

How to use

If you're still learning your FODMAP triggers, try FODZYME® with **all meals for 5 days or as directed** by your healthcare provider.

If you already **know your triggers**, use FODZYME® with those foods.

FODZYME® only **acts on FODMAPs in food**. If your meal doesn't contain any, nothing happens — it's completely safe and harmless.

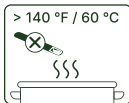


Take a moment to breathe, relax, and eat mindfully.



Mix directly into meals and snacks.

Can't mix?
Sprinkle and chew with first bite.



Allow hot foods to cool slightly before sprinkling.



Double the dose if extra sensitive or for large meals.



Chew well to help the enzymes mix with the food.

F O D Z Y M E ®

What to expect

FODZYME® helps reduce **bloating, gas, diarrhea, and constipation** by breaking down FODMAPs.

Using FODZYME® on all meals when starting out helps make sure you're **covered against FODMAPs** on every meal until you learn your triggers.

Some **sensations of digestion are normal and healthy**. The goal is to keep them manageable while enjoying high-FODMAP meals.

What to enjoy with FODZYME®

F O D Z Y M E®

FODMAPs are troublesome carbohydrates, found in many healthy and delicious foods. FODZYME® breaks down the FODMAPs fructan, GOS, and lactose so you can feel great after eating:

Ingredients:

 Artichoke	 Leek
 Banana	 Lentils
 Beans	 Milk
 Beets	 Onion
 Brussels sprouts	 Pasta
 Cabbage	 Pistachios
 Cashews	 Shallot
 Chickpeas	 Silken tofu
 Corn	 Soybeans
 Cottage cheese	 Sweet potato
 Garlic	 Wheat bread
 Kale	 Winter squash

Dishes:

Breakfast

French toast
Muffin
Pancakes
Smoothie
Vegetable omelet
Yogurt & granola

Snacks

Cheese & crackers
Hummus
Salsa
Trail mix

Mains

Burger
Burrito
Casserole
Chili
Kebab
Pasta & noodles
Pho & ramen
Pizza
Quesadilla
Sandwich
Stir fry
Taco

Sides

Falafel
Garlic bread
Roasted vegetables
Salad with dressing
Tortilla, pita, & naan

Dessert

Brownie
Cake
Cookies
Ice cream
Pastries

And
many more
**nutritious,
tasty foods**

Unsure if FODZYME® is working?

Many factors can contribute to bloating, gas, diarrhea, constipation, and other digestive issues.

If you're confident you've used FODZYME® as indicated and are still not seeing results, it could be that your symptoms are not FODMAP-related.

Consider consulting with a healthcare provider to discuss potential other symptom causes, diet strategies, and management tools.