

Enjoy high-FODMAP foods without worry

FODZYME[®] is a specialized **blend of digestive enzymes** that breaks down the most common FODMAP triggers before they cause digestive issues.

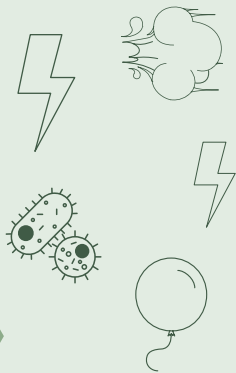
Many foods cause digestive symptoms

this is due to a family of carbohydrates called FODMAPs

FODMAPs move through the body undigested. They function as healthy prebiotic fibers and **promote good gut bacteria.**

But... FODMAPs can also trigger digestive symptoms like abdominal pain, constipation gas, bloating, and diarrhea.




























The most triggering FODMAP groups are **fructans, galactans/GOS and lactose.**












Our diets are filled with FODMAPs

High-FODMAP foods support your health... and happiness

Fructan & GOS/Galactan

 Garlic	 Artichoke	 Dried fruit*
 Onion	 Asparagus	 Grapefruit
 Wheat°	 Banana	 Lentils
 Barley & Rye	 Beans	 Peas
 Brussels sprouts	 Beetroot	 Pistachios
 Zucchini	 Cashews	 Pomegranate
 Leek	 Chickpeas	 Scallion
 Baby spinach	 Cranberries	 Shallots
 Almonds	 Honeydew	 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 currants, goji berries, dried mango, fig and pineapple, and raisins

With FODZYME[®], eat what you love

Without the pain or worry

BREAKFAST	LUNCH	DINNER	SNACKS	SWEETS
Banana pancakes	Grilled cheese	Garlic pasta	Hummus & falafel	Ice cream
Western omelette	Cheeseburger	Kebabs	Garlic bread	Smoothies
Yogurt & granola	Quesadilla	Stir fry	Artichoke dip	Brownie à la mode
Buttermilk waffles	Chickpea salad	Bean chili	Bruschetta	Banana bread
French toast	Burrito	Pizza	Tzatziki & pita	Oatmeal raisin cookie



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 at least 5 days and note if your symptoms improve.

Common Questions

CAN I COOK WITH FODZYME®?

The enzymes deactivate at very high temperatures. We don't recommend using FODZYME® while cooking. When food is cooled to a comfortable eating temperature (below 140°F / 60° C), sprinkle FODZYME® and enjoy!



WHY IS FODZYME® A POWDER?

A powder is more effective than a capsule or pill because it allows the enzymes to interact directly with the food, rather than being isolated from it. FODZYME® works on the food, not your body. A powder ensures maximum contact between the enzymes and FODMAPs.

WHAT INGREDIENTS ARE IN FODZYME®?

FODZYME®'s simple yet effective formula contains three active digestive enzymes to target the most common triggers: fructan hydrolase, alpha-galactosidase and lactase. A small amount of dextrin is also added to stabilize the enzymes.



CAN I MIX FODZYME® WITH WATER AND DRINK IT?

It's best to add the powder directly to the trigger food or drink. While it's great to add to soups or smoothies if that's the food you are targeting, mixing it with a glass of water separates the enzymes from the FODMAPs.



I'M EXTRA SENSITIVE - CAN I USE MORE THAN ONE DOSE?

Absolutely! Everyone's tolerance levels are different. Feel free to double the dose or add a "booster" dose after 30 mins.

IS THERE A RISK OF USING TOO MUCH?

FODZYME® is highly safe. There's no risk to using extra doses. You digest enzymes as proteins - they don't stay in your body.



DOES FODZYME® WORK ON FRUCTOSE AND POLYOLS?

FODZYME® targets 3 of out of the 5 FODMAP groups, meaning it does not act on:

- **Fructose**, in some fruits like mango and fig, plus high-fructose corn syrup (HFCS)
- **Polyols**, in foods like mushrooms, cauliflower, apples and peaches, plus many artificial sweeteners (note we are working on a solution to support polyol tolerance!)



Remember, fructose causes issues when consumed in greater amounts than glucose so eating fructose-rich foods in the context of a larger, balanced meal may mitigate sensitivity.

SO DO I HAVE TO AVOID FRUCTOSE AND POLYOLS ALTOGETHER?

Many who are sensitive to multiple FODMAPs find they tolerate moderate amounts of fructose and polyols when using FODZYME®. Still, we recommend limiting foods very high in these FODMAPs, such as HFCS-sweetened sodas and xylitol or sorbitol-sweetened gum.

How to know if FODZYME® is working

FODMAPs generally cause digestive issues 4-8 hours after a meal

It takes time for the FODMAPs to reach the large intestine, where they are fermented and trigger bloating, gas, diarrhea, constipation and abdominal pain.

If you feel well 4-8 hours after eating with FODZYME®, this is a sign FODZYME® can help you tolerate high FODMAP foods.

Tip: Symptoms like burping/belching or reflux may still be present at meals. These are typically unrelated to FODMAPs and FODZYME®.

CAN I USE
FODZYME® WITH ...?



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SUPPORT

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