



Suitable for FODMAP diet

## Fazer LOFO™ – The world’s 1st enzyme solution for low-FODMAP baking

FODMAPs are poorly digestible carbohydrates that can cause digestion-related symptoms like stomach pain, bloating, gas production and general discomfort. 20 % of consumers avoid bread to feel better in their stomachs, and FODMAPs are potential, yet relatively unknown explanation for this common wellness concern. Wheat and rye contain FODMAP carbohydrate called fructan which belongs to oligosaccharides. This may be one reason why some people feel that eating bakery products is bad for their stomach.

Now Fazer has developed a unique enzyme-based solution that provides a low-FODMAP feature for wheat and rye baking. Fazer’s patented LOFO™ enzyme, incorporated into Fazer LOFO™ improver, is the world’s first convenient low-FODMAP baking solution. Our aim is to bring bread back to the people, who have previously avoided it.

## Low-FODMAP is expected to become the next big thing in gut wellness

Low-FODMAP diet can be the next “gluten-free”. Scientific research increasingly reports that fructan, rather than gluten, is the compound of wheat that triggers unexplained symptoms that people with non-celiac gluten sensitivity might experience. Compared to gluten-free bread, the low-FODMAP bread has superior and natural bread taste, aroma and texture, which are among the most important attributes of bread.

Despite the fructan content of wheat products not being especially high, the daily intake of fructan can get substantial, as wheat often is consumed little by little throughout the day (breakfast cereals, pasta, bread, biscuits). Since a low-FODMAP diet is not based on zero-tolerance, reducing the intake to for instance half is often enough. Meaning if you can normally eat to, for example, half of your favourite bread without any symptoms, you could start eating 1-2 slices of a low-FODMAP version of the same product.

In addition, FODMAP carbohydrates often increase the symptoms to people with IBS (Irritable Bowel Syndrome). IBS is estimated to affect one in seven people globally. One way to manage IBS symptoms is to follow a low-FODMAP diet. The results have shown that bloating, pain and flatulence were reduced while IBS patients were on the low-FODMAP diet.

### What are FODMAPs?

FODMAPs are fermentable short-chain carbohydrates that often absorb poorly in the gut. In addition to wheat and rye products, FODMAPs can be found for example in some vegetables, fruits, legumes and dairy products.

**F**ermentable  
**O**ligosaccharides  
**D**isaccharides  
**M**onosaccharides  
**A**nd  
**P**olyols



Restricting FODMAPs in the diet relieves the symptoms of most who suffer from eating foods that are rich in FODMAPs. Therefore, many believe that low-FODMAP will be the next big thing – a game changer in the market for baked goods for digestive well-being.

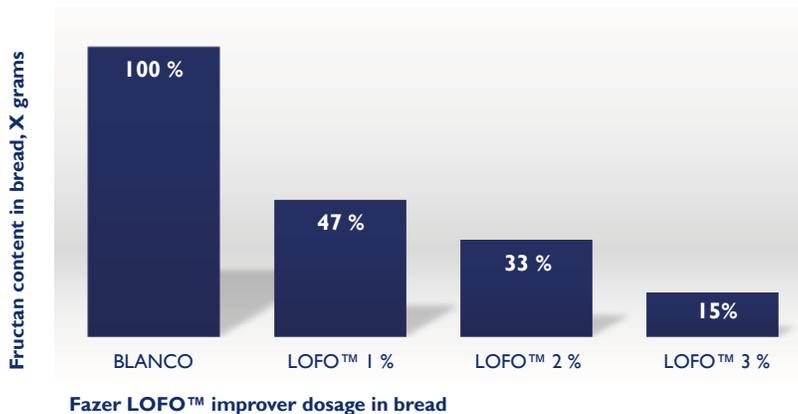
# Fazer LOFO™ improver – bringing bread back to the people that avoid bread

Fazer's world-class innovation gives FODMAP sensitive people access to bakery products with less fructan in their diet. Fazer Research has discovered fructanase, an enzyme with unique features, and developed it into Fazer LOFO™ improver. This innovation breaks down the fructan of wheat and rye to more easily digestible units during baking process. These smaller units are often gentler to the stomach.

The origin of this enzyme is the sourdough of Fazer's first low-FODMAP rye bread and its specific lactobacilli. Fazer LOFO™ has proven to easily decrease the fructan content by more than 50 % compared to reference products in straight-dough baking processes (Picture 1). Fazer LOFO™ improver is suitable for different types of bread and does not change the taste or other key properties of a final product. It is as easy to use as any bread improver, just add 1–3 % of flour weight to the recipe and bake your bread as you are used to.

## FAZER LOFO™ IMPROVER

- Patented and world's first enzyme solution for low-FODMAP baking
- Clean label improver, non-GMO
- Origins from Fazer's natural rye sourdough and its specific lactobacilli
- Has proven to decrease the fructan content by more than 50 % in grain products
- Dosage recommendation 1–3 % of flour weight (depending on the product)
- Has no influence on taste or texture



Picture 1. The level of fructan decrease can be managed by dosing the Fazer LOFO™ improver. Low-FODMAP bread does not have to be zero-FODMAP, because fructan is also good for gut microbiota.

## Would you like to attract FODMAP sensitive people to your customer base?

For more information about Fazer LOFO™ improver, please contact Pekka Mäki-Reinikka or Lassi Katavisto:

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