

Quick Start Protocol

FIRST 5 DAYS

One scoop (or stick pack) on all foods.

Use FODZYME® on everything you eat for 5 days: oatmeal, pizza, smoothies, salad, pasta, and more. This helps support digestion of FODMAPs while you learn your triggers.

AFTER 5 DAYS

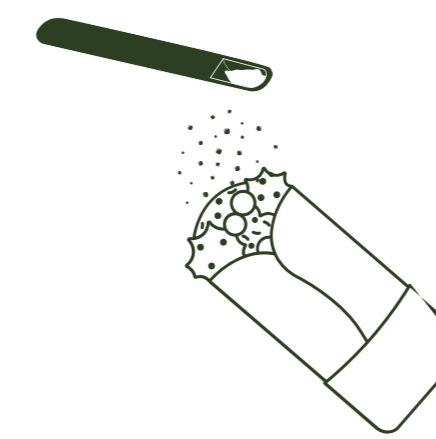
By now, you'll have a clear sense of whether FODMAPs are behind your symptoms. Notice which meals felt different with FODZYME®—those likely contain your triggers. Use FODZYME® with those meals and skip it when you're confident you don't need it.

HOW TO USE



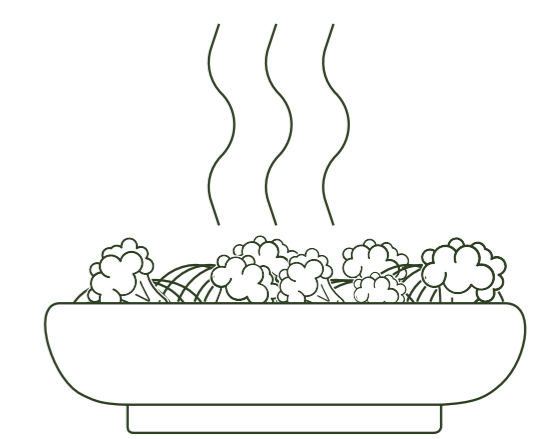
Mix into your food.

Sprinkle directly into meals, snacks, and drinks right before eating. It's tasteless and texture-free.



Can't mix?

Sprinkle the whole dose on the first few bites and chew well so the enzymes spread through your food.



Hot food?

Let it cool slightly before sprinkling. If it's too hot for you to eat comfortably, it's too hot for FODZYME®.

F  D Z Y M E[®]

WHAT TO EXPECT

FODZYME® helps relieve occasional gas, bloating, and upset stomach.* FODMAP-related symptoms typically appear within 4-8 hours of a meal, so that's when you'll notice the difference. Some feelings of digestion are normal—the goal isn't zero symptoms, it's keeping them manageable while enjoying the foods you love.

***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.**



Enjoy your meals
without the aftermath

FODMAPs are hard-to-digest carbohydrates found in most everyday foods like wheat, garlic, onions, dairy, beans, and many fruits and vegetables. FODZYME® uses a targeted enzyme blend to break down three of the most common ones: fructans, galactans (GOS), and lactose.

Your menu just got bigger

Here are some ways to get started with FODZYME®:

Breakfast

Bread
French toast
Granola
Muffins
Smoothies

Mains

Burger
Burrito
Curry
Pasta
Pizza

Sides

Baked beans
Chili
Lentils
Salad with dressing
Soup

Desserts

Cake
Cookies
Frozen yogurt
Ice cream
Milkshake

Snacks

Cheese & crackers
Dried fruit
Hummus
Nuts
Pretzels

Not sure about a specific food?

Use our FODMAP
Scanner to check
any ingredient or
dish in seconds.



More questions? Talk to our Registered Dietitian at fodzyme.com/onboarding