



Healthy Aging

Cellular Rejuvenation

Metabolic Support

Protect Lean Muscle

Mental Clarity

Rejuvenated Skin

Changed Relationship with Food

More Energy

## Transforming Health Through Nutrition

The Prolon 5-Day Fasting Mimicking Diet (FMD) is a top doctor-recommended fasting nutrition program and is the only nutrition program patented for promoting longevity and healthspan through cellular rejuvenation, while protecting lean muscle mass. With a precise, proprietary formulation of premium plant-based, gluten-free ingredients, the program nourishes the body with just enough nutrition to support the body, while simultaneously keeping it within the caloric parameters of a fat-burning state. The effects mimic those of a prolonged water fast, activating autophagy, providing cellular, metabolic, and organ rejuvenation, and improving the body's biological age score.

### 5 days of plant-based, FMD nutrition 3x per year

- ✓ Targeted visceral fat loss with muscle protection
- ✓ Designed to promote cellular rejuvenation
- ✓ Supports metabolic health & key metabolic markers
- ✓ Supports a reduction of biological age score on average by 2.5 years after three consecutive cycles

## Fasting-mimicking diet causes hepatic and blood markers changes indicating reduced biological age and disease risk

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### Science you can trust:

Prolon 5-Day is the result of 25 years of research in partnership with USC's Longevity Institute and 18 global universities. It was scientifically formulated to evade the body's nutrient sensing pathways (NSPs) to induce a fasting-like state while still nourishing the body with critical nutrients. The specific caloric ratio within the 5-Day formulation is proportionally high in complex carbohydrates, plant-based fibers, mono- and polyunsaturated fats, and low in protein.

### Results you can feel:

The Prolon 5-Day FMD transforms one's relationship with food by teaching mindful eating and promoting nutritional balance. Users report improved energy, mental clarity, and better sleep quality. Studies show that participants are more motivated to maintain healthy habits even after completing the program, helping support a continued healthy lifestyle.

*"Since using Prolon, my energy has shot way up, I am getting to sleep through the night, my focus is better, and I dropped about 8 pounds. I love the fast so much that I recommend it to everyone."*

*Sheila P., Prolon 5-day Member*



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