

What's Included in the 5-Day Program?

Your ProLon FMD kit includes:

- 5 full days of plant-based meals and snacks
- Herbal teas and beverages
- Step-by-step guidance materials
- Nutrition education resources
- Recipes and healthy lifestyle support tools



RegenLife

Take the First Step Today!

Ask your provider about our ProLon Program or call to schedule a consultation.

Visit:

<https://prolonlife.com/regenlifecenters>

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ProLon

**Reset, Restore,
Renew**
Discover the Benefits of
ProLon Fasting Mimicking
Diet

www.regenlifecenters.com

A Better, Lighter You in Just 5 Days

Reset your eating habits and support your long-term wellness goals with the ProLon Fasting Mimicking Diet (FMD). It is a scientifically designed 5-day nutrition program that helps your body enter a fasting state while still allowing you to eat.

What is ProLon FMD?

ProLon is a plant-based, doctor-supported nutritional program that provides 5 days of specially formulated meals, snacks, beverages, and supplements designed to nourish your body while supporting the benefits associated with fasting.

Unlike traditional fasting, ProLon allows you to eat carefully crafted foods that help your body maintain a fasting-like state.

Potential Benefits May Include:

- Support for healthy weight management
- Reduction of visceral fat while preserving lean muscle mass*
- Metabolic balance and healthy lifestyle support*
- Reduced food cravings and improved portion control
- Cellular clean-up and renewal (autophagy)
- A fresh start for healthier eating habits

*Benefits are associated with consecutive monthly ProLon cycles.

What is Cellular Clean-Up & Renewal?

During prolonged fasting, the body activates a natural process called autophagy your body's internal "clean-up" system.

Autophagy helps the body recycle old or damaged cellular components, supporting cellular rejuvenation and overall wellness. ProLon is designed to help stimulate this fasting-related process while still providing nourishment.

Why Not Fast on Your Own?

Extended fasting without guidance can be difficult and may not be appropriate for everyone.

ProLon is backed by over 20 years of research and development and uses a carefully designed balance of macro- and micronutrients to help support the body during a fasting state.

Many users report:

- Better portion awareness
- Reduced cravings
- Improved eating habits after completing the program

How is ProLon Different from Intermittent Fasting?

Intermittent fasting and time restricted eating focus on reducing calories or limiting eating windows.

ProLon is designed to support deeper fasting-related benefits by helping the body enter a fasting like state for multiple consecutive days while still receiving targeted nutrition.

Is ProLon Right for You?

ProLon may be beneficial for individuals looking to:

- Jumpstart healthier habits
- Support wellness and longevity goals
- Improve nutrition awareness
- Complement a medically guided lifestyle program

Our office can help determine if ProLon is appropriate for your personal health goals.

