

## **CandidaEX (Item # 6615)**

*The Candida Overgrowth Relief Opti-Blend from Universal Formulas*

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### **Recommended as a Twice a Year Protocol**

Individuals who experience an overgrowth of Candida also have overgrowth of one or more of the following:

- ✓ E.coli
- ✓ A host of other bacterium
- ✓ Viruses
- ✓ Fungus
- ✓ Parasites

These "Friends of Candida" help to maintain an "ideal environment" by supplying perfect food for yeast proliferation. CandidaEX contains herbs that aggressively destroy foreign invaders of the bowel, blood, lymph, glands and other organ systems.

The waste that these "friends" produce can also cause a drop in the body's pH, altering bowel, blood and lymph chemistry towards acidity, which results in a proliferation of candida yeast. This change in body chemistry suppresses the immune system while allowing yeasts to flourish. Because of this, chances are that an acid condition exists in the GI tract, blood and numerous other organs. CandidaEX contains a wide variety of probiotics for "re-seeding" the bowel and restoring the pH of the entire digestive system and bloodstream to a more natural, slightly alkaline level(s).

Candida feeds on undigested food particles in the bowel, producing excess mucous in order to protect itself from being eliminated by the body's immune system. Undigested carbohydrates and proteins, entering the bowel from the stomach and small intestine, serve as the main food source. As part of an effective candida elimination protocol, our formula engages enzymes to help with digestion and the elimination of undigested food from the bowel:

- ✓ CandidaEX contains enough amylase and protease to effectively digest food carbohydrates and proteins, preventing the migration of undigested food into the large intestine that serves as food for yeast.
- ✓ The enzymes protease and cellulase (also included in our formula) eliminate yeast by breaking down its protective outer layer. This allows the constituents in the herbs present in CandidaEX to enter the cell wall of the now vulnerable yeast, ending their existence.

CandidaEX contains herbs formulated to help boost the immune response and to destroy the "Friends of Candida," such as E.coli, viruses and parasites in the bowel. The herbs in CandidaEX contain a wide variety of anti-candida constituents which tend to overwhelm Candida. We include a variety of such herbs in our formula because candida can be very elusive. For example, many popular candida-elimination products or programs, including Nystatin, are targeted to eliminate candida from one angle. However, candida can transform into a fungal form without being overly affected by a product such as Nystatin. In fact, an approach such as this ultimately strengthens candida, since it builds resistance through the mutation process. Because candida has developed resistance in this way, it is even more elusive to our immune systems. After several months on Nystatin, many users find that their Candida is once again prevalent. Candida formulas made of only one or two herbs are also easily resisted by Candida, in these cases after only a few weeks of use. However, the variety of herbs in CandidaEX will slow down and eventually prevent Candida's mutation process.

## Where other formulas fall short, CandidaEX excels in:

- ✓ A multi-faceted assault on Candida;
- ✓ Control and elimination of the "Friends of Candida;"
- ✓ Extensive enzymatic activity;
- ✓ PH balancing, or alkalizing effect;
- ✓ Being effective with minor diet changes.

## Other helpful recommendations:

- ✓ Avoid alcohol, especially beer and wine;
- ✓ Eliminate empty or concentrated carbohydrates (white sugar, corn syrup, honey, HFCS high fructose corn syrup);
- ✓ Eat fresh and raw carbohydrates (greens and grains, raw when available);
- ✓ Avoid heavy yeasted breads whenever possible (try spelt or gluten-free breads);
- ✓ Fresh fruit is OK especially low sugar fruits like lemons, limes, strawberries, raspberries, and blueberries;
- ✓ Avoid dried or cooked fruits;
- ✓ Decrease protein intake from animal sources.

An effective Candida program should address the problem from several angles using the following protocols:

### **Weight-Scaled Dosage:**

Take your weight scaled dosage at least 30 minutes after each meal, with water, as follows:

**90 – 120 lbs: AM 2 Caps; PM 2 Caps; Evening 1 Cap**  
**120 – 150 lbs: AM 2 Caps; PM 2 Caps; Evening 2 Caps**  
**150 – 180 lbs: AM 3 Caps; PM 2 Caps; Evening 2 Caps**  
**180 – 210 lbs: AM 3 Caps; PM 3 Caps; Evening 2 Caps**  
**210 plus lbs: AM 3 Caps; PM 3 Caps; Evening 3 Caps**

**This is a highly effective formulation;**  
**Take this product for no longer than 30 days at a time.**

Please limit alcohol, caffeine, simple sugars and high yeast breads.

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## Ordering Information

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### **CandidaEx (Item #6615) 210 Vegi-Capsules (complete regimen)**

Conveniently Order On-line at: <http://UniversalFormulas.com/>

**Please DO NOT modify levels of any doctor's prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

### **NOTES:**

Thanks to Ralf Ostertag for his input on this factoid and formula. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

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