

DIGESTIVE ENZYMES FOR FODMAPS

If you experience gas, bloating, or other common symptoms of food intolerance, digestive enzymes like FODZYME[®] may help ease your digestive issues. The enzymes in FODZYME[®]'s blend are specifically designed to break down FODMAPs — fermentable carbohydrates that can cause discomfort in those who are sensitive.

By helping your body digest these FODMAP carbohydrates before they reach the colon, FODZYME[®] helps minimize bloating, gas, diarrhea, constipation and abdominal discomfort.

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Fermentable — by gut bacteria
- O

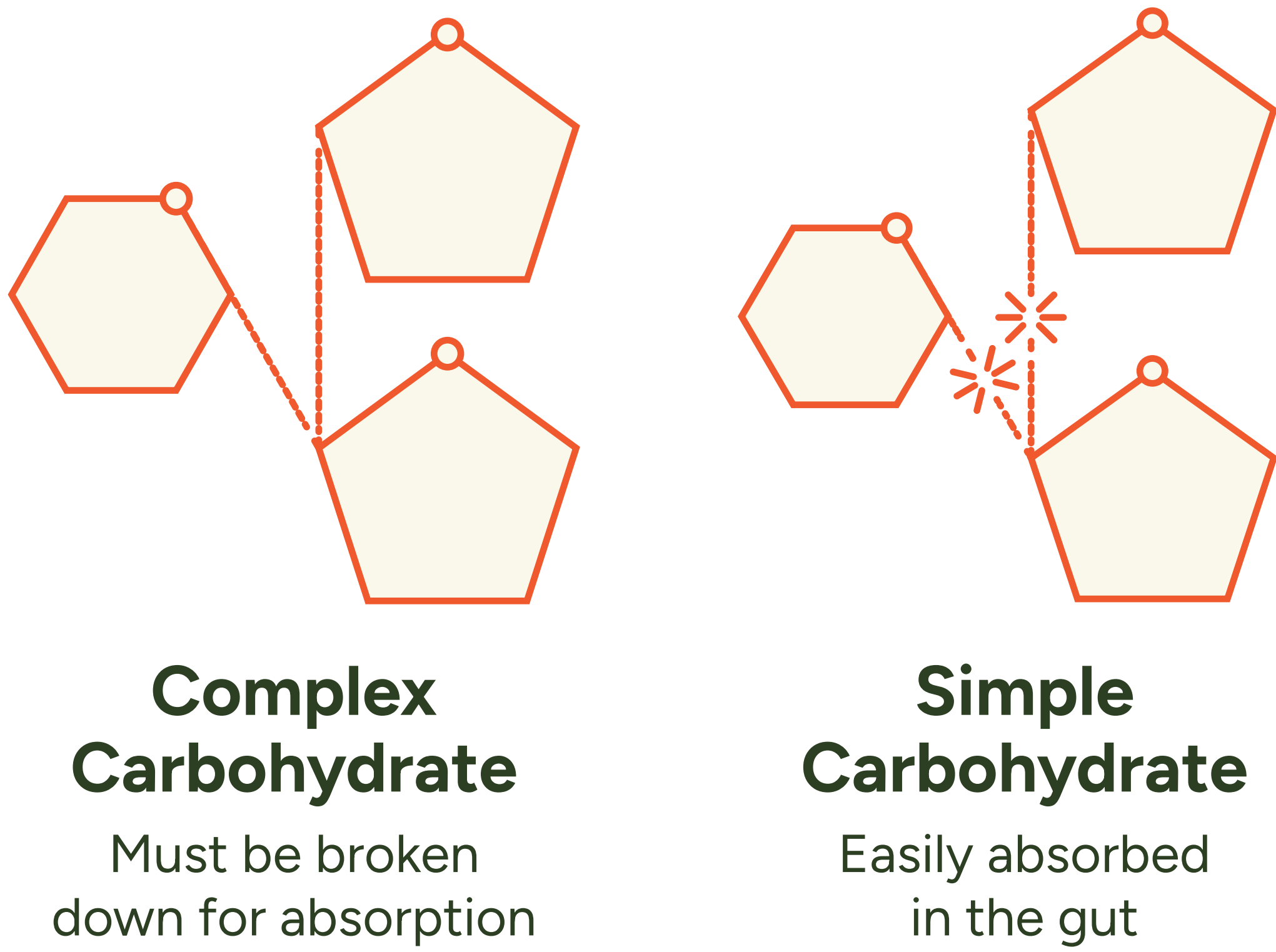
Oligosaccharides — fructans and galacto-oligosaccharides (GOS)
- D

Disaccharides — lactose
- M

Monosaccharides — fructose (in excess of glucose)
- A

And
- P

Polyols — sugar alcohols like sorbitol and mannitol



HOW FODZYME[®] WORKS

Carbohydrates come in two forms: simple sugars and complex carbohydrates. Complex carbohydrates, like many FODMAPs, are chains of sugar molecules that can't be absorbed and used for energy unless broken down by digestive enzymes.

If complex carbohydrates (like the FODMAPs fructan, GOS, and lactose) are not broken down by enzymes before they arrive in the colon, they pull excess water into the intestines and are fermented by bacteria of the gut microbiome. For most individuals this is not disruptive, but for those with a sensitive gut, this **excess water and fermentation can cause digestive pain, gas, bloating, and uncomfortable bowel movements.**

FODZYME[®] works as you digest your meal by breaking FODMAPs down into simple, digestible carbohydrates that are easily absorbed before they reach gut bacteria in the colon. FODZYME[®]'s unique powder form easily and freely distributes into food in the digestive tract, making it more effective than enzymes in a capsule.

ACTIVE INGREDIENTS

Digestive Enzyme	FODMAP Substrate
Fructan hydrolase	Fructans
Alpha-galactosidase	GOS/galactans
Lactase	Lactose
IN DEVELOPMENT	Polyols like mannitol and sorbitol

Use FODZYME[®] to enjoy many delicious foods that contain FODMAPs — with less digestive worry.

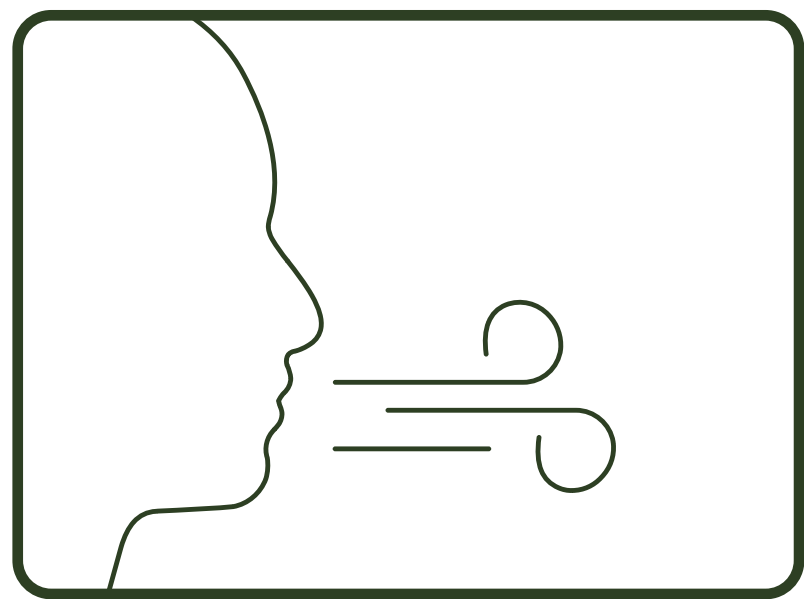
Fructan	GOS	Lactose	Fructose	Polyols
Artichoke Banana Brussels Sprouts Cabbage Cauliflower Chicory Root, Inulin Corn Dried Fruit Garlic, Onion Honeydew Pomegranate Scallion, Shallot Squash (Acorn, Delicata, Kabocha, Pumpkin) Sweet Potato Wheat, Rye, Barley Zucchini	Almond Beans Beet Cassava Cashew Chickpeas Falafel Kale Lentils Peas Pine Nuts Pistachio Silken Tofu Soy Milk (Soy Bean) Taro Tomatillo Walnuts	Buttermilk Condensed Milk Cream Cream Cheese Cottage Cheese Custard Goat Milk Goat Cheese Haloumi Ice Cream Kefir Milk Powdered Milk Ricotta Sour Cream Queso Fresco Yogurt	Agave Asparagus Bell Pepper (Red, Orange, Yellow) Butternut Squash Figs Fruit Juices High Fructose Corn Syrup Grapes Grapefruit Honey Mango Pear Raisins Soda Tomato	Apple Apricot Artificial Sweeteners Avocado Blackberry Celery Cherry Coconut Date Mushroom Nectarine Peach Plum Prune Rutabaga Turnip Watermelon

HOW TO USE

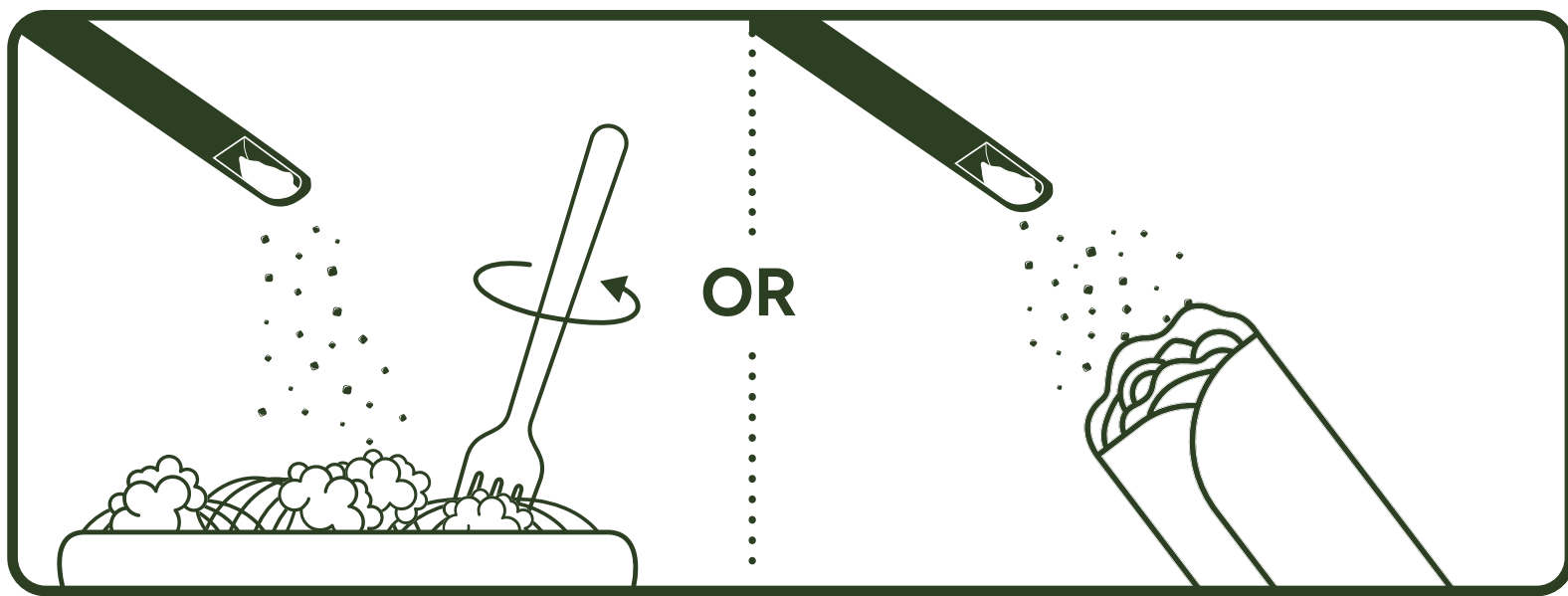
F O D Z Y M E[®]

If you're still learning your FODMAP triggers or are not ready to change your diet, try FODZYME[®] with all meals that may contain fructans, GOS and/or lactose for several days. This helps helps you quickly assess if FODZYME[®] is helping your symptoms and can guide the process of learning your personal triggers later on.

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.

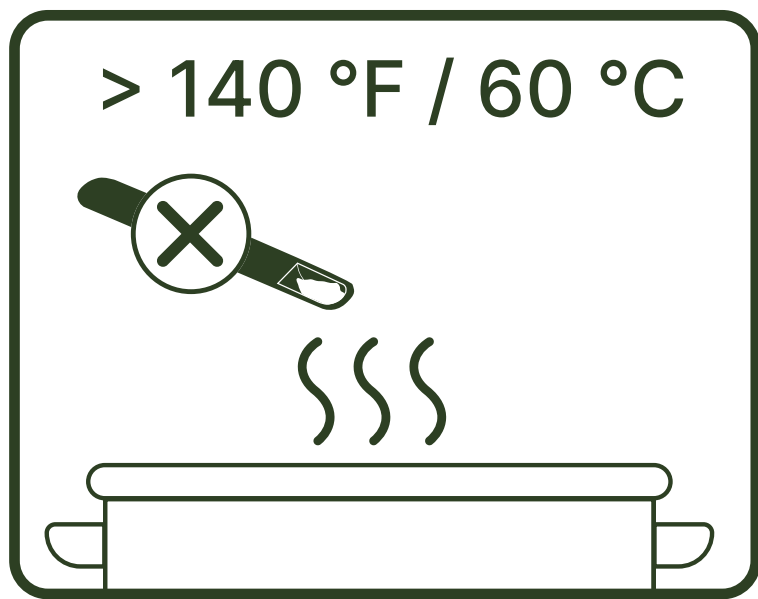


Take a moment to breathe, relax, and eat mindfully.



Mix directly into meals and snacks.

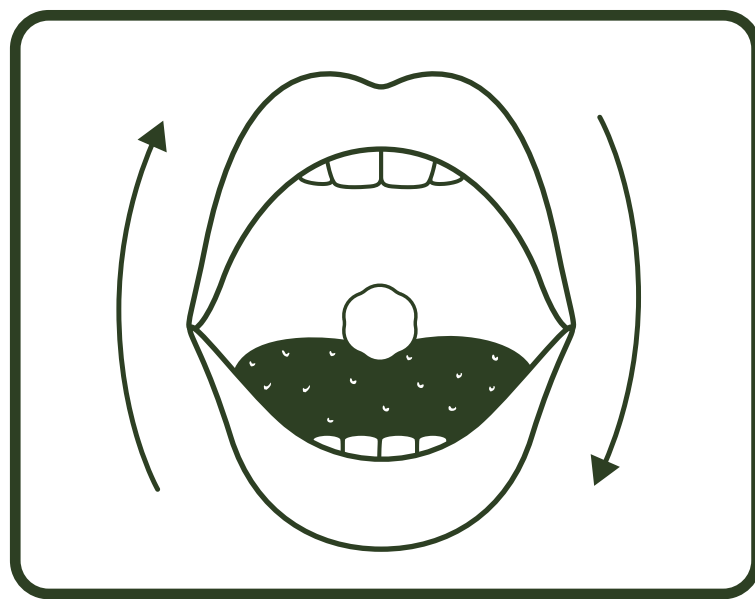
Can't mix? Sprinkle and chew with first bite.



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.

Start with one standard dose of FODZYME[®] (1 scoop or stick pack) and add to food just before eating. You may choose to start with a small amount of your suspected trigger food or jump in with a full high-FODMAP meal. Either is great — what's most important is starting with what feels comfortable. Choose a low-stress setting, since anxiety itself can contribute to digestive symptoms.

How soon will FODZYME[®] work? FODMAP-related symptoms typically occur 4–8 hours after a meal, so observing how you feel during that window can help you assess whether FODZYME[®] is working for you. Remember, some sensations of digestion are normal and healthy. The goal is to keep them manageable while enjoying high-FODMAP meals.



ENJOY NUTRITIOUS, TASTY FOODS WITH FODZYME[®]



Breakfast

French toast
Muffin
Pancakes
Smoothie
Vegetable omelet
Yogurt & granola



Mains

Burger
Burrito
Casserole
Chili
Curry
Kebab
Pasta & noodles
Pho

Pizza
Quesadilla
Ramen
Sandwich
Stew
Stir fry
Taco
Wrap



Sides

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



Dessert

Brownie
Cake
Cheesecake
Cookie
Ice cream
Milkshake
Mousse
Pastry



Snacks

Black bean dip
Cheese & crackers
Hummus
Salsa
Queso
Trail mix
... and more!

Get Digestive Relief with FODZYME[®] Today

For Home



From \$1.08 per dose

For On-The-Go



From \$2.17 per dose



Take \$23 off your first order with TRYFODZYME23

*HSA/FSA Eligible