

Digestive Symptom Log

FitInFlow.space · Track for two weeks, then bring this page to your doctor. For information only, not medical advice. Updated October 2026.

1. Two-week food and symptom log

Day	Meal / time	What I ate and drank	Symptom (gas, bloating, pain, diarrhea, other)	Started after (min)	Severity 1-5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Patterns to look for: dairy (milk, ice cream, soft cheese); beans and lentils; onions, garlic, wheat; fizzy drinks; sugar-free products with "-ol" sweeteners; very large or fast meals.

2. See a doctor promptly if you notice

☐ Weight loss you cannot explain ☐ Diarrhea that keeps coming back ☐ Greasy, pale or floating stools
☐ Ongoing belly pain or vomiting ☐ Blood in stool ☐ Trouble swallowing ☐ Symptoms that wake you at night

3. Questions for my doctor

☐ Could this be lactose intolerance, IBS, pancreatic insufficiency or something else?
☐ Do I need a stool, breath or blood test before trying an enzyme?
☐ Is a single enzyme (such as lactase) a better fit than a blend? ☐ Is it safe with my medicines, allergies and diet?

4. Before buying an enzyme product

Match the enzyme to a known problem. Look for activity units on the label. Check the source (pork, beef, papaya, pineapple, kiwi) for allergies and diet. Look for a verified third-party seal. Avoid "detox" or cure claims. Latex allergy: avoid papaya and kiwi enzymes unless your allergist agrees.

Report side effects to the FDA: 1-800-FDA-1088 or [safetyreporting.hhs.gov](https://www.fda.gov/oc/ohrt/safetyreporting.html). Emergency: 911.