

THE PROLON® 5-DAY PROGRAM

The ProLon® 5-Day Program is easy! Simply follow the suggested plan on the back of this brochure.

This kit contains 5 boxes - each labeled for one of the 5 days of the program. You will be consuming only what you find in that day's box.





Although we have made suggestions about which items in each box you might eat for breakfast, lunch, snack, and dinner, the order in which you eat these items each day is up to you. *However, the items should NOT be consumed on days different from the day indicated.*

After you complete the program, you should adopt a transition diet for DAY 6 (see the suggestions for the Transition Diet on the back of the brochure). Regular eating after completion of the 5-day program should adhere to a healthy diet of your choice such as the Mediterranean.




For your convenience, we've also printed the dietary plan on a separate card inside the kit.

DIRECTIONS FOR STORAGE, PREPARATION AND USE

RED CAPSICUM SOUP, TOMATO, AND MUSHROOM SOUP MIXES

 STORAGE	Store in a cool, dry place.
 SERVING	Add soup package contents to 1 cup (250 mL) of cold water. Stir to mix. You may adjust water volume to your taste.
 STOVE	Heat gently over medium heat in a saucepan, stirring occasionally. Bring to a boil and remove from heat.
 MICROWAVE	Microwave on HIGH for 2 minutes. Let stand for 1 minute. Stir well and microwave for 1 additional minute. Stir before serving.



WHITE BEAN SOUP AND QUINOA SOUP MIXES

 STORAGE	Store in a cool, dry place.
 SERVING	Open pouch and pour the content in a pan. Add 1¼ cup (300 ml) of cold water and stir well.
 STOVE	Bring to a boil. Reduce heat to medium-low and simmer for 15 minutes.



L-BARS AND SNACKS (ENERGY AND CHOCO CRISP BARS, CRACKERS AND OLIVES)

 STORAGE	Store in a cool, dry place.
 SERVING	Ready to eat.


NR-1 CAPSULES (L-NUTRA VEGETABLE POWDER WITH VITAMINS AND MINERALS)

 STORAGE	Store in a cool, dry place.
 SERVING	Take with food.


HERBAL TEAS

 STORAGE	Store in a cool, dry place.
 SERVING	Hot brewing: place 1 tea bag in a cup or a mug. Add boiling water and steep for 5-7 minutes. Cool/cold brewing: steep one or more tea bags in cool/cold water for as long as desired.

L-DRINK

 STORAGE	Store in a cool, dry place.
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WARNING: Do not drink from the small bottle without diluting. See below.

-  **SERVING** The amount of L-Drink used is based on your weight. Carefully follow the directions below for mixing:
- On DAYS 2-5 - Open the small bottle labeled "L-Drink Mix". Based on the scale on the side of the label, **pour the content into the 32 oz (950 mL) bottle that came with the ProLon kit. The remaining content in the small L-Drink bottle should be equivalent to your weight.** For example, if your weight is 160 lbs (73 kg) pour into the large bottle only the part of the concentrate mix at the 160 lbs (73 kg) mark. Discard the remaining liquid.
 - Add cold drinking water to fill the entire 32 oz (950 mL) bottle and shake to mix the content. **One to two of the hibiscus tea bags or one of the other tea bags included in the day box can be combined with the drink to add flavor. Cool-brew the tea bag(s) in the drink for as long as needed.**
 - Drink the entire content of the large bottle throughout the day.
Note: You can drink as much water and herbal teas as desired throughout the day.



Important information for those with diagnosed medical conditions or age restrictions

Do not use the ProLon® without a doctor's supervision if you have a diagnosed medical condition or are under 18 or over 70 years of age. Diagnosed medical conditions especially include diabetes (types 1 or 2), cardiovascular disease, cancer, kidney disease, liver disease, or any history of fainting (syncope).

ADVERSE EXPERIENCES

Clinical studies have identified potential risks and discomforts associated with lower calorie and lower protein programs such as ProLon®, including anxiety, depression, dizziness, drowsiness, fatigue, headache, hunger, irritability, muscle aches, nausea, or backpain. Heavy caffeine users may experience caffeine-withdrawal headaches upon elimination of caffeine intake.

Potential medical side effects could also include constipation, fainting, low blood pressure, and low blood sugar. **Although these occurrences are rare, you should be aware of them.**

This dietary intervention may also cause abnormal heart rhythms, and may exacerbate a pre-existing amino acid/protein deficiency. Extended periods of calorie restriction can be especially dangerous in people who are already malnourished, such as those with some forms of advanced cancer or suffering from extreme weight loss, including anorexia and cachexia, and those that have undergone extended periods of protein deficiencies. Patients with any serious or terminal medical conditions, e.g. diabetes, heart diseases, cancer, or metabolic disorders, should NOT undergo the ProLon® program unless authorized by a healthcare professional appropriately trained and licensed to treat these condition. **See other precautions and warnings below.**

Users should consult their authorized healthcare professional and seek immediate medical care if significant discomfort and side effects occur.

PRECAUTIONS

ProLon® may result in some people feeling light-headed, dizzy or drowsy, so during the program you should assess how you are feeling before you engage in activities that require your undivided attention, such as operating a motor vehicle or heavy machinery.

During the 5-day ProLon® program, we recommend that you completely avoid the following as these could cause serious side effects:

- **Alcohol consumption.**
- **Strenuous activities, or exercise.**
- **Exposure to high temperature environments, such as saunas, spas and Jacuzzis.**
- **Cold temperature environments and swimming.**

Drinking adequate amounts of water will help prevent dehydration and may alleviate some of these adverse experiences.

**PROLON® PROGRAM
DO NOT START IF:**

You are allergic to nuts, oats, sesame, or celery
(ProLon® contains these)

You are pregnant or breastfeeding

You have dietary restrictions or a fever, cough, diarrhoea, or signs of an active infection

You are malnourished, have experienced protein deficiency, or you are underweight per the chart below:

UNDERWEIGHT CHART	YOUR HEIGHT IS	YOUR WEIGHT IS UNDER
	4'11" (150 cm) - 5'2" (157 cm)	100 lb (45 kg)
	5'3" (160 cm) - 5'4" (163 cm)	105 lb (48 kg)
	5'5" (165 cm) - 5'7" (170 cm)	115 lb (52 kg)
	5'8" (173 cm) - 5'10" (178 cm)	125 lb (57 kg)
	5'11" (180 cm) - 6'0" (183 cm)	135 lb (61 kg)
	6'1" (185 cm) - 6'4" (193 cm)	150 lb (68 kg)

IT IS NOT POSSIBLE TO REPLICATE PROLON FMD AT HOME

ProLon FMD provides a balanced, proprietary, and patented composition of carbohydrates, protein, fats, and sugars in a unique proportion, amount, and timing that does not turn on the nutrient-sensing pathways in the body.

Therefore, it allows your body to enter and remain in a fasting state. It is this fasting state that provides the array benefits associated with the use of ProLon. Over 25 years of global scientific research conducted at prestigious institutions has gone into the development of this unique Nutri-technology.

Therefore, it may not be possible to replicate ProLon at home.



5-DAY PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
ALL DAY		L-Drink	L-Drink	L-Drink	L-Drink
BREAKFAST	L-Bar Energy Bar Tea	L-Bar Energy Bar Tea	L-Bar Energy Bar Tea	L-Bar Energy Bar Tea	L-Bar Energy Bar Tea
LUNCH	Tomato Soup NR-1 (4) Crackers Olives	Mushroom Soup NR-1 (2) Olives	Tomato Soup NR-1 (2) Crackers	Red Capsicum Soup NR-1 (2) Olives	Tomato Soup NR-1 (2) Crackers
AFTERNOON	Tea L-Bar Energy Bar	Tea Olives	Tea	Tea Olives	Tea
DINNER	White Bean Soup L-Bar Choco Crisp	Quinoa Soup L-Bar Choco Crisp	White Bean Soup	Quinoa Soup L-Bar Choco Crisp	White Bean Soup

Transition Day 6 (NOT INCLUDED)

At the end of the 5-day program, on DAY 6 and for a period of 12 hours, you should keep your meals light and small. Resume your regular healthy meal gradually, starting with liquid foods, such as soups and vegetable juices, followed by light meals, including rice, pasta, and small portions of meat, fish, and/or beans. Your regular healthy meal may be resumed on DAY 7. As each person's dietary requirements are different, please discuss this with your licensed healthcare professional to confirm what is the right transition diet for you.

**proLon®
INSTRUCTIONS**

GENERAL INFORMATION

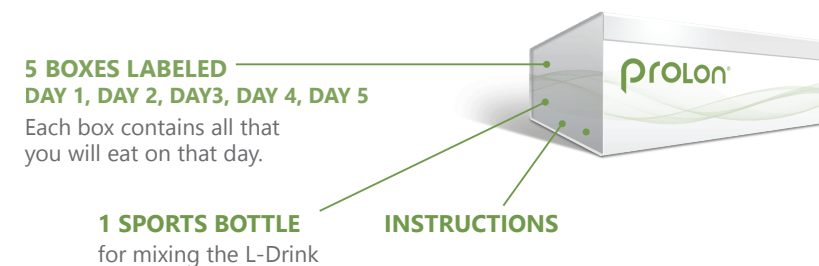
ProLon®, is a 5-day program providing about 1150 calories on Day 1 and approximately 800 on Days 2-5.

The ProLon® program consists of proprietary plant-based soups, bars, drinks, snacks, teas, and supplement formula capsules – all designed to maximise the protective effects related to fasting, while providing micronutrients (vitamins and minerals), and minimising hunger and the burdens of fasting.

The program covers a period of 5 continuous days.

WHAT'S IN THE PROLON® KIT?

This kit contains a 5-day supply of the ProLon® program. Eat and drink the food as instructed for five continuous days (e.g. Monday-Friday). No other food or drink should be consumed during the 5-day period, except water and herbal teas. Caffeinated beverages are discouraged; however, 1 cup of black coffee or tea without sweeteners may be consumed daily. Soft drinks are not allowed.



L-Nutra Pty Ltd