

ProLon Protocols

METABOLIC PROGRAM PROTOCOL

4 consecutive months of **FMD + coaching + education**, for the management of patients with:

- Metabolic Syndrome*
- Diabetes / Pre-diabetes
- Obesity
- Hypertension
- Hyperlipidemia



* Metabolic Syndrome includes 3 of the 5 following: Abdominal obesity, High Blood Sugar, High Blood Pressure, High Triglycerides, Low HDL

HEALTHY AGING PROTOCOL

3 consecutive months, supports patients with:

- Weight Loss
- Healthy Aging
- Cellular Rejuvenation
- Change Relationship with Food



Were health outcomes achieved?

YES

Maintenance: Repeat every 3 months

to maintain cellular & metabolic benefits

1 month per quarter, helps patients who want to achieve:



BENEFIT FROM
Intracellular
Cleanup



MAINTAIN
Metabolic Benefits
as part of a healthy lifestyle



SUPPORT
Healthy Aging

NO

Continued Intervention:

Repeat 1 cycle monthly**

up to 12 months total,
and reassess every 2 months

**Must have BMI >18.5, no other contraindications