

Diet & dosing: foods to enjoy with FODZYME®

A sprinkle of FODZYME®'s powerful enzyme blend means you can enjoy the foods you love, but there are a few guidelines to follow to maximize FODZYME®'s benefit.



FODZYME® works on foods that contain the FODMAPs fructan, lactose, and GOS. If you know you're sensitive to fructans, GOS, and/or lactose, FODZYME® may help you tolerate all the delicious foods that contain these FODMAPs.

Our general recommendation is to sprinkle 1 dose of FODZYME directly on trigger foods, either on the first bite, mixed in or evenly distributed on your meal (like you would salt or pepper). Use a second dose if your meal extends over 30 mins.

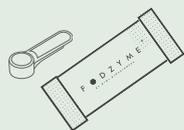
TRY FODZYME® ON THESE HIGH-FODMAP FOODS

Fructan & GOS/Galactan			Lactose	
 Garlic	 Artichoke	 Grapefruit	 Ice cream	
 Onion	 Banana	 Lentils	 Cottage cheese	
 Wheat	 Beans	 Peas	 Cream cheese	
 Brussels sprouts	 Beetroot	 Pistachios	 Ricotta	
 Zucchini	 Cashews	 Pomegranate	 Milk & buttermilk	
 Leek	 Chickpeas	 Scallion	 Kefir	
 Baby spinach	 Cranberries	 Shallots	 Yogurt	
 Almonds	 Dates	 Silken tofu	 Custard	

FODMAPs are found in dozens of foods beyond those above. We recommend working with a Registered Dietitian and using a reliable database, like the [Monash Low FODMAP Diet App](#) to identify which FODMAP-containing foods trigger symptoms for you.

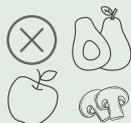
Common mistakes to avoid

Using too small of a dose



We recommend starting small: in both trigger food serving size and the dose of FODZYME®. Using 1 stick pack or 1 dosing spoon of FODZYME® mixed with a small serving of a known trigger food is a great place to start. For many, this dose is sufficient and the serving size of the food can increase. However, FODMAP tolerances vary so some may need more powder for adequate FODMAP breakdown and symptom reduction.

Using FODZYME® on polyols (sugar alcohols)



FODZYME® does not break down the "P" group in FODMAPs. If you're sensitive to polyols, then foods containing mannitol or sorbitol could still cause symptoms. We're working on a polyol-targeting solution that will help with foods like apples, mushrooms, avocados, and more (so stay tuned!)

Using FODZYME® in improper conditions



FODZYME® works exceptionally well on room temperature and chilled foods, but will begin to deactivate in high heat (> 140°F / 60°C). If the food is too hot to eat, it's still too hot for FODZYME®. Wait until your meal is at a comfortable eating temperature to add the powder. FODZYME® should also be added directly to the trigger food (not mixed in water on the side), so it can integrate with and break down the FODMAPs.

Taking FODZYME® too late after a meal



FODZYME® must be mixed with/sprinkled onto your food prior to eating or chewed with the first bite. If you forget to take FODZYME® at the start of a meal, take it as soon as you remember. Do not take FODZYME® after the meal, since the digestive enzymes won't be able to act on the food.

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