

# CLINICAL PROTOCOLS

## CANDIDA SUPPORT

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### *A Suggested Nutritional Protocol for Candida Support*

#### **Caprylex™**

Caprylic acid, commonly found in foods (coconut oil, milk fat, etc.), is a natural dietary fatty acid which helps maintain a normal intestinal microflora. Studies have shown that dietary caprylic acid helps inhibit the growth of *Candida albicans* and other opportunistic fungi in both the small and large intestine.

**Suggested usage:** *One to three tablets, three times daily on an empty stomach one half hour before meals.*

#### **Livdetox™**

Underlying damage to the liver may play a role in chronic *Candida* infection. Livdetox™ provides important nutrients to support liver detoxification and function.

**Suggested usage:** *One tablet three times daily.*

OR

#### **Liver-G.I. Detox** (Pure Encapsulations)

Supports hepatic and gastrointestinal detoxification by providing nutrients and botanical extracts that enhance toxin elimination, digestion, intestinal motility, gut integrity and cell function.

**Suggested usage:** *Two capsules daily in divided doses, with meals.*

#### **Multi-Probiotic 4000**

This product contains a synergistic blend of beneficial probiotic bacteria to supplement the intestinal system with natural healthy flora, which have often been depleted by infection. This product requires refrigeration to maintain culture viability.

**Suggested usage:** *One capsule twice daily.*

OR

#### **Probiotic-5** (Pure Encapsulations)

A dairy-free blend of key probiotic bacteria to support immune and gastrointestinal health. This is a high-strength blend of lactobacilli and bifidobacteria to promote G.I. tract health and comfort, immune cell function and overall health. This product requires refrigeration to maintain culture viability.

**Suggested usage:** *One to two capsules daily, in divided doses, with meals.*

#### **Anti MFP**

Anit MFP contains herbs that have been shown to have powerful anti-mold/fungal and parasitic microbial properties. Unhealthy diets or drugs, such as antibiotics, can easily disturb the balance of the intestinal microflora.

**Suggested usage:** *Adults take 2 to 4 capsules daily or as directed by a health professional.*

