



How Can Fasting Support Your Health?



What Are Your Goals?

- Body Weight
- Body Fat Percentage
- The “Closet-Meter”
- Waistline
- Blood Test Result Improvements
- Energy level
- Blood Pressure



Have You Ever Said?

- “I’m struggling to lose body fat and weight, but don’t want to lose lean muscle mass.”
- “I’m interested in helping to maintain healthy levels of cholesterol and glucose.”
- “I’m looking to improve my energy levels and make healthier choices.”
- “I’m seeking to feel rejuvenated.”



What is Fasting?

Fasting

To abstain from food and beverage

Biological Fasting

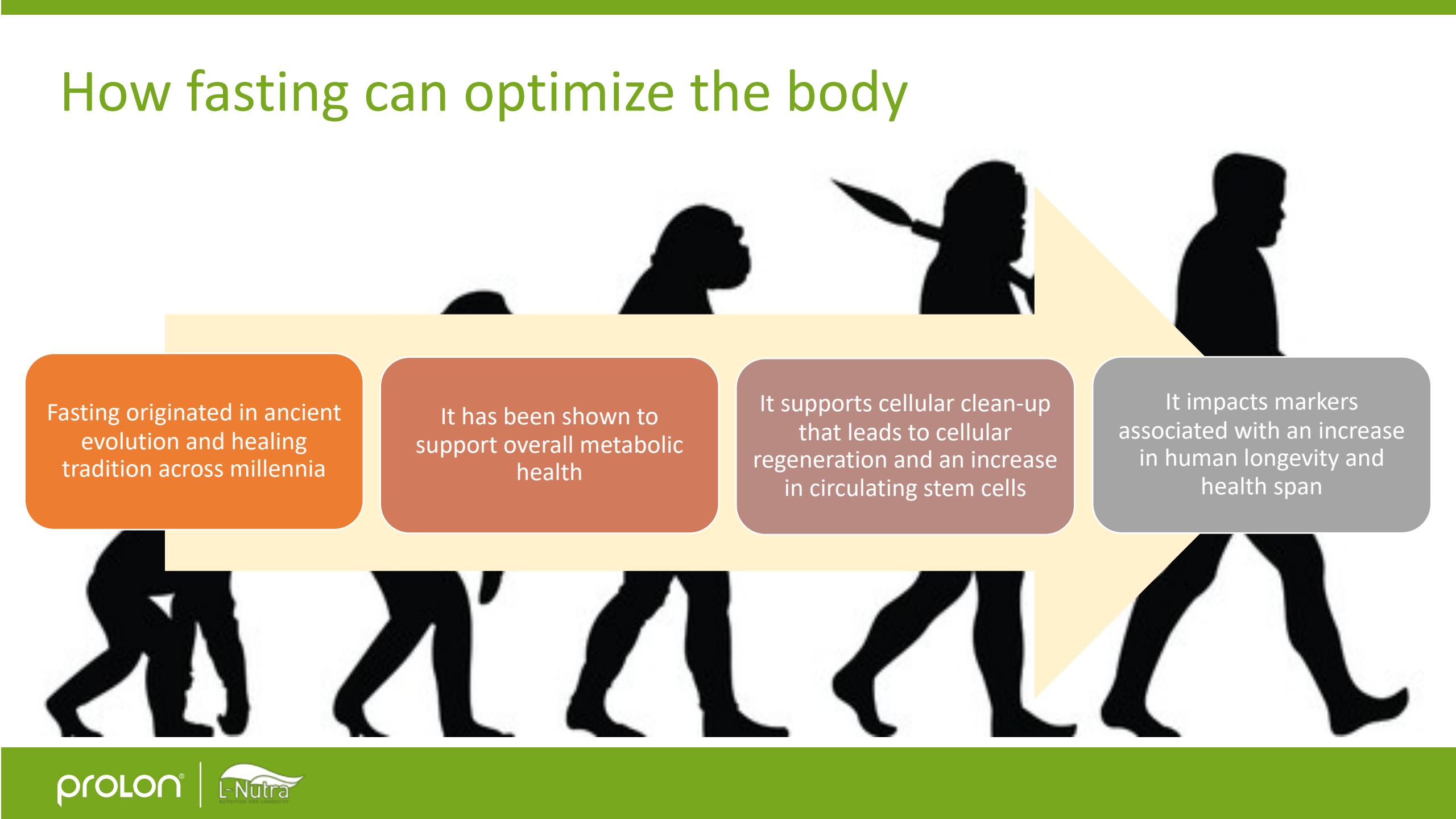
To not consume food that triggers cellular
Food Sensing Pathways: PKA, IGF-1 & mTOR

The Sensing Pathways are triggered up to 24h after the
last meal, so biological fasting starts 24h from last meal

Misconceptions

"Juice fasting is fasting because it does not contain
solid food"

How fasting can optimize the body



Fasting originated in ancient evolution and healing tradition across millennia

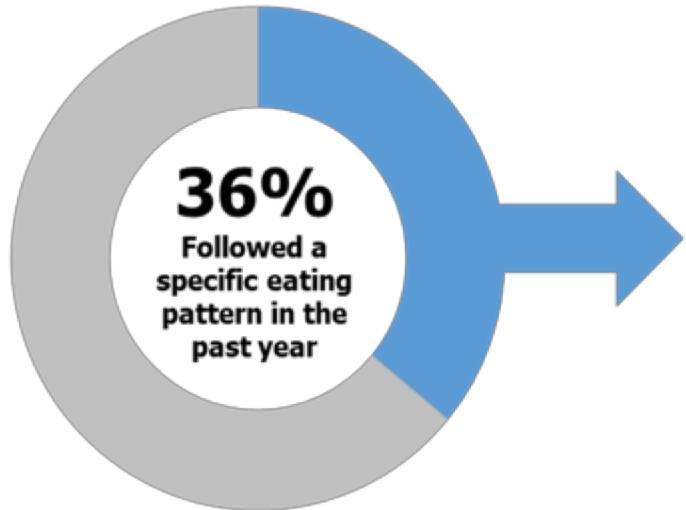
It has been shown to support overall metabolic health

It supports cellular clean-up that leads to cellular regeneration and an increase in circulating stem cells

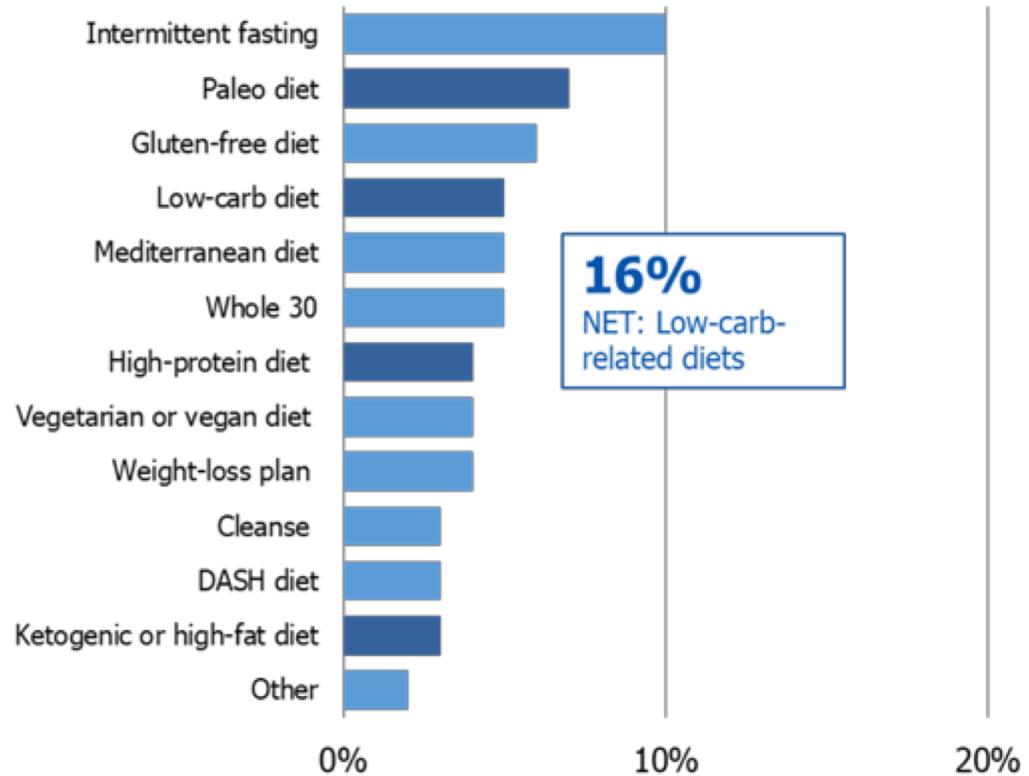
It impacts markers associated with an increase in human longevity and health span

Fasting is the #1 diet pattern in the US for 2018

Following Specific Eating Pattern



Type of Eating Pattern Followed



Types of Fasting



Time Restricted Eating/Feeding (TRE/TRF)

Daily pattern of eating during a window of 8-12h



Intermittent Fasting (IF)

1-3 days of fasting, usually non-consecutive, per week



Prolonged Fasting (PF)

4 or more consecutive days of fasting

- Water Only Fast
- Fasting Mimicking Diet (FMD)

Fasting Impact

Category	Weight Loss	Lean Body Mass Protection	Cholesterol Impact	Fasting Blood Glucose	Cellular Cleaning & increase Circulating Stem Cells	Food
Calorie Restriction	✓		✓	✓		✓
Intermittent Fasting	✓✓		✓	✓✓		✓
Time-Restricted Feeding	✓		✓	✓		✓
Prolonged Fasting*	✓✓		✓	✓✓✓	✓✓✓	
Fasting Mimicking Diet^	✓✓✓	✓✓	✓	✓✓✓	✓✓✓	✓

^{*} Wei et al., Sci. Transl. Med. 9, 15 February 2017

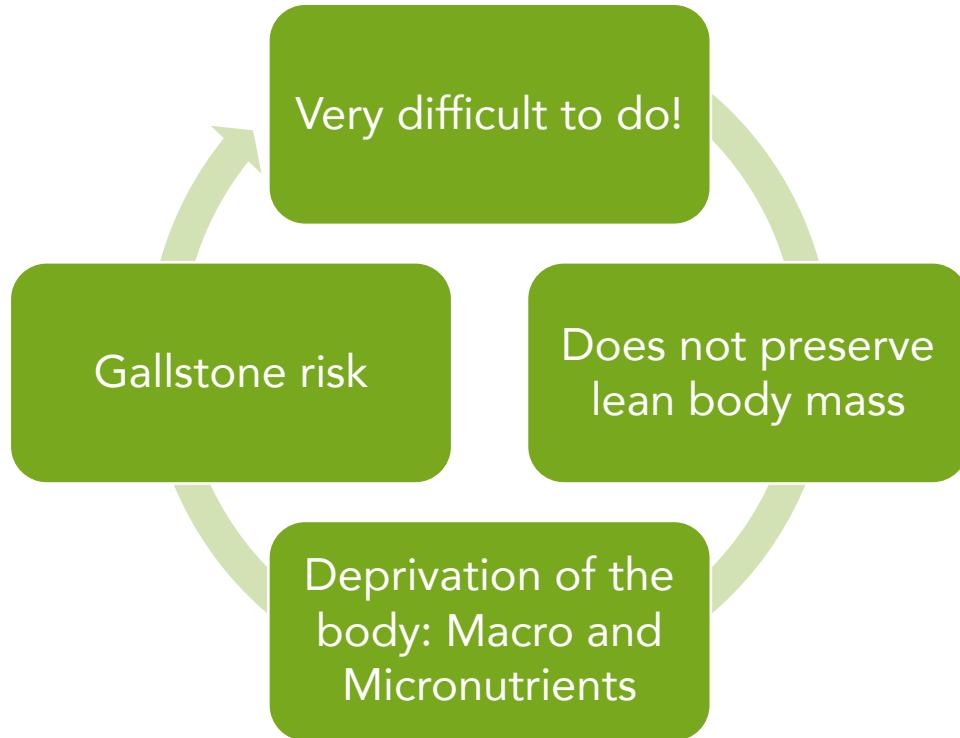
Prolonged Fasting

Water Only Fasting Benefits:



Prolonged Fasting

Water Only Fasting Disadvantages:



Therefore, USC has developed the "Fasting with Food" concept known as the Fasting Mimicking Diet (or FMD)

Fasting Mimicking Diet (FMD):

FMD ticks all the important elements of a breakthrough product

- ✓ Plant-based, Natural
- ✓ Backed by NIH and University-based R&D
- ✓ Preclinical and clinical trials
- ✓ Patented and innovative
- ✓ Published in top medical journals (Cell, Science Translational Medicine, JAMA, etc.)



The Biological Effects of FMD

Day 1

Fasting State

- Primes the body to transition in a fasting state and begin cellular optimization

Day 2

Fat Burning

- The body switches to fat burning mode.
- Cellular recycling and clean up begins

Day 3

Cellular Cleaning*

- Cellular clean up Continues
- Most people reach full ketosis

Day 4

Cell Regeneration

- Cellular cleaning continues and enhanced stem-cell production starts

Day 5

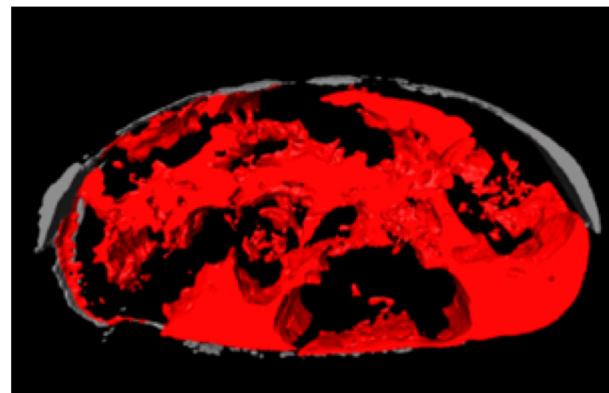
Regeneration Continues

- Promotes self repair by increased circulating stem cells

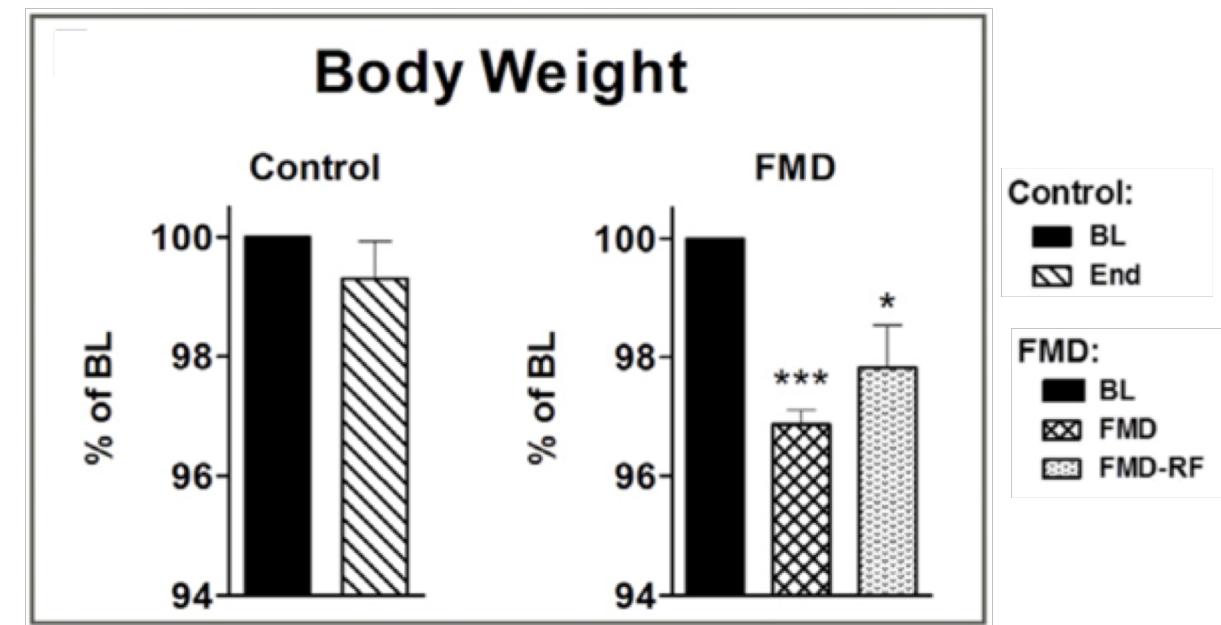
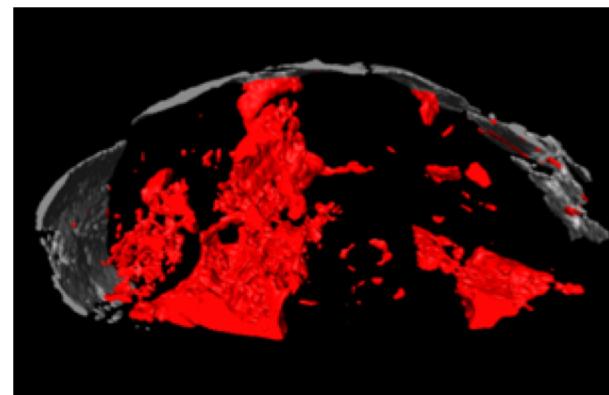
Fasting and Healthy Weight Loss

FMD is clinically shown to help individuals with normal-BMI reading to lose an average of 5.2lbs of fat and 1.2 inches off waist circumference, while overweight/obese lost >8lbs, mainly with visceral fat reduction while protecting Lean Body Mass:

Visceral fat before ProLon



Visceral fat after ProLon



The FMD resulted in a 3% reduction in BW that remained lower even after refeeding

University of Southern California (USC) under the leadership of Dr. Longo pioneered the research that characterized nutrient- sensing pathways

- Director of Longevity Institute at the USC School of Gerontology
- Demonstrated in laboratory and clinical studies that the IGF-1, TOR and PKA pathways are closely tied to aging
- Elevation of these nutrient-sensing pathways accelerates aging processes



IGF-1 has been associated with the longest living human populations (centenarians)

Source: Aging cell, volume 13, issue 4

FMD Benefits

Clinically shown to:

Help promote
cellular cleaning

Reduce body
weight and fat

Decrease hormone
IGF-1, which has
been implicated in
aging and disease

1

Research Results

Rejuvenation, Wellness and Health Optimization

- Clinically studied to promote healthspan & longevity



2

Research Results

A Weight Management Effect:

- Fast way to lose weight
- Most of it is from circumferential fat
- While preserving lean body mass (muscle and bone)
- With only 5 days of lifestyle change per month for three months



Results maintained 3 months after 3 cycles of FMD

Effects persisted after returning to normal diet*

3

Research Results

Promotes Health:

Promoted healthy levels of C-Reactive Protein

- An inflammation marker



4

Research Results

Promotes Health:

Helped to Maintain Healthy Levels of:

- Glucose
- Cholesterol
- Blood Pressure
- Triglycerides



1 + **2** + **3** + **4** = Major Determinants of Metabolic Health

5

Research Results

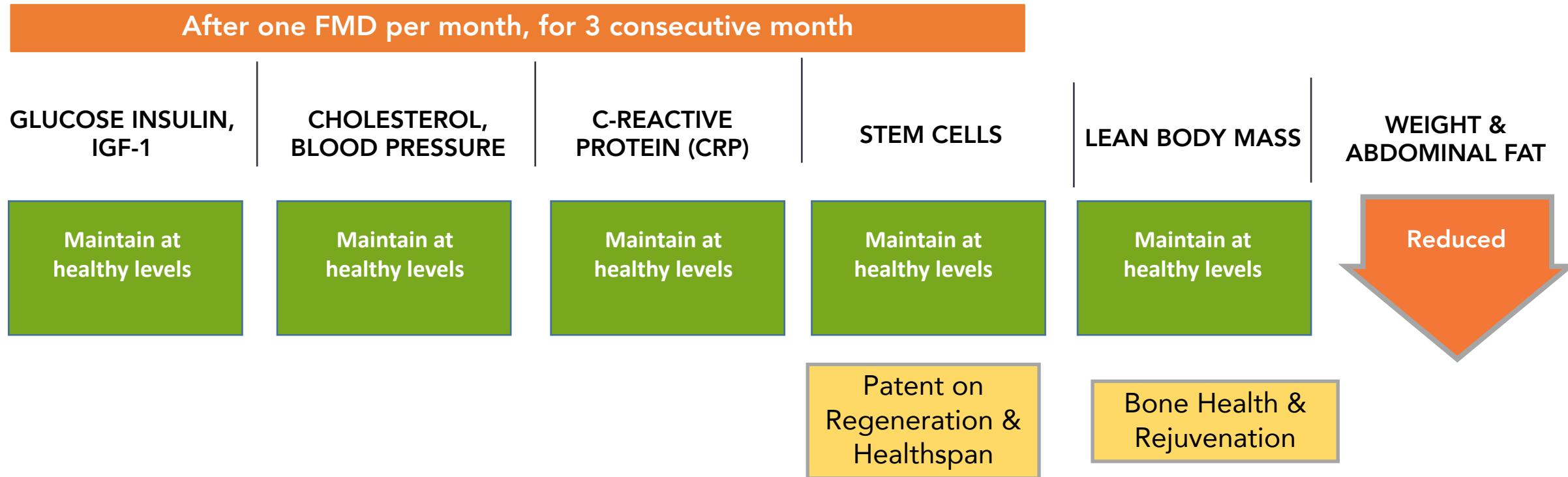
An enhancement of patient wellbeing:

Trial Participants reported

- An improvement in energy levels
- Feeling empowered to make healthier choices in life
- A positive impact on their lifestyle



Summary-Benefits of FMD



*study population was generally healthy, with BMI 27.2 +/- 5.0

Question & Answer

