FODZYME®

Fact Sheet for Clinicians

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

Active Enzyme	FODMAP Substrate	Example Foods
Fructan hydrolase	**Fructans** including fructo-oligosaccharides (FOS) and inulin	Artichoke, bread, Brussels sprouts, garlic, leek, onion, pasta, shallot, soybeans, wheat products
Alpha-galactosidase	**Galacto-oligosaccharides (GOS/galactans)**	Beans, beets, cashews, chickpeas, falafel, hummus, lentils, pistachio, silken tofu
Lactase	**Lactose**	Buttermilk, cottage cheese, ice cream, kefir, milk, ricotta, soft cheese, yogurt
IN DEVELOPMENT	**Polyols** like **mannitol** and **sorbitol**	Apple, celery, mushroom, pear, stone fruits

Effective Relief From Occasional FODMAP-Related Symptoms*

- Bloating and Gas
- Abdominal Discomfort
- Constipation
- Diarrhea

Who FODZYME® can help

- Uninterested in or **frustrated with the low FODMAP diet**
- With a history of or at risk for **disordered eating**
- Navigating **IBS, SIBO** or other digestive issue
- With **anxiety or fear** around diet triggers and expansion
- **Already on a restrictive diet** or contraindicated for one
- Seeking **diet flexibility** while traveling and eating out

10,000+

Providers supported by FODZYME®

Cedars Sinai

MICHIGAN MEDICINE UNIVERSITY OF MICHIGAN

Weill Cornell Medicine

UCLA Health

90%

Of 3g of **fructan** broken down within 30 mins.[1]

AGA **Top 15 Research Paper 2023**

78%

Report clinically significant improvements to bloating after 4 weeks.[2]

1. Castro Ochoa K, Gastro Hep Adv. 2022;2(3):283–90.
2. In an open-label study of adults experiencing GI discomfort from high-FODMAP foods (Kaye AJ et al. Gastro Hep Advances. 2026).

This study was funded by Kiwi Biosciences.

* 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.

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Access your clinician benefits

Free samples and discounts
Order at link.fodzyme.com/samples

Free HCP webinars and trainings
Access at link.fodzyme.com/trainings

Handouts on digestive health
Download at link.fodzyme.com/handouts

Wholesale or personalized support
Contact us at partners@fodzyme.com

Where patients can order FODZYME®

MONASH UNIVERSITY LOW FODMAP CERTIFIED™

KSA KOSHER

Home Kit

From **$1.08** per dose

On-The-Go Kit

From **$2.17** per dose

FODZYME.COM

HSA/FSA Eligible

Fullscript®

amazon

OUR ADVISORS

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Supplement Facts

Serving Size: 1 stick pack (1 g)

Amount per serving		
Proprietary Enzyme Blend	32mg	†
fructan hydrolase, lactase, alpha-galactosidase		

† Daily Value not established

Ingredients: dextrin (from non-GMO corn).

INSTRUCTIONS

1. **Mix into food.** Sprinkle directly into meals, snacks, and drinks right before eating. It's tasteless and texture-free.
2. **Can't mix?** Sprinkle the whole dose on the first few bites and chew well so the enzymes spread through your food.

Complimentary Consultations with our Registered Dietitians

All FODZYME® customers are eligible for a 30-minute group consultation with a Registered Dietitian. In these sessions, patients get tips on dosing, trigger foods, and their first week with FODZYME®. Subscribers also have access to unlimited, complimentary 1:1 consultations.

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