



## Caprylic Acid Combination

Stock #1808-2 (90 capsules)

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% of all cases caused by *Candida albicans*.<sup>1-3</sup>

**Caprylic Acid Combination** contains herbs and nutrients that have demonstrated anti-fungal activity against *Candida albicans*. Caprylic Acid Combination capsules have a "modified release" coating to ensure that the contents are released in the intestinal tract for maximum effectiveness. Each capsule of Caprylic Acid Combination contains:

**Caprylic acid** is a naturally occurring long-chain fatty acid derived from coconut oil. Fatty acids have been known and used for centuries as antimicrobial agents, as most organic fatty acids are fungicidal (capable of killing fungi). Caprylic acid has demonstrated proven activity against *Candida albicans* and is reported to be an effective antifungal compound in the treatment of candidiasis. Furthermore, although caprylic acid is toxic to yeast, it is safe for humans when used correctly, unlike the yeast-derived antifungal drug nystatin—this and other antifungal medications can cause drug interactions and unpleasant or even toxic side-effects, as well as the re-growth of candida colonies once treatment has ended, since these drugs fail to address the underlying factors that cause candida overgrowth.<sup>4-8</sup>

**Elecampane** (*Inula helenium*) has traditionally been used as an anthelmintic (a substance that destroys or expels intestinal worms), antifungal and antimicrobial agent. Elecampane contains a substance called alantolactone, which appears to be responsible for the herb's anti-parasitic activity. However, alantolactone has also demonstrated high fungicidal properties in vitro. In addition, newer research has shown that a major constituent found in elecampane, 10-Isobutyryloxy-8,9-epoxythymol isobutyrate, also provides moderate antimicrobial activity against *Candida albicans*.<sup>9-12</sup>

**Black walnut hulls** (*Juglans nigra*) have traditionally been used to expel intestinal worms. A compound isolated from black walnut hulls, known as juglone, appears to be responsible for the herb's antiparasitic effects. Juglone also demonstrates antimicrobial activity and acts as a mild laxative. In addition, juglone enhances the liver's detoxifying functions, primarily phase II detoxification, which is a process by which the liver alters a toxic substance to make it less toxic and easier for the body to excrete. Furthermore, black walnut hulls exhibit broad-spectrum antibacterial and antifungal activity, especially against *Candida albicans*.<sup>13-17</sup>

**Red raspberry** (*Rubus idaeus*) has been used for centuries for the treatment of colic pain and diarrhea. Red raspberry has been shown to significantly reduce the growth of various bacteria, including bacteria that can cause gastroenteritis (inflammation of the stomach and intestines) such as Salmonella and Shigella. In addition, red raspberry contains substances known as ellagitannins, which demonstrate antimicrobial and antifungal properties, including the ability to inhibit the growth of *Candida albicans*.<sup>9,18-20</sup>

### References:

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