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.

Fig. 1