctor, Doctor of Osteopathic Medicine, Physician Assistant, Nurse Practitioner, Doctor of Integrative Medicine, Anti-Aging Specialist, Acupuncturist, Naturopath, Chiropractor or Registered Dietitian who is licensed to practice in the U.S. can approve their patients or consumers to access ProLon.

3 Steps to Order ProLon®

ProLon is available for purchase on the ProLon website at www.prolonfmd.com. Please follow these steps to order:

1. *Register at www.prolonfmd.com/register and you will receive an email with your HCP code*
2. *Use your HCP code to buy ProLon for your clinic at the HCP discounted price and then provide it at your clinic to your patients for the retail price; or*
3. *Provide your HCP code directly to your patient as a token of approval to buy ProLon. Then your patient would register on our website and use the Buy button to buy ProLon. All ProLon boxes are mailed for free by L-Nutra, whether to your clinic or your patient.*