



Candida Clear

Stock #958-7 (84 packets)

Although present as a normal component of the intestinal flora, *Candida albicans* is an opportunistic fungal pathogen (infectious organism). The overgrowth of *Candida albicans* is responsible for a variety of diseases, particularly among individuals with weakened immune systems, including candidiasis of the mouth and throat, also known as "thrush;" genital candidiasis; and, invasive candidiasis, in which *Candida* enter the blood and spread throughout the body causing serious systemic infection. Statistics show that invasive candidiasis is a leading cause of fungal-related death in the United States, with more than 50% off all cases caused by *Candida albicans*.¹⁻³

Candida Clear is a 14-day program formulated to promote a healthy balance of *Candida albicans* among the intestinal flora. Candida Clear consists of two different supplement packets: the Candida Clear Combo pack, containing a powerful blend of herbs and nutrients with proven anti-fungal and immune-enhancing activity; and the Candida Clear Enzyme pack, which contains a proprietary enzyme formula to enhance the anti-fungal activity of the program.

Each Candida Clear Combo packet contains:

Pau d'Arco (*Tabebuia heptaphylla*) is a large tree found in Eastern Paraguay. Known by the common name "tayi pyta" or "lapacho", the wood or stem bark is traditionally used in Paraguay and other South American countries to treat fungal infections, inflammatory conditions and wounds. In fact, "lapacho" wood chips are widely traded as a crude drug across Paraguay, Argentina and Brazil. Pau d'arco has been studied for its broad-spectrum antimicrobial activity against bacteria, viruses, parasites and fungi, including candida yeast. Although pau d'arco contains over 20 active constituents, the most studied of these ingredients are the quinones, lapachol and beta-lapachone, which have antifungal properties comparable in action to the antifungal drug ketaconazole. Lapachol has also demonstrated gastroprotective and antibacterial activity. In addition, pau d'arco contains xyloidone, which inhibits several species of fungus, including *Candida albicans*, *Candida kruzei* and *Candida neoformans*.⁴⁻¹²

Caprylic Acid Combination - Caprylic acid is a naturally occurring fatty acid derived from coconut oil. Fatty acids have been used for centuries as antimicrobial agents and most organic fatty acids exhibit fungicidal (fungi-killing) properties. Caprylic acid has demonstrated proven activity against *Candida albicans* and is reported to be an effective antifungal for the treatment of candidiasis. Caprylic Acid Combination also contains elecampane, black walnut hulls and red raspberry, which provide additional antimicrobial activity against *Candida albicans*: Research has shown that the major constituent found in elecampane, 10-Isobutyryloxy-8,9-epoxythymol isobutyrate, provides moderate antimicrobial activity against *Candida albicans*; black walnut exhibits broad-spectrum antibacterial and antifungal activity, especially against *Candida albicans*; and, red raspberry inhibits the growth of various bacteria, as well as *Candida albicans*.^{6,13-19}

Yeast/Fungal Detox is a nutritional formula designed to inhibit the growth and facilitate the detoxification of candida yeast and other pathogenic fungi. Yeast/Fungal Detox contains herbs and nutrients with proven antifungal and immune-enhancing activity, as well as the ability to improve liver function and promote detoxification, two critical factors in the successful treatment of yeast and fungal overgrowth. Yeast/Fungal Detox contains selenium, zinc, echinacea, caprylic acid, sodium propionate, sorbic acid, pau d' arco, garlic and oregano. Selenium and zinc are essential for healthy immune function, with research confirming that mild zinc deficiency is associated with recurrent vaginal candidiasis; echinacea has been shown to stimulate immunity and reduce *Candida albicans*-induced mortality (death) in animal studies; sodium propionate and sorbic acid are short-chain fatty acids that have been shown to inhibit the growth of *Candida albicans* and other fungi in vitro; garlic has been shown to effectively inhibit the growth of fungi, including *Candida albicans*; and, oregano contains an essential oil with potent antifungal activity even against drug-resistant *Candida albicans*.²⁰⁻²⁶

Each Candida Clear Enzyme packet contains biotin and a proprietary blend of enzymes that break down carbohydrates, fiber and protein. Since the *Candida albicans* cell wall is largely comprised of polysaccharides

(complex carbohydrates) and proteins, enzymes are used to help destroy the cell wall, thus making candida more vulnerable to the anti-fungal nutrients. Enzymes also facilitate healthy digestion and the elimination of toxins.^{27,28}

Biotin is a water soluble B-complex vitamin primarily derived from food—one of the richest dietary sources of biotin is cow's milk. However, biotin can also be synthesized in the body by intestinal bacteria. Biotin is involved in important metabolic pathways, including the metabolism of carbohydrates, fats and protein. Biotin deficiency can cause impaired immune function, alopecia (hair loss) and dermatitis (skin rash), and may contribute to a higher incidence of candida yeast infections. A deficiency of biotin can result from long-term use of antibiotics, anticonvulsants or sulfa drugs, as well as from consuming large quantities of raw egg whites.²⁹⁻³⁶

Candida Clear Enzymes - Cellulase and hemicellulase break down cereal glucans, cellulose and hemicellulose, the indigestible components of plant fibers; amylase and glucoamylase break down carbohydrates; bromelain, derived from pineapple, is a proteolytic enzyme that stimulates the killing of *Candida albicans* by human white blood cells; and, protease concentrate provides proteolytic enzymes that are largely responsible for keeping the small intestine free of parasites, including bacteria, intestinal worms, protozoa and yeast—a lack of protease can greatly increase the chances of intestinal infection and the overgrowth of *Candida albicans*.^{6,28,37-51}

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