

FODMATE™

FODMATE™ is an innovative enzyme formula that supports digestive health, including addressing occasional abdominal discomfort, bloating, gas and relief of occasional constipation that may result from consuming high FODMAP foods. FODMATE™ is intended for short-term use and may be used alongside a low FODMAP diet or to support the digestion of high FODMAP foods.

FODMATE™ Supports FODMAPs Breakdown

Certain foods can lead to various digestive issues. Dietary restrictions can help overcome occasional digestive problems however, severe restrictions can often be impractical and unsustainable over time. One such restrictive diet - a low FODMAP diet is clinically recommended for digestive support. FODMAP stands for “fermentable oligosaccharides, disaccharides, polyols.” FODMAPs are fermentable fibres such as sugar alcohols and short-chain carbohydrates that are poorly absorbed in the digestive tract. The health-supportive benefits of consuming fermentable, prebiotic fibres are irrefutable. These fibres feed the microbiome and provide other documented health-supportive benefits. Yet, these fermentable fibres can be difficult to break down.

Thus, intake can lead to occasional issues such as:

- **Abdominal distention**
- **Abdominal discomfort**
- **Bloating**
- **Occasional constipation**
- **Flatulence**

A low FODMAP diet is intended as a short-term solution. People typically struggle to comply with a very restrictive low FODMAP diet. 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 or permanent solution.



Scan this code to learn more about FODMATE



Key Benefits & Features

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

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value*
Lactase	10,000 ALU †
Alpha-Galactosidase	1,000 GalU †
Proprietary Enzyme Blend	730 mg †
Endo- and Exo-Inulinase	†
Glucose isomerase	†
Pectinase	†

† Daily values not established.

OTHER INGREDIENTS: Cellulose and vegetarian capsule (cellulose and water).

SUGGESTED USE: Ages 8+

Take 2 capsules with a meal 2-3 times per day or as directed by your healthcare practitioner.

Children under 8 years of age: Please consult with your healthcare practitioner.

NOTE: FODMATE™ does not contain enzymes to support the breakdown of polyols (the P in FODMAP), so sugar alcohols and polyol foods may still provoke side effects for sensitive individuals even while using this product. This enzyme blend is intended for short-term use while consuming a diversified diet. It is not intended to be used long-term, but rather as part of a gut restoration program while a root cause resolution is sought. It is designed to support the breakdown of fermentable (i.e., prebiotic) fibres, so it should not be taken alongside prebiotic supplements (including MegaPre™).

Alpha-galactosidase:

A 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 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 fibres
- **Glucose isomerase:** Breaks down fructose sugars
- **Pectinase:** Breaks down fermentable pectin

1. Altobelli, E., et al. (2017). <https://doi.org/10.3390/nu9090940>. 2. Tuck, C., et al. (2018). <https://doi.org/10.1111/jhn.12546>. 3. Di Stefano, M., et al. (2007). <https://doi.org/10.1007/s10620-006-9296-9>. 4. Di Stefano, M., et al. (2007). <https://doi.org/10.1007/s10620-006-9296-9>. 5. Di Stefano, M., et al. (2015). <https://doi.org/10.2147%2FCEG.S79449>. 6. Tuck, C.J., et al. (2018). <https://doi.org/10.1038/ajg.2017.245>. 7. Ibba, I., et al. (2014). <https://doi.org/10.1155/2014/680196>. 8. Komericki, P., et al. (2012). <https://doi.org/10.1111/apt.12057>. 9. Chi, Z. et al. (2009). <https://doi.org/10.1007/s00253-008-1827-1>. 10. Satapathy, S., et al. (2020). <https://doi.org/10.3389/fnut.2020.00117>. 11. Hubkova, T. (2017). <https://doi.org/10.1177/1559827617691027>. 12. <https://agris.fao.org/agris-search/search.do?recordID=KR2013002173>.

JUNE 2023



Want to learn more? Contact us

0845 528 1296
clinicalsupport@microbiomelabs.co.uk
www.MicrobiomeLabs.co.uk

Food supplements should not be used as a substitute for a healthy diet and lifestyle.