

# MONASH UNIVERSITY LOW FODMAP CERTIFICATION PROGRAM

## How to get your Products or Ingredients Monash Certified



### STEP 1 APPLY

Create an account at [monashfodmap.com](https://monashfodmap.com) to submit your application and gain access to information about certification requirements, certification pricing, our services, and the latest FODMAP news.



### STEP 2 TO QUALIFY

Complete and submit an application form. We will check that your product is eligible to apply for our program.

your product will not be eligible if it contains:

- garlic, onion, or their derivatives
- added FODMAPs, including fructo-oligosaccharides, inulin and polyols (other than sorbitol and mannitol), maltitol, xylitol, erythritol, lactitol and isomalt

*Pre-assessment fees apply*



### STEP 3 PRODUCT TESTING

Send product samples for testing.

Products that meet the low FODMAP criteria progress to the next step. For products that are not low in FODMAPs, we can work with you to reformulate to meet the low FODMAP criteria.

*Product testing and consultation fees apply.*



### STEP 4 JOIN THE PROGRAM

Approved products will be eligible to join the Monash University Low FODMAP Certification Program. This means you'll:

- be included in the Monash University FODMAP Diet App; and
- be able to use the Monash University's stamp of approval and trademarks, on product packaging, promotional materials, websites, social media, in-store advertising, and more.

*Agreement and license fees apply*



### STEP 5 LAUNCH

Start using your certification with pride and confidence - you're now officially Monash University Low FODMAP Certified™ !

For more information on getting your products certified please visit [monashfodmap.com](https://monashfodmap.com) or contact us at [certification@monashfodmap.com](mailto:certification@monashfodmap.com)

Notes:

Contact

[www.monashfodmap.com](http://www.monashfodmap.com)  
email: [certification@monashfodmap.com](mailto:certification@monashfodmap.com)

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