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(54) **FASTING CONDITION AS DIETARY TREATMENT OF DIABETES**

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(58) **Field of Classification Search**
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See application file for complete search history.

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(57) **ABSTRACT**

A method of alleviating symptoms of, or treating, pancreatic beta-cell damage in a subject includes a step of identifying a subject having pancreatic beta-cell damage. Multiple cycles of a diet protocol are administered to the subject. The diet protocol includes administering of a fasting mimicking diet and a re-feeding diet where the fasting mimicking diet is provided for a first time period and the re-feeding diet is provided for a second time period.

29 Claims, 15 Drawing Sheets

Body Weight	Day1	Day2	Day3	Day4	Day5	Δ5-day [1]	Δ5-day [2]
	kcal/day						
≥200 lbs	1170	828	768	810	833	-5591	-9591
151-200 lbs	1134	790	737	774	795	-5772	-7772
≤150 lbs	1098	751	706	738	756	-5952	-5952
	kcal/lb						
250 lbs	4.7	3.3	3.1	3.2	3.3		
200 lbs	5.7	3.9	3.7	3.9	4.0		
150 lbs	7.3	5.0	4.7	4.9	5.0		
	kcal/kg						
113 kg	10.3	7.3	6.8	7.1	7.3		
91 kg	12.5	8.7	8.1	8.5	8.8		
68 kg	16.1	11.0	10.4	10.8	11.1		

[1] based on a 2,000 calorie per day diet

[2] based on 2,800, 2,400, and 2,000 calorie diets for person's weight ≥200, 150-200, and ≤150 lbs, respectively.

Table 1. The fasting mimicking diet (FMD), Prolon, was developed by the L-Nutra to induce a fasting-like response while maximizing nourishment.