



# FODMATE™

**YOUR FOOD'S BEST FRIEND.**

Food can often become a common trigger for digestive issues. Sometimes dietary restrictions can help overcome occasional digestive problems; however, severe restrictions can often be impractical and unsustainable over time. One such restrictive diet, known as a low FODMAP diet, is clinically recommended for digestive support.

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. FODMAPs are fermentable fibers such as sugar alcohols and "short-chain" carbohydrates that are poorly absorbed in the digestive tract. The health benefits of consuming fermentable, prebiotic fibers are irrefutable. These fibers feed the microbiome and provide other documented health benefits. Yet, these fermentable fibers can be difficult to break down. Thus, intake can lead to issues such as:

- 🍏 Abdominal distention
- 🍏 Abdominal pain
- 🍏 Bloating
- 🍏 Constipation
- 🍏 Diarrhea
- 🍏 Gas

A low FODMAP diet is intended as a short-term solution. People typically struggle with compliance on the very restrictive low FODMAP diet. It's also confusing and frustrating. Plus, it comes with the threat of potentially starving the microbiome, as the diet is intentionally deprived of diverse fibers that feed the beneficial organisms in the gut. Thus, cutting out high FODMAP foods is not a practical and permanent solution.








# WHAT IS FODMATE™?

FODMATE™ is an innovative enzyme formula designed for short-term use that can help support digestive health, including relief from occasional cramping, bloating, gas, abdominal pain, diarrhea, and constipation that may result from the consumption of high FODMAP foods.

Furthermore, adding FODMATE™ digestive enzyme formula to an elimination diet, such as low FODMAP, may make the diet more manageable. FODMATE™ can be used in conjunction with a low-FODMAP diet or to support the digestion of high FODMAP foods.



## BENEFITS OF FODMATE™

-  Digestive enzyme blend helps break down potentially troublesome FODMAPs
-  Helps overcome occasional digestive issues without the need for a complicated, restrictive diet
-  Enhances efficacy of low FODMAP diet when greater restrictions are necessary
-  Promotes continued consumption of nutrient-dense, antioxidant-rich, plant-based foods
-  Improves restrictive diet compliance while reducing confusion, frustration, and other challenges to quality of life

## INGREDIENTS

### Alpha-galactosidase:

A common digestive enzyme that breaks down a wide variety of complex carbohydrates, including oligosaccharides, often found as an active ingredient in formulas that support relief from occasional gas and flatulence. The amount of alpha-galactosidase in FODMATE™ is substantially higher than most competitive formulas.

### Lactase (Beta-galactosidase):

A common digestive enzyme that breaks down lactose sugar (primarily found in cow's milk). The amount of beta-galactosidase in FODMATE™ is substantially higher than many similar formulas.

### Proprietary enzyme blend:

- Endo and Exo Inulinase: Simultaneously breaks down inulin and fructan fibers
- Glucose isomerase: Breaks down fructose sugars
- Pectinase: Breaks down fermentable pectin

**Note:** FODMATE™ does not contain enzymes to break down polyols (the P in FODMAP), so sugar alcohols and polyol foods may still provoke side effects for sensitive individuals even while using this product.

**Suggested Use:** Take 2 capsules with a meal | **Note:** This enzyme blend is intended for short-term use while still consuming a diversified diet. It is not intended to be used long-term but instead as part of a gut restoration program while a root cause resolution is being sought. As it is designed to break down fermentable (i.e., prebiotic) fibers, it should not be taken alongside prebiotic supplements (including MegaPre™).