

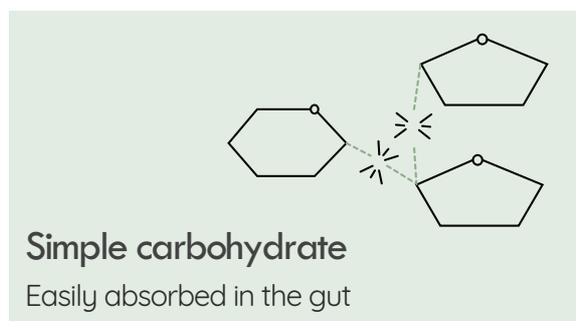
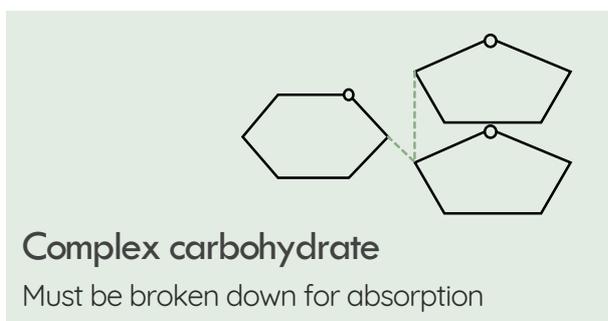
Enzymes 101: the chemistry behind FODZYME®

FODMAPs like fructan, GOS, and lactose are poorly digested carbohydrates. They pull excess water into the intestines and get fermented by intestinal bacteria, causing gut symptoms.

Our bodies have thousands of enzymes (aka specialized proteins) that catalyze important biological processes. Digestive enzymes break down the carbs, fats, and proteins in our diet. Carbohydrates come in two forms: simple sugars & complex carbohydrates.

Simple carbs like glucose and fructose are easily absorbed and used sources of energy.

Complex carbs, like FODMAPs, come in long chains of sugar molecules that can't be used for energy unless broken down.



If complex carbohydrates (like fructan, GOS, and lactose) are not broken down by enzymes before they arrive in the colon, they are fermented by bacteria of the gut microbiome. For some people, this fermentation is not disruptive but for those with FODMAP intolerances, this fermentation can cause digestive pain, gas, wind, and more.

FODZYME® is a unique enzyme blend that breaks down fructan, lactose, and galacto-oligosaccharides (GOS).



FODMAP TYPE	ACTIVE ENZYME	FODZYME BLEND
Fructan (inulin, FOS)	Fructan hydrolase	●
Galactooligosaccharides (GOS)	Alpha-galactosidase	●
Lactose	Lactase	●
Polyols (mannitol, sorbitol)	Under development	🧪

FODZYME[®] can help with symptom-triggering FODMAPs

FODZYME[®] works as you digest your meal by breaking down FODMAPs into simple, digestible sugars before they reach the gut bacteria.

FODZYME[®]'s unique powder form makes the enzymes especially effective in breaking down FODMAPs, as powder can easily and freely distribute into food in the gut.

Compared to a capsule, FODZYME[®] physically integrates with the FODMAPs to efficiently break them down.

If you know you're sensitive to fructans, GOS, and/or lactose, FODZYME[®] may help you tolerate all the delicious foods that contain these FODMAPs.

TRY FODZYME[®] ON THESE HIGH-FODMAP FOODS

Fructan & GOS/Galactan			Lactose				
	Garlic		Artichoke		Grapefruit		Ice cream
	Onion		Banana		Lentils		Cottage cheese
	Wheat		Beans		Peas		Cream cheese
	Brussels sprouts		Beetroot		Pistachios		Ricotta
	Zucchini		Cashews		Pomegranate		Milk & buttermilk
	Leek		Chickpeas		Scallion		Kefir
	Baby spinach		Cranberries		Shallots		Yogurt
	Almonds		Dates		Silken tofu		Custard

*On wheat and gluten: the only FODMAP in these foods is fructan. However, the main symptom trigger in these foods remains scientifically unclear (hypotheses include gluten, fructan, amylase trypsin inhibitors, wheat germ agglutinins, etc.). Wheat is complex! FODZYME[®] will significantly reduce the fructan content in wheat products, but is not known to break down any of the others. So, if you are only sensitive to fructan (but not gluten or other potential triggers), FODZYME[®] should help you tolerate wheat products.

GET 15% OFF YOUR FIRST ORDER

Promo code: **PARTNERS15**

Or visit: <https://www.fodzyme.com/partners15>

GUT QUESTIONS? LET'S TALK.

+1 (857) 425 3616
 hello@fodzyme.com

www.fodzyme.com
 @fodzyme

