

ProLon® is NOT intended for the following people:

- ✗⁰¹ Children under the age of 18;
- ✗⁰² Woman who are pregnant or breast feeding;
- ✗⁰³ Individuals who are allergic to nuts, soya, tomato, celery, or other components present in ProLon®. Read the full Nutritional Information at www.prolon.eu
- ✗⁰⁴ People with a Body Mass Index (BMI) less than 18,5;
- ✗⁰⁵ Individuals diagnosed with illnesses, without medical authorisation;
- ✗⁰⁶ Individuals who have been severely weakened due to illness or pharmacological treatment;
- ✗⁰⁷ People that have been severely weakened by a disease or medical procedure
- ✗⁰⁸ Individuals with type 1 or type 2 Diabetes Mellitus, cardiovascular, autoimmune, neurological and oncological complaints unless they have been authorised by a Specialist Physician;
- ✗⁰⁹ Individuals with metabolic disorders, in particular involving the gluconeogenesis system;
- ✗¹⁰ People with a history of significant cardiac disease, particularly uncompensated congestive heart failure NYHA grade 2 or more or LVEF less than 40% on any prior assessment;
- ✗¹¹ People with a history of syncope (fainting) with calorie restriction in the past or other medical comorbidity, which would make calorie restriction potentially dangerous;
- ✗¹² People that have special dietary needs that are incompatible with the ProLon® Meal Program.



| | The ProLon® Meal Programme | | | | |
|------------------|---|---|---|--|---|
| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| BREAKFAST | L-Bar Nut-based Herbal Tea Algal Oil (1) | L-Bar Nut-based Herbal Tea | L-Bar Nut-based Herbal Tea | L-Bar Nut-based Herbal Tea | L-Bar Nut-based Herbal Tea Algal Oil (1) |
| LUNCH | Butternut Squash Soup Mix NR-3 (1) Crackers Olives | White Bean & Spinach Soup Mix NR-3 (1) Olives | Butternut Squash Soup Mix NR-3 (1) Crackers | Tomato Soup Mix NR-3 (1) Olives | White Bean & Spinach Soup Mix NR-3 (1) Crackers |
| AFTERNOON | Herbal Tea L-Bar Nut-based | Herbal Tea Olives | Herbal Tea | Herbal Tea Olives | Herbal Tea |
| DINNER | Black Bean Soup Mix L-Bar Choco Crisp | Butternut Squash & Quinoa Soup Mix L-Bar Choco Crisp | Minestrone Soup Mix | Black Bean Soup Mix L-Bar Choco Crisp | Butternut Squash & Quinoa Soup Mix |
| ALL OVER THE DAY | | L-Drink | L-Drink | L-Drink | L-Drink |



VISIT
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L-Nutra
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proLon®



Before you start the ProLon® Meal Programme.
Remember to sign up for our handy tips on how to successfully take ProLon® on our website www.prolon.eu

General Information

ProLon is a 5 days dietary programme scientifically developed and clinically tested at the University of Southern California Longevity Institute and School of Medicine, one of the leading centers for research on ageing and longevity.

The ProLon® meal programme consists of proprietary vegetable soups, bars, drinks, snacks, teas, and supplement formula capsules – all designed to maximize the protective effects related to fasting, while providing micronutrient nourishment (vitamins, minerals, and essential dietary components), as well as minimizing hunger and the burdens associated with fasting. The programme covers a period of 5 continuous days.

What's in the ProLon® Meal Carton?

The box contains all that must be eaten during the 5 days of the meal programme. You will find instructions on eating the food and drinking the drinks in the DIET CARD table provided. No other foods or drinks must be added during the 5 days of the ProLon® programme, with the exception of water, of which you must drink 1.5 to 2 litres a day. Drinking coffee or other beverages containing caffeine is not recommended.

- 5 boxes labeled: Day 1, Day 2, Day 3, Day 4 & Day 5
- 1 drinking bottle (950ml)
- Patient Instructions

ProLon® Meal Programme

The ProLon® meal programme is simple! All you need to do is follow the indications given in the table. Your ProLon® box contains 5 smaller packages, one for every DAY of the ProLon® meal programme. Each package contains all that must be eaten and drunk on the day concerned. Although an approximate scheme of how to divide up the meals during the course of the day (breakfast, lunch, snack and dinner) is given, the order in which you eat the components may be changed. **You must not change the days on which the food is eaten.**

After you complete the 5-day meal programme, you should adopt a transition diet for DAY 6 (see Transition Diet, below). Starting on DAY 7, you can eat regularly again

Directions for Storage, Preparation and Use

Tomato, white bean & spinach, butternut squash soup mixes

STORAGE: Store in a cool, dry place.
SERVING: Add soup package contents (33 g) to 250ml 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.

Minestrone, and butternut squash & quinoa soup mixes

STOVE TOP ONLY: Open the package and pour its contents in a pot. Add 300 ml of water, stir and bring to a boil. Reduce heat to medium low and simmer for 15 minutes. Set aside of the heat for 1 minute before serving.
DO NOT MICROWAVE.

For practical reasons, soups may be eaten at room temperature after preparing them the evening before.

Black bean soup mix

Open the package and pour its contents in a pot. Add 250 ml of water, stir and bring to a boil. Reduce heat to medium low and simmer for 12 minutes. Set aside of the heat for 1 minute before serving.

DO NOT MICROWAVE.

L-Bars and Snacks (Nut-based and Choco Crisp Bars, Crackers and Olives)

STORAGE: Store in a cool, dry place.

SERVING: Ready to eat.

Algal Oil Capsules (DHA-rich food supplement)

STORAGE: Store in a cool, dry place, below 25°C, away from direct sunlight.

SERVING: Take one capsule daily with food

NR-3 Capsules (Multivitamin and mineral food supplement)

STORAGE: Store in a dry place, below 25°C, away from direct sunlight.

SERVING: Take one capsule daily, with food.

L-Drink

STORAGE: Store in a cool, dry place.

WARNING: Do not drink from the small bottle without diluting. See below.

SERVING: The amount of L-Drink used is based on your weight; so follow the directions below for mixing very carefully.

1° STEP - Shake before use. CHECK THE QUANTITY OF L-DRINK TO BE CONSUMED BASING ON YOUR WEIGHT (i.e. 50 kg correspond to 19.5 ml), by referring to the graduated scale on the right. Measure the correct quantity of L-Drink, by pouring it into the measuring cup included in the package. Then, pour the measured liquid of the measuring cup into the empty water bottle. Discard the remaining content of the L-Drink bottle.

| | |
|-----------------|--|
| MEASURING SCALE | ML 51.0 / 47.5 / 44.0 / 40.5 / 37.0 / 33.5 / 30.0 / 26.5 / 23.0 / 19.5 |
| | KG 140 / 130 / 120 / 110 / 100 / 90 / 80 / 70 / 60 / 50 |

2° STEP - Add at least 800 ml of water to the large water bottle and mix gently. *If you like it, you may use one or two hibiscus infusion bags (included in the Day boxes 2-5) to add flavour. In this case, once the mix, containing the correct quantity of L-Drink and water, is ready, leave the bag in the water bottle for 10/15 minutes at room temperature.*

3° STEP - Drink the mixture throughout the day.

Note: You can drink as much water and herbal tea as desired throughout the day.

Tea and Infusions

Allow tea bag to steep in boiling water for 3-5 minutes.

Transition Diet (not included)

At the end of the 5 days of ProLon® - Fasting Mimicking Diet™, during the 12 subsequent hours you should avoid rich and abundant meals. Return to your own eating habits gradually, beginning with liquid and soft foods like soups and centrifuges juices or fruit and vegetable smoothies. Follow with light meals, like rice, pasta and small portions of liquidised or whole pulses, oily or low fat fish, cooked simply. Combine with a side dish of cooked or raw seasonal vegetables at main meals. You can return to your normal eating habits from Day 7. We recommend that you discuss the transition diet suited to your needs with a Nutritionist / Doctor.

When resuming normal diet
As a ProLon® user, you should avoid binge eating and gradually resume a regular healthy diet. Please consult your healthcare professional to answer any questions you may have regarding the transition back to your regular diet.

Adverse Reactions

The ProLon® meal programme provides calorie-restricted (approximately 1100 kcal (4605 kJ) on Day 1 and 750 kcal (3140 kJ) on Days 2-5) nutritional support for 5 days.

Clinical studies have identified potential risks and discomforts associated with low calorie and low protein diets such as ProLon®, including anxiety, depression, dizziness, drowsiness, fatigue, headache, hunger, irritability, muscle aches, nausea, or spinal pain. *Individuals who are used to a constant and high intake of caffeine may report headache associated with the lack of the substance in the 5 days of ProLon®.*

Potential side effects also include constipation, fainting, low blood pressure and hypoglycaemia. *While these side effects occur very rarely, it is advisable to pay sufficient attention to them.*

! *This diet intervention may also cause abnormal heart rhythms, and may exacerbate a pre-existing amino acid/protein deficiency. Extended periods of low calorie dieting 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, as well as those who have undergone extended periods of protein deficiencies. Patients with any serious or terminal medical conditions (e.g. diabetes, heart disease, cancer or metabolic disorders) should NOT undergo the ProLon® meal programme unless authorized by a healthcare professional appropriately trained and licensed to treat the condition. See other precautions and warnings below. Users should consult their authorized healthcare professional and seek immediate medical care if significant discomfort or side effects occur.*

Precautions

ProLon® may result in some people feeling light-headed, dizzy or drowsy. Please assess how you are feeling prior to engaging in activities that are high risk or require your undivided attention, such as operating a motor vehicle or heavy machinery.

During the ProLon® programme, we recommend devoting time to rest and avoiding the following activities, since they may cause side effects:

- Drinking alcoholic beverages
- Drinking caffeine-based beverages or fizzy and sweetened drinks
- Intense and tiring activities, including physical exercise and swimming
- Exposure to high temperatures, for example in saunas, on beaches, in Turkish baths and hydromassage; exposure to low temperatures
- Smoking

Drinking adequate amounts of water will help to prevent dehydration and may help alleviate some of these effects.