

proLon® – The Fasting Mimicking Diet

What is ProLon?

ProLon is a special nutrition program designed by scientists from the Longevity Institute at the University of South California. It is the **first solution in the world** that combines the advantages of fasting with the comfort of eating.

How it works?

In this program, you follow the ProLon diet that **imitates fasting** for five days a month. During this time, you should only eat meals included in a carefully composed package. The ProLon diet is low-protein and low-carbohydrate but contains good fatty acids. Our meals are plant-based, so they are healthy and entirely natural, but **the body does not recognize them as food**. This prevents the cells from activating the inflammatory pathways associated with eating ordinary meals and induces "metabolic peace," giving the tissues time to regenerate. This **protective effect** is evolutionarily programmed, and it normally accompanies classical fasting. This explains why a temporary reduction in calories improves your well-being, overall health and, above all, extends your life.

Why ProLon?

- ProLon meals are plant-based, tasty and easy to prepare.
- The program only lasts five days a month, and you can eat normally at all other times.
- Thanks to the special recipe, ProLon imitates fasting while nourishing your body, meaning that even when you are fasting, you can carry on your typical daily activities **without wasting energy**.

Benefits:

- an increase in the number of stem cells and markers of regeneration
- acceleration of tissue regeneration - the effect of rejuvenation
- optimization of metabolic health
- body fat reduction
- a simple way to achieve and maintain a slim figure

Who is it for?



Healthy people who want to optimize their health and lay the foundations for a lifestyle that leads to **vitality and longevity**.



Overweight or obese people who want to manage their weight in an easy and healthy way. When properly used, ProLon reduces visceral fat, waist circumference and blood glucose.



People whose markers of inflammation and biological age have increased. It has been clinically proven that ProLon reduces the level of many biomarkers of aging.

We recommend healthy people repeat this dietary cycle **2-3 times a year**, and those with a higher health risks, 3-12 times a year, depending on their overall state of health and doctor's assessment.

Caution!

Remember to consult one of our specialist - **doctor or dietitian** before starting the program.