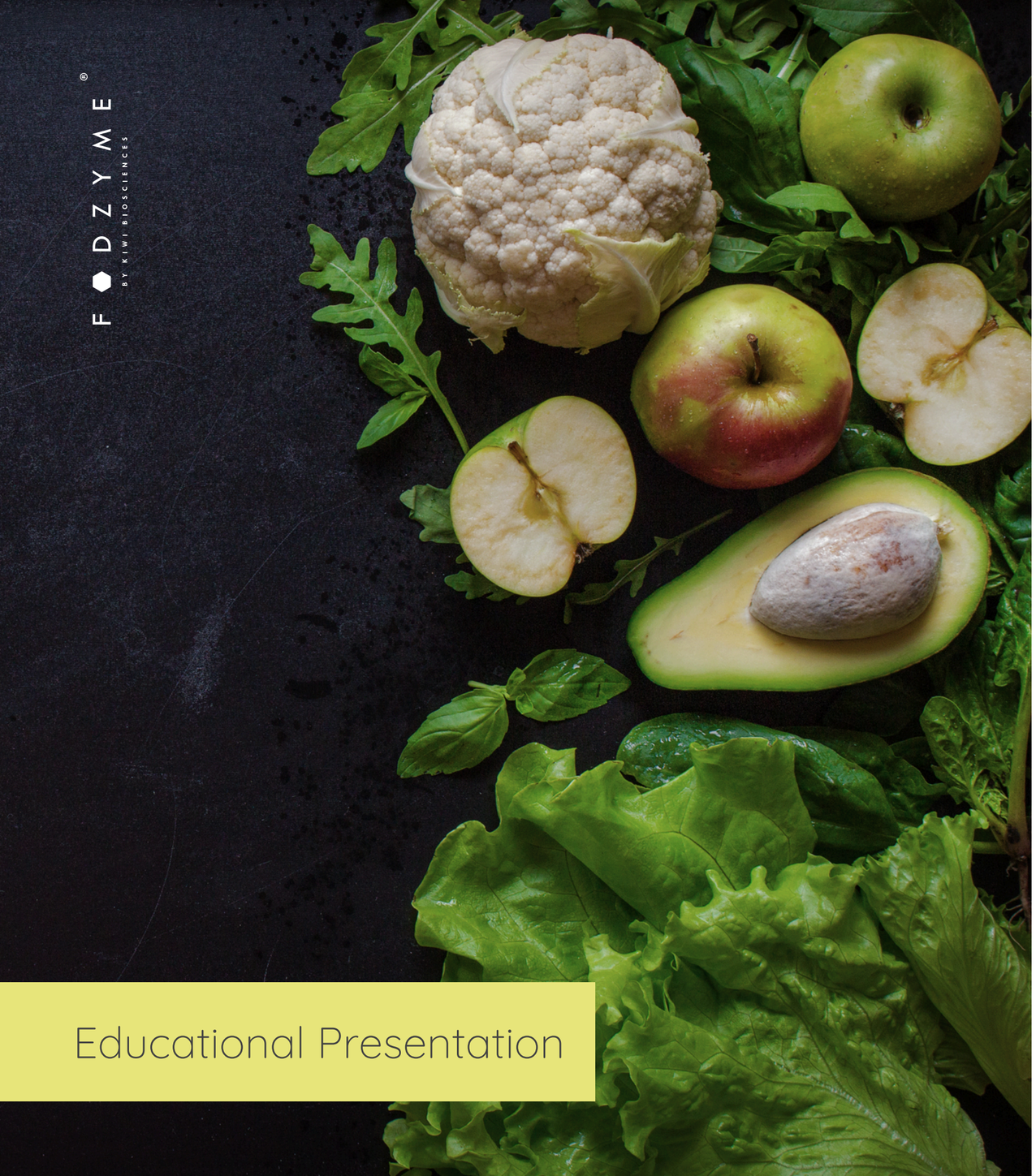


FODZYME®
BY KIWI BIOSCIENCES

Educational Presentation

Simplified FODMAP Approaches

ALTERNATIVES TO THE LOW FODMAP DIET

FODZYME®
BY KEWI BIOSCIENCES

F	Fermentable
O	Oligosaccharides
D	Disaccharides
M	Monosaccharides
A	And
P	Polyols

- Short-chain carbohydrates that are indigestible or poorly absorbed by the gut
- Trigger gut symptoms like abdominal pain, constipation, excessive gas, bloating, and diarrhea when they reach the colon
- Symptom onset is generally 4-8 hours after FODMAP intake

FODMAPs

and particularly fructan are found in many nutritious and delicious foods and recipes...

...and are notoriously hard to avoid

The low FODMAP diet (LFD)

MONASH University

A FODMAP diet is a 3 step diet used to help manage the symptoms of IBS.

ELIMINATION

Eliminating / greatly minimizing high FODMAP foods, to assess for symptom relief

REINTRODUCTION / CHALLENGE

Systematically reintroducing foods containing FODMAPs to learn triggers & tolerance

PERSONALIZATION

Integrating the trigger foods and personalizing their intake

A full low FODMAP diet may not be appropriate if:

- No IBS diagnosis
- History of or current disorded eating
- Already following a restrictive diet
- Children
- Elderly without support
- Picky eaters
- Underweight or malnourished
- Unwilling to make dietary change
- Lack of access to low-FODMAP foods
- Trouble with food prep or reading labels

But, what if you suspect FODMAPs are gut triggers?

Targeted elimination of the most common FODMAP triggers without having to go through the full three-phases of the low FODMAP diet

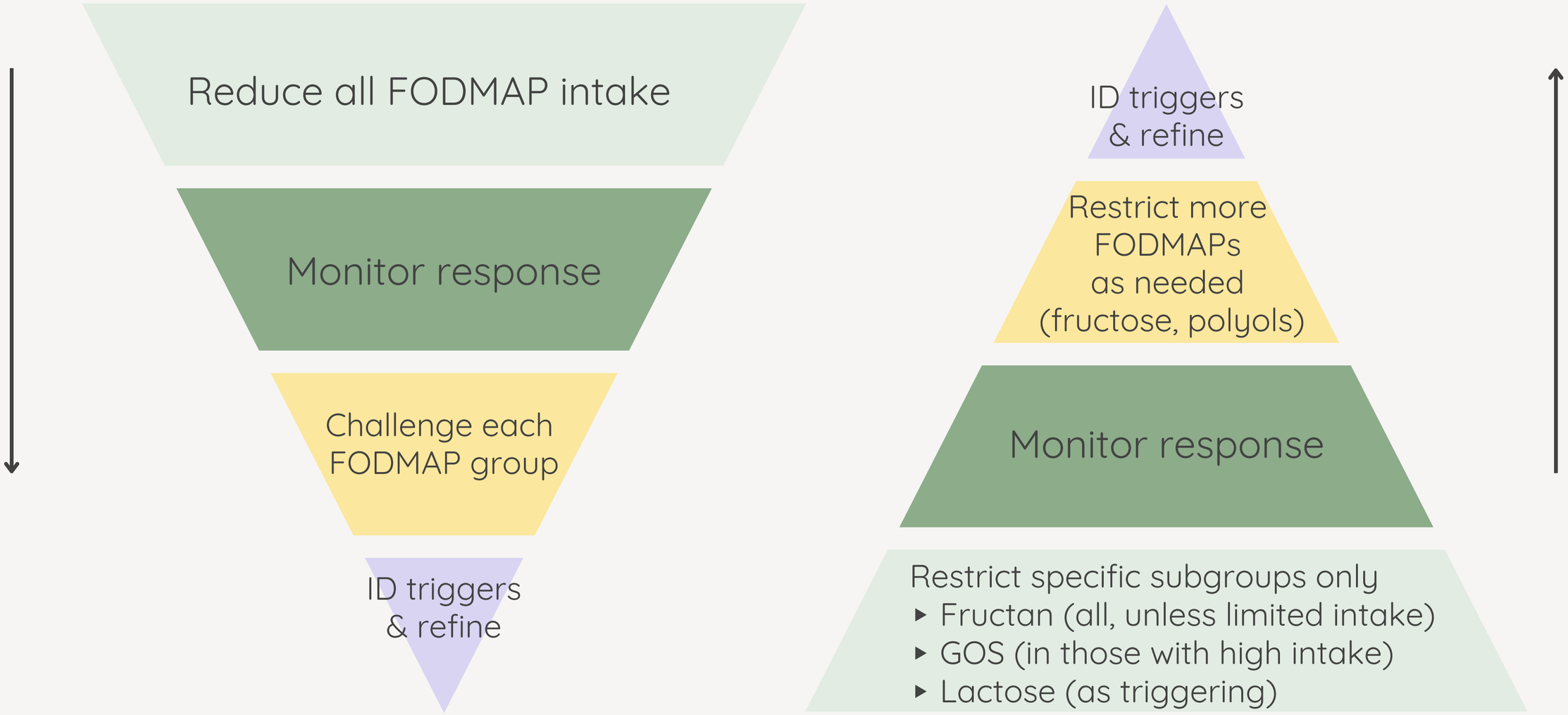
Common high FODMAP foods that contribute to symptoms

DAIRY	▸ Milk ▸ Yogurt
GRAINS	▸ Wheat ▸ Rye
MEAT ALTERNATIVES	▸ Legumes
VEGETABLES	▸ Garlic ▸ Onion, leek bulbs ▸ Cauliflower ▸ Mushrooms
FRUIT	▸ Apples, pears ▸ Watermelon ▸ Stone fruits ▸ Dried fruits

Halmos & Gibson, 2019

A simplified FODMAP diet should only be implemented under the guidance of a Registered Dietitian.

TOP DOWN VS. BOTTOM UP



Singh et. al. 2022

Journal to Assess Tolerance

MEAL	TIME OF DAY	EATING PACE	FOODS, DRINKS & PORTIONS	FODZYME DOSE AND METHOD (OR OTHER TOOLS USED)	SYMPTOMS EXPERIENCED
Lunch	12PM	fast medium slow	Spaghetti with olive oil Meatballs in tomato sauce Parmesan cheese	1/4 tsp mixed in	None
		fast medium slow			
		fast medium slow			
		fast medium slow			
		fast medium slow			

FODZYME® OVERVIEW

We make food painless

FODZYME® breaks down FODMAPs into simple sugars, that are quickly absorbed in the small intestine to reduce the amount of FODMAPs in the colon

FODZYME® BREAKS DOWN

- Fructan (inulin, FOS, levan)
- Galacto-oligosaccharides (GOS)
- Lactose

When to introduce FODZYME®

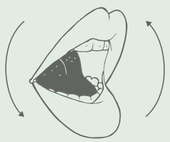
Awareness of FODMAP triggers will guide usage

1	PRIOR TO DIET CHANGE	**1a.** When knowingly eating foods that contain suspected or known FODMAP triggers **1b.** Regardless of meal makeup when FODMAP content is unknown
2	AFTER IDENTIFYING FODMAP TRIGGERS	With known FODMAP triggers during the personalization phase to further liberalize the diet and allow for flexibility long-term

Quick Start Guide

APPLY DIRECTLY TO FOOD

Sprinkle FODZYME® directly on your meal and mix. Can't mix? Add a full dose on the first bite. Apply when you're ready to eat, not while cooking.



MAXIMIZE CONTACT WITH FODMAPS

Mix thoroughly into meal when possible. Always chew well to help enzymes integrate with the food.

USE GENEROUSLY

Use a second dose for larger and longer meals or if highly sensitive to digestive triggers.

CONSIDER YOUR PERSONAL TRIGGERS

If you know your triggers, use with the FODMAPs fructan, GOS & lactose. If not familiar with FODMAPs yet, sprinkle 1 dose on every meal for several days and note if your symptoms improve.

Try FODZYME® with fructan, GOS, and lactose

Fructan & GOS/Galactan

- Garlic
- Onion
- Wheat°
- Barley & rye
- Brussels sprouts
- Zucchini
- Leek
- Cabbage
- Almonds
- Artichoke
- Corn
- Banana
- Beans
- Beetroot
- Cashews
- Chickpeas
- Cranberries
- Honeydew
- Dried fruit*
- Kale
- Lentils
- Peas
- Pistachios
- Pomegranate
- Scallion
- Shallots
- Silken tofu

Lactose

- Ice cream
- Cottage cheese
- Cream cheese
- Soft cheese
- Ricotta
- Milk
- Buttermilk
- Kefir
- Yogurt

°FODZYME® reduces fructan in wheat products, not gluten; *including dates, goji berries, dried mango, dried fig and dried pineapple

Kiwi Biosciences is a human-centered biotechnology company based in Cambridge, MA devoted to developing elegant scientific solutions for extraordinary gut relief.

Kiwi Bio is led by Harvard-trained founders Anjie Liu and David Hachuel who understand firsthand how much the IBS community needs FODZYME®.

Anjie is a patient herself, who developed FODZYME® to be able to comfortably eat high-fructan foods; David previously founded auggi.ai, a stool recognition AI technology and digital gut health coach for IBS patients.

FODZYME® is Kiwi Bio's first product; in development still are novel enzymes to tackle additional FODMAP groups like mannitol and sorbitol.

Learn more about enzymes and start making your food painless with 15% off* FODZYME at fodzyme.com

* Use code PARTNERS15 at checkout.

ANJIE LIU & DAVID HACHUEL
FOUNDERS OF KIWI BIOSCIENCES

FODZYME®
BY KIWI BIOSCIENCES