The Low FODMAP Diet

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.

- F Fermentable
- O Oligosaccharides
- **D** Disaccharides
- M Monosaccharides
- A And
- P 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.

1. Elimination

Phase one of the diet involves elimination of high FODMAP foods for 2-6 weeks. If symptoms improve move to the second phase; if they do not, add back FODMAP foods and trial other interventions.

2. Reintroduction

The second phase involves systematic reintroduction of high FODMAP foods to learn personal trigger foods and tolerated amounts.

3. Personalization

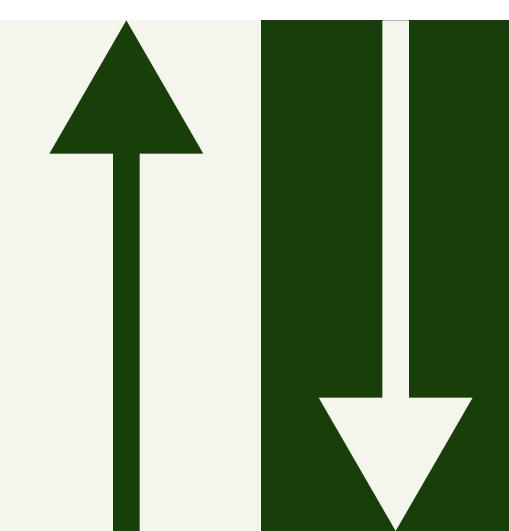
Long-term, the low FODMAP diet will be a personalized, well-balanced eating pattern that restricts only your individual triggers.

High FODMAP foods to limit while assessing symptoms

Fructan	GOS	Lactose	Fructose	Polyols
Artichoke Banana Brussels Sprouts Chicory, Inulin Dried Fruit Garlic Grapefruit Honeydew Onion Pomegranate Scallion Shallot Wheat, Rye, Barley	Almond Beans Beet Butternut Squash Cashew Chickpeas, Falafel Delicata Squash Lentils Peas Pistachio Pumpkin Silken Tofu Soy Milk (soy bean)	Buttermilk Condensed Milk Cream Cream Cheese Cottage Cheese Custard Goat Milk Goat Cheese Ice Cream Kefir Milk Powdered Milk Ricotta	Agave Asparagus Cherry Figs Fruit Juices High Fructose Corn Syrup Honey Mango Pear Raisins Soda Sugar Snap Peas	Apple Apricot Artificial Sweeteners Avocado Blackberry Cauliflower Celery Date Mushroom Nectarine Peach Plum Prune
Zucchini	Tomatillo	Yogurt	Tomato	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.



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.



Abdominal Discomfort Diarrhea



** 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

FODZYME® On-The-Go Kit

Sustainable jar. Ideal for home-cooked meals.

Increased dose. Ideal for dining out or travel.





KOSHER



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From \$1.08 per dose

* 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.