

Risk Communications and Disclaimers for ProLon

General Use Statement

ProLon is intended for use by individuals who want to enhance their health and wellbeing, individuals who want to proactively manage their weight in an easy and healthy way, and by people who want to maintain a healthy metabolic balance, or support healthy aging.

Allergens Statement

ProLon contains nuts, soy, oats, and sesame and should not be used if you have allergies to any of these ingredients. Review the nutrition labeling for a complete list of ingredients.

ProLon Dietary Statement – required on all television ads

Do not fast or use any products for fasting purposes if you have a fever, cough, diarrhea, signs of an active infection, are at risk for recurrent infection, are underweight, are breastfeeding, are pregnant, have dietary restrictions, or are under the age of 18 or over the age of 70.

Consult with a healthcare professional before starting any diet, supplement or exercise program.

Risks and Avoidance Statements

Due to nature of fasting, there are common complaints associated with it including fatigue, headache, dizziness / lightheadedness, musculoskeletal pain, nausea, and difficulty with concentration during the fasting period. Complaints are mild and tolerated for most people.

ProLon is a food-based program. Any significant change in diet (including fiber intake) can contribute to changes in your gut such as bloating, cramping and gassiness, constipation or diarrhea.

Although ProLon is designed to reduce many of these risks of fasting by providing specific macro and micronutrients, because it is still a low calorie diet, we encourage you to discuss with your healthcare provider whether the practice of fasting or the use of fasting mimicking diet is right for you. Please avoid the following during the 5-days of the program:

- Any strenuous exercising or activities that may consume a high level of calories.
- Extreme temperature environments like hot tubs and saunas, or driving long distances under strong sun or heat exposure.

Since ProLon is a food-based program, please stop the product should you experience any symptom of an allergic reaction such as a rash, change in voice, swelling or fever.

If you feel light-headed or faint, you should eat something, drink juice, or consume a beverage with sugar. If your symptoms do not subside, please contact your physician, or if you feel this is a life-threatening emergency, call 911.

Who Should Not Fast...

Although fasting is safe for most people, you should talk to your healthcare provider before beginning any diet or diet program to ensure it is safe and right for you.

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Do not undertake fasting or use any products for fasting purposes if you have a known, diagnosed, or suspected eating disorder.

Anyone with a pre-existing condition or taking any prescription medications should consult with a healthcare professional before fasting.

Do not fast or use any products for fasting purposes if you have a fever, cough, diarrhea, signs of an active infection, are at risk for recurrent infection, are underweight, are breastfeeding, are pregnant, have dietary restrictions, or are under the age of 18 or over the age of 70.

DSHEA Statement – required on all television ads, on outer packaging if it contains claims, on package inserts with claims, on all web pages, in all email footers

- **Assets with claims are required to have the DSHEA statement below in boldface type, no smaller than 1/16” typesize.**
- **Placement and use on packaging and package inserts:**
 - **For a single claim, place DSHEA statement immediately next to or below the claim (no information between the claim and the statement), or link to the DSHEA statement by using a symbol (i.e., asterisk) after the claim and before the DSHEA statement, and place the DSHEA statement in a box.**
 - **For multiple claims, place a symbol (i.e., asterisk) after each claim, place a symbol before the DSHEA statement, and place the DSHEA statement in a box.**
- **For multi-panel package inserts or multi-page assets:**
 - **Place DSHEA statement on each panel or page where there is a claim.**
 - **Follow the directions above for packaging to determine placement of the DSHEA statement relative to the claim(s).**
- **Webpages and Email footers – place the DSHEA statement in the footer and ensure it is boxed.**

These statements have not been evaluated by the Food and Drug Administration. ProLon is not intended to diagnose, treat, cure, or prevent any disease.

Dietary Statement – required on all television ads, on outer packaging or on inserts as deemed appropriate

Consult with a healthcare professional before starting any diet, supplement or exercise program.

Agreement (Healthy Start Commitment) on ProLon Promotional Websites prolonfast.com, prolonfmd.com, prolonpro.com, and prolonprofessional.com – agreement is required prior to consumer-direct purchase:

Do not use ProLon if:

- You are allergic to nuts, oats, sesame, celery/celeriac, or other ingredients in the product.

ProLon is low in calories to support fasting. Ensure you are aware of the common side effects of fasting before starting a fast (see Is Fasting Health and Safe in our FAQs).

Not everyone should fast for prolonged periods of time. If you fit any of the following categories,

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you should fast only under the direct supervision or under the advice of a personal healthcare provider:

- If you have any pre-existing conditions or are taking any prescription medications.
- If you may have an infection or may be at risk for a repetitive infection; are underweight, pregnant, breastfeeding; or have a known, diagnosed or suspected eating disorder.
- If you have any dietary restrictions, or are under 18 or over 70.

If you are a patient enrolling in the ProLon Professional Program only available through a healthcare provider, by using the QR code or purchasing from this website using your healthcare provider's code or information, you are identifying as a patient. As part of the program, you agree to participate in coaching; receipt of educational materials through coaching, text messages, and/or email; and provision of a report back to your healthcare provider regarding your participation.

<Where "Is Fasting Healthy and Safe" occurs above, hyperlink to that FAQ for ease of reference by the reader on any ProLon promotional website.>

<By clicking on the box below, you agree that you have read and can adhere to this Healthy Start Commitment (similar language may also be used, including adding in Terms of Use, Privacy Policy acceptance).>

[Shopping Cart Agreement for ProLon Professional Program – agreement is required prior to consumer-direct purchase. If there is possibility of purchase of ProLon Professional Program on a website, the agreement must be added to the Healthy Start Commitment.](#)

By using the QR code or purchasing from this website using your healthcare professional's code or information, you are identifying as a patient who has been directed to purchase by your healthcare provider, and are agreeing that you will follow your healthcare provider's advice about proper use of products and/or services. By checking the box, you also agree to our [Terms](#) and [Privacy Policy](#).