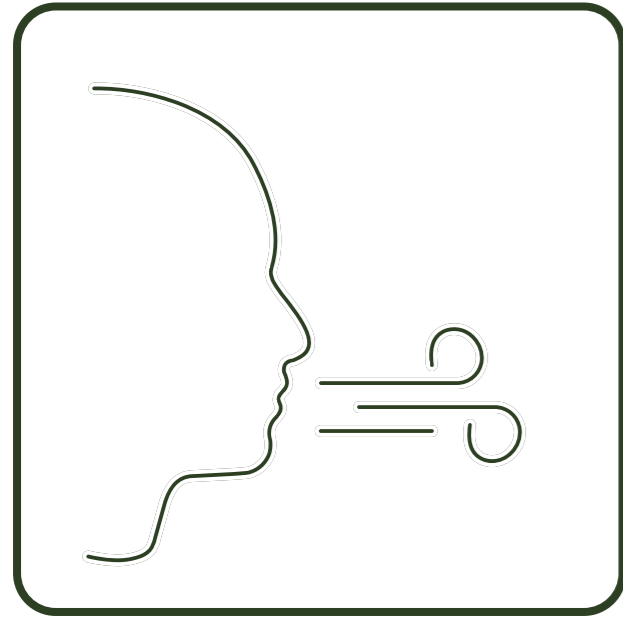


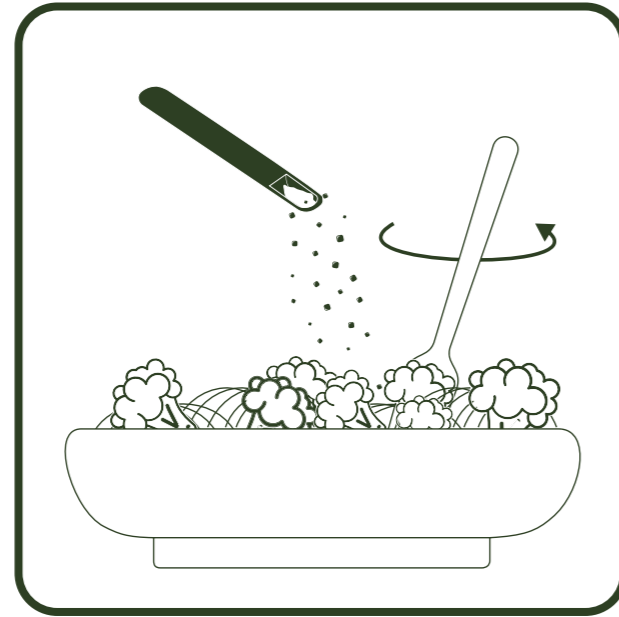
Step 1: Quick Start

F  D Z Y M E[®]

To ensure an optimal start, at all meals for several days:



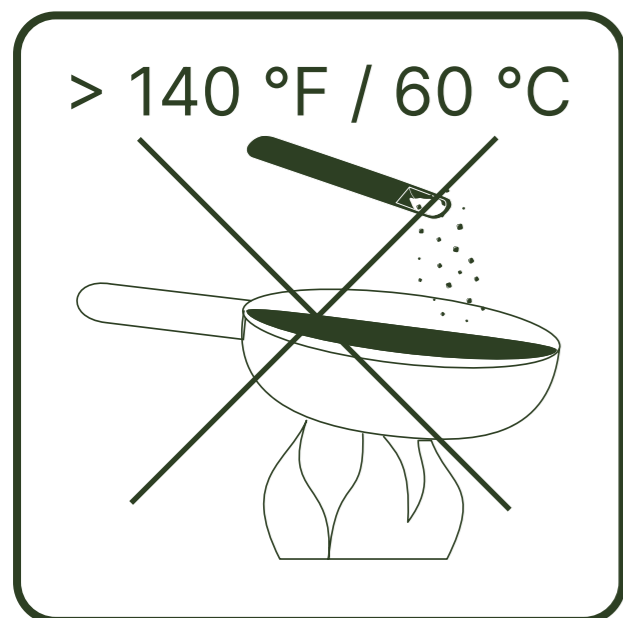
Take a moment to breathe, relax, and eat mindfully.



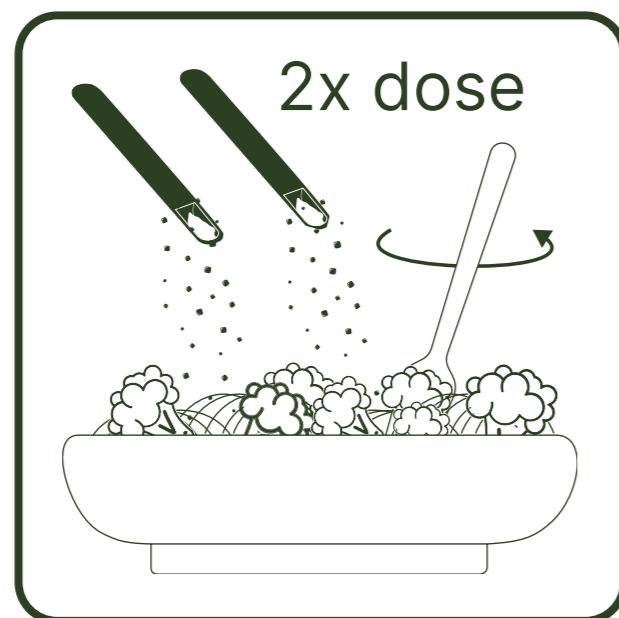
Mix directly or apply evenly on all meals and large snacks.



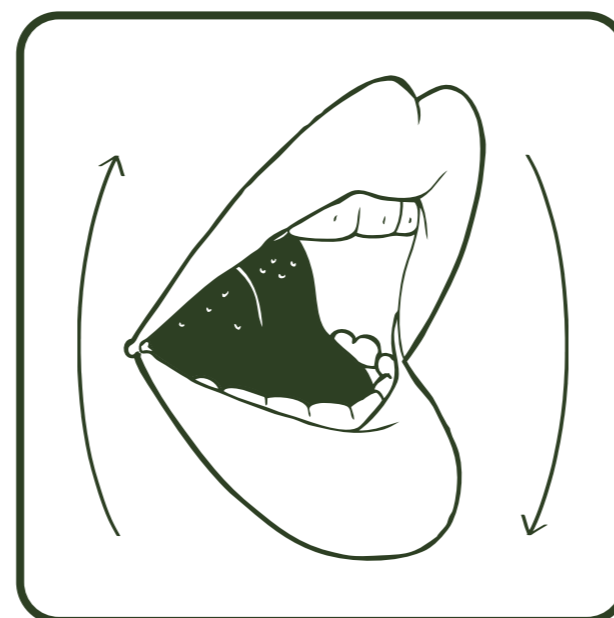
Can't mix?
Sprinkle and chew with first bite.



Allow hot foods to cool slightly before sprinkling.



Double dosage if extra sensitive or for large meals.



Chew well, that's how the enzymes mix with the food.

Do your part by:

- **Hydrate:** Drink plenty of water to prevent constipation.
- **Sleep Well:** Get enough rest to manage stress.
- **Stay Active:** Include movement to reduce stress and promote bowel regularity.
- **Limit Other Triggers:** Cut back on sugary snacks and sodas to manage sensations.

























What to expect:

- FODZYME[®] helps reduce **bloating, gas, diarrhea, and constipation** following a high-FODMAP meal.
- Allow for an **adjustment period** as your body adapts and your bowel routine resets.
- Some **sensations of digestion are normal and healthy**. The goal is to keep them manageable while enjoying delicious and nutritious high-FODMAP meals.

Step 2: Use as Needed

FODZYME[®] works by breaking down troublesome carbohydrates, known as FODMAPs, found in many foods. With FODZYME[®], enjoy many healthy and delicious ingredients and dishes without worry, like:

Ingredients:




- | | |
|--|---|
|  Artichoke |  Leek |
|  Banana |  Lentils |
|  Beans |  Milk |
|  Beets |  Onion |
|  Brussels sprouts |  Pasta |
|  Cabbage |  Pistachios |
|  Cashews |  Shallot |
|  Chickpeas |  Soybeans |
|  Corn |  Silken tofu |
|  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
-  Taco
-  Pasta & noodles
-  Pho & ramen
-  Pizza
-  Sandwich
-  Stir fry
-  Quesadilla

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 potentially overlooked diagnoses, other dietary strategies and/or other symptom management tools.