

Your guide to eating with FODZYME[®]

What are FODMAPs?

FODMAPs are naturally occurring carbohydrates found in many common foods. While these foods are often part of a healthy diet, some people have difficulty digesting certain FODMAPs, which may contribute to occasional gas, bloating, abdominal discomfort, diarrhea, or constipation.

Understanding your personal triggers can help you make informed choices and enjoy a wider variety of foods with confidence.

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

Broken Down by FODZYME[®] Limit Portions per Tolerance

How FODZYME[®] helps your digestion

Some FODMAP carbohydrates are complex and need to be broken down into smaller molecules before they can be absorbed. When they are not fully digested, they can travel to the colon where they may be fermented by gut bacteria, potentially causing digestive discomfort and common symptoms like gas or bloating.

FODZYME[®] contains targeted digestive enzymes that help break down specific FODMAP carbohydrates during digestion, making them easier for your body to process and helping support smoother digestion.*

Supplement Facts

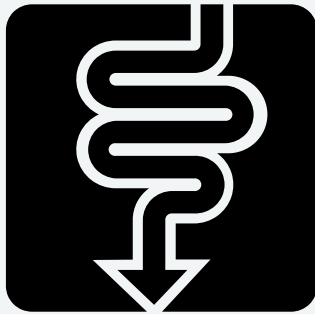
Serving Size: 1 stick pack (1 g)

Amount per serving	
Proprietary Enzyme Blend	32mg †
fructan hydrolase, lactase, alpha-galactosidase	

† Daily Value not established

Other ingredients: dextrin (from non-GMO corn)
Contains no GMOs, gluten, wheat, milk, egg, casein, soy, nuts, or artificial colors, flavors, or preservatives.

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MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™



APPROVED FOOD PRODUCT
FODMAP FRIENDLY



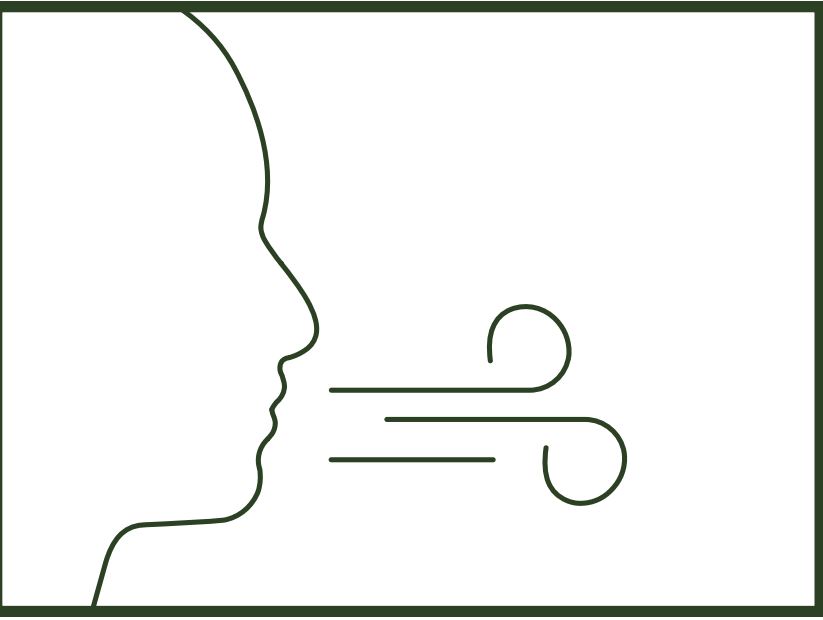
KSA
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How to use FODZYME®

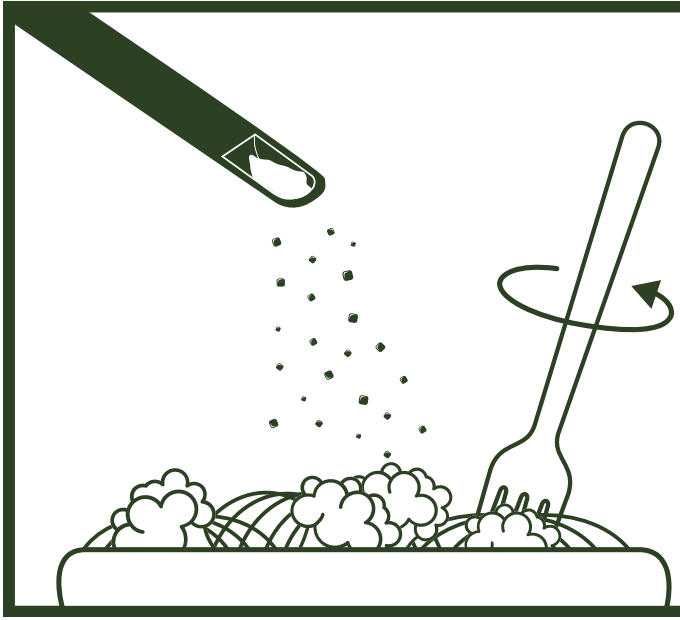
FODZYME® designed to be used with meals that contain FODMAP carbohydrates. Add the enzymes to food just before eating to help your body break down specific FODMAPs during digestion.

1. Take a moment

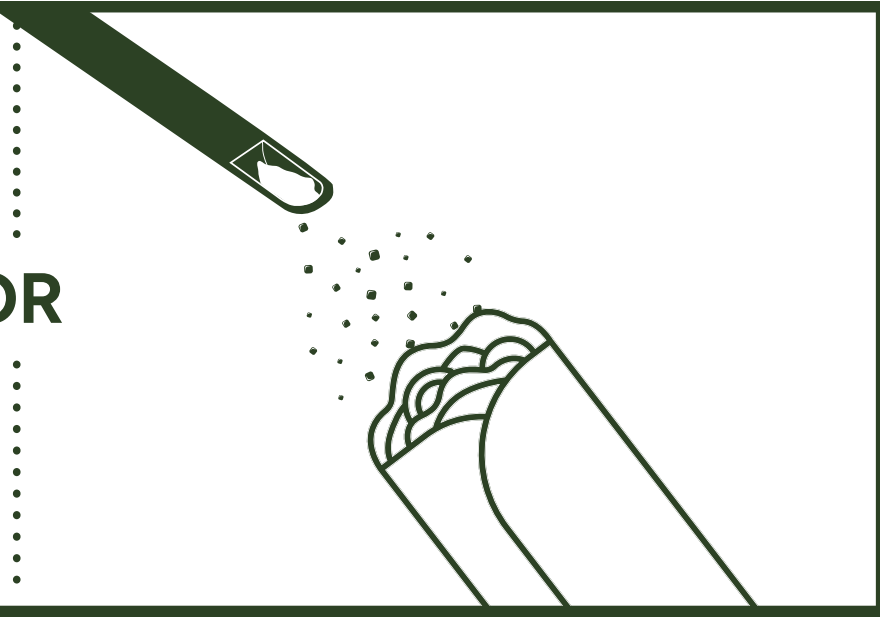


Take a moment to breathe, relax, and eat mindfully.

2. Add FODZYME®

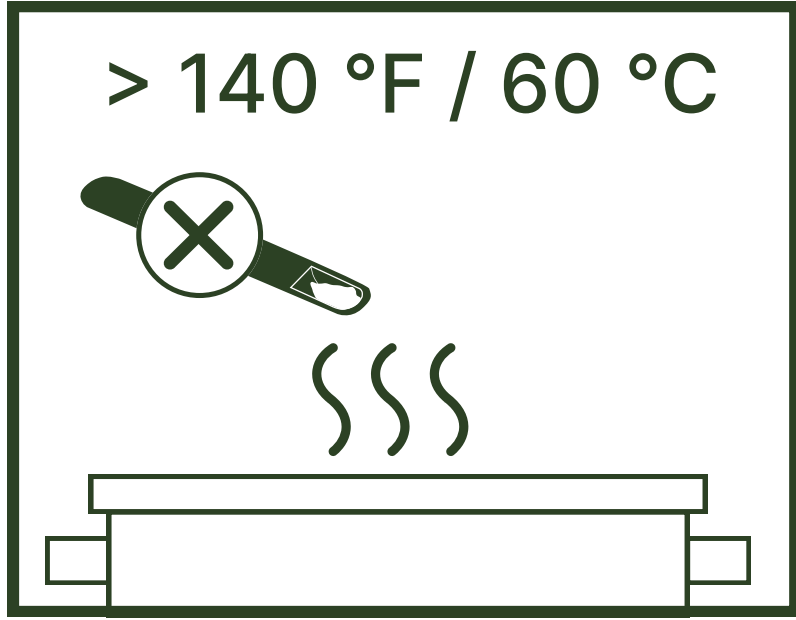


Mix directly into meals and snacks.



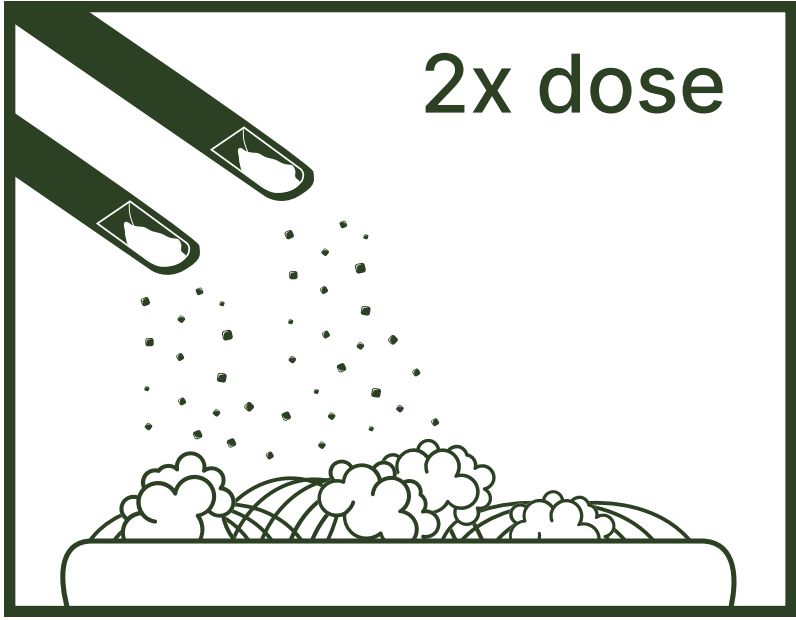
Can't mix? Sprinkle and chew with first bite.

3. Adjust when needed



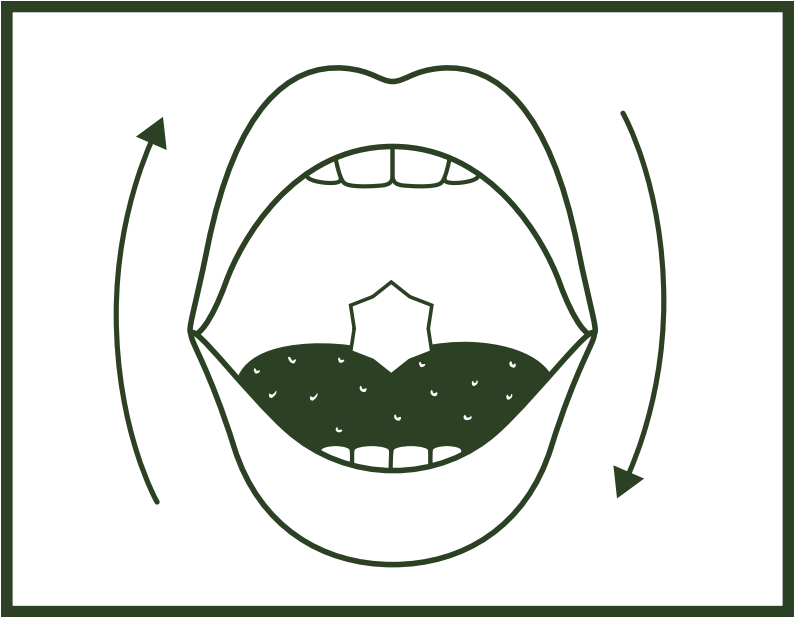
Allow hot foods to cool slightly before sprinkling.

4. Personalize your dose



Double the dose if extra sensitive or for large meals.

5. Enjoy your food



Chew well to help the enzymes mix with the food.

Foods you can enjoy with FODZYME®

FODZYME® can be used with many foods that contain FODMAP carbohydrates, including everyday favorites made with ingredients like garlic, onion, wheat, dairy, and legumes. By helping break down specific FODMAPs during digestion, FODZYME® may allow you to enjoy a wider variety of meals while following your personalized dietary recommendations.

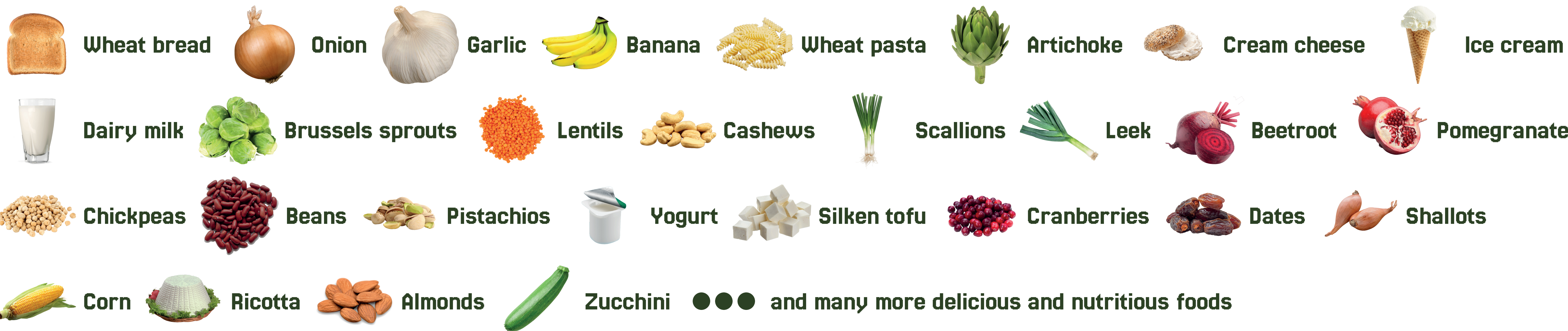
Effective Relief From Occasional FODMAP-Related Symptoms*

☒ Bloating and Gas

☒ Constipation

☒ Abdominal Discomfort

☒ Diarrhea



These foods are examples of common FODMAP-containing ingredients. Your healthcare provider can help you identify which foods are best for your individual needs.

Your Personalized Recommendation

Practitioner Recommendation:







Online Ordering Portal: _____

* 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.