

What are FODMAPs?

FODMAPs are short-chain carbohydrates that are indigestible or poorly absorbed by the gut. They can trigger abdominal pain, constipation, gas, bloating, diarrhea and urgency when they reach the colon and are fermented by gut bacteria.

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Fermentable

Oligosaccharides

Disaccharides

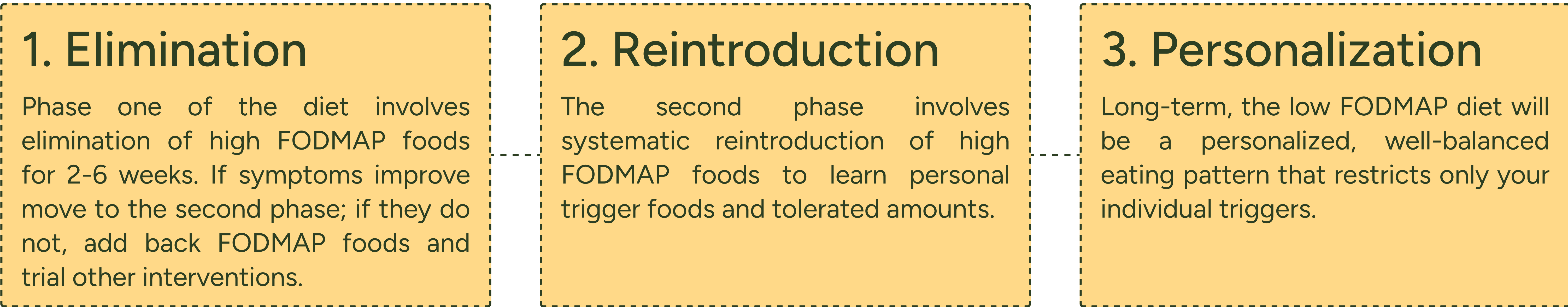
Monosaccharides

And

Polyols

What is the low FODMAP diet?

The low FODMAP diet is a three-phased approach to identify food triggers for those with Irritable Bowel Syndrome (IBS). It is used to develop a personalized diet to control symptoms long-term.



High FODMAP foods to limit while assessing symptoms

Fructan	GOS	Lactose	Fructose	Polyols
Artichoke	Almond	Buttermilk	Agave	Apple
Banana	Beans	Condensed Milk	Asparagus	Apricot
Brussels Sprouts	Beet	Cream	Bell Pepper (Red, Orange, Yellow)	Artificial Sweeteners
Cabbage	Cassava	Cream Cheese	Butternut Squash	Avocado
Cauliflower	Cashew	Cottage Cheese	Figs	Blackberry
Chicory Root, Inulin	Chickpeas	Custard	Fruit Juices	Celery
Corn	Falafel	Goat Milk	High Fructose Corn Syrup	Cherry
Dried Fruit	Kale	Goat Cheese	Grapes	Coconut
Garlic, Onion	Lentils	Haloumi	Grapefruit	Date
Honeydew	Peas	Ice Cream	Honey	Mushroom
Pomegranate	Pine Nuts	Kefir	Mango	Nectarine
Scallion, Shallot	Pistachio	Milk	Pear	Peach
Squash (Acorn, Delicata, Kabocha, Pumpkin)	Silken Tofu	Powdered Milk	Raisins	Plum
Sweet Potato	Soy Milk (Soy Bean)	Ricotta	Soda	Prune
Wheat, Rye, Barley	Taro	Sour Cream	Tomato	Rutabaga
Zucchini	Tomatillo	Queso Fresco		Turnip
	Walnuts	Yogurt		Watermelon

Benefits of Low FODMAP

- Relief of IBS symptoms, such as pain, bloating, gas, diarrhea and constipation
- Improved bowel regularity

Potential Risks

- Nutritional and energy deficiencies
- Food anxiety and social isolation
- Higher food costs
- Microbiome disruption

Simpler than the low FODMAP diet

While a low FODMAP diet helps manage IBS, the diet is complex, financially and socially burdensome and may have negative health and psychological consequences. It should be followed with a dietitian. **Digestive enzymes** targeting FODMAPs like FODZYME® can help control symptoms with less dietary restriction.



tasteless

FODZYME® FODMAP-targeted enzymes provide digestive relief without dietary restriction



New foods, unlocked with FODZYME®

FODZYME® is a **unique enzyme powder that breaks down FODMAPs**—troublesome fermentable carbs— right in your food, making meals more digestible. Unlike capsules or pills, which take time to dissolve, FODZYME® **works on fructans, GOS and lactose immediately upon contact**, ensuring faster and more effective breakdown before these FODMAPs reach your gut.

Effective Relief From Occasional FODMAP-Related Symptoms*

☒ Bloating and Gas

☒ Constipation

☒ Abdominal Discomfort

☒ Diarrhea

Wheat bread **

Onion

Garlic

Banana

Wheat pasta **

Artichoke

Cream cheese

Ice cream

Dairy milk

Brussels sprouts

Lentils

Cashews

Scallions

Leek

Beetroot

Pomegranate

Chickpeas

Beans

Pistachios

Yogurt

Silken tofu

Cranberries

Dates

Shallots

Corn

Ricotta

Almonds

Zucchini

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and many more delicious and nutritious foods

**** FODZYME® significantly reduces fructan (a FODMAP) in wheat, barley and rye products, not gluten. Fructan is often the real trigger in individuals with non-celiac gluten sensitivity.**

FODZYME® Home Kit

Sustainable jar. Ideal for home-cooked meals.



From **\$1.08** per dose

FODZYME® On-The-Go Kit

Increased dose. Ideal for dining out or travel.



From **\$2.17** per dose

Available at



Use code **WELCOME23** for **\$23 off** your first order

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.