

Frequently Asked Questions...

Can Children Use Candex™?

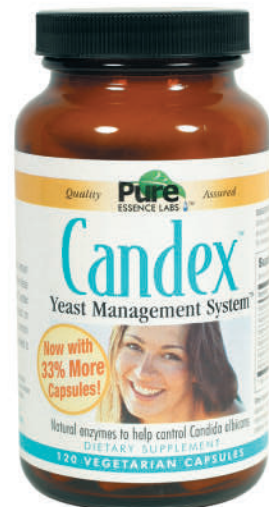
Candex is safe for everyone. For children, use one-half capsule, twice daily, for each 40 pounds of body weight. For ages 14 and up, adult recommendations may be followed.

When Will I Be Completely Yeast-Free?

No one will ever be completely yeast free. Indeed, most experts believe that small amounts of yeast are beneficial. The goal is to keep populations beneath levels that cause problems.

How Long Should I Use Candex™?

Two capsules of Candex in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating (always use with eight ounces of water) normally produce profound improvement in 7 to 30 days. The time needed for *maximum* benefit, however, varies, because we each have:



- Different amounts of yeast to overcome
- Different levels of immune support
- Different levels of healthy probiotics
- Different dietary habits
- Varying levels of stress

The longer you have had a yeast problem, the longer you will likely need to use Candex. When you're feeling as well as you think you should, cut back from four capsules per day to three for a week; then, to two per day for another week; and finally to one a day. If you continue to feel well, continue with one capsule per day. If you begin to feel worse as you cut back, use four capsules daily for another month, and then cut back again. There is no "one size fits all" solution for candida.

When you have attained maximum benefit, you will be able to use one capsule per day without regressing. Sugar, antibiotics, birth control pills, chlorinated water or stress may trigger renewed outbreaks of candida.

Should I Use Probiotics With Candex™?

We strongly recommend using a high quality probiotic supplement with candex. Since there are many brands of both high and low quality probiotics on the market, it is important to let your retailer guide you to a brand he or she trusts. We believe a combination of lactobacilli acidophilus, bulgaricus, lactis and salivarius, along with bifidobacterium bifidus and streptococcus thermophilus is ideal for those with candida. Our own product provides this blend.

Have Clinical Studies Been Done On Candex™?

Laboratory studies show that Candex inhibits the growth of candida albicans in vitro. A *clinical* study of 52 patients *showed that Candex is safe, effective, well tolerated, and causes no significant side effects. The physicians that conducted this study concluded that "Candex should be the first choice for treatment of enteric candida in our patient population."* Candex is recommended by physicians, nurses, natural health practitioners, health clinics, and health food retailers throughout the country.

Must I Follow the "Candida Diet"?

While some find that Candex permits them to eat foods that are not allowed in normal candida diets, *this is not recommended*. You are using Candex to reduce yeast populations. Eating foods that feed yeast will lengthen the time you'll need to use it. *The sugar digesting enzymes in Candex are not a license to eat sugars in an indiscriminate way.*

The candida diet permits dense proteins, such as chicken and fish, and all the vegetables you can eat. Avoid caffeine, alcohol, and anything made from flour – breads, pastas, tortillas, cakes, cookies, etc. Check food labels closely, and eliminate all sugar, including sucrose, dextrose, glucose, fructose, corn syrup, maple syrup, honey, molasses, barley malt, rice syrup, etc. If sweetening is required, use stevia. Avoid foods that contain vinegar (mustard, mayonnaise, etc.), fermented foods (cheese, sauerkraut, soy sauce, etc.), and processed meats, like hot dogs, sausages, bacon, bologna, spam, and so on. Drink only filtered or bottled water (tap water contains chlorine, which kills probiotics.) Most people can use *whole* grains.

It can be difficult for strict vegetarians to obtain enough protein without overloading on grains and beans. Eating a wide variety of vegetables can help with this, as can supplements like Spirulina or Chlorella. Candida cookbooks can be invaluable.

While the candida diet is rigid, it is necessary. As you get yeast under control, you may be able to increase grains and add fruits. If you do, monitor the way you feel, and if discomforts recur, return to the strict diet, and use four capsules of Candex per day until the discomforts subside. While some people can reintroduce wider varieties of foods after using Candex, others report a rapid recurrence of discomforts when they do this.

Each Day's Usage of Candex™ (4 capsules) Provides:

Vegetarian Cellulase	148,000	CU *
Vegetarian Hemicellulase	60,000	HCU*
Vegetarian Amylase	8000	DU*
Vegetarian Glucoamylase	400	AGU*
Vegetarian Invertase	2000	SU*
Vegetarian Malt diastase	400	DP*

*The FDA has not evaluated these statements.
This product is not intended to diagnose, treat, cure or prevent any disease.*

** No Daily Value Established*

Candex is guaranteed to your complete satisfaction. If you are anything less than delighted with your personal results, return the unused portion (or your empty bottle) with your receipt to your place of purchase for a complete refund.

We welcome your questions, comments and suggestions.

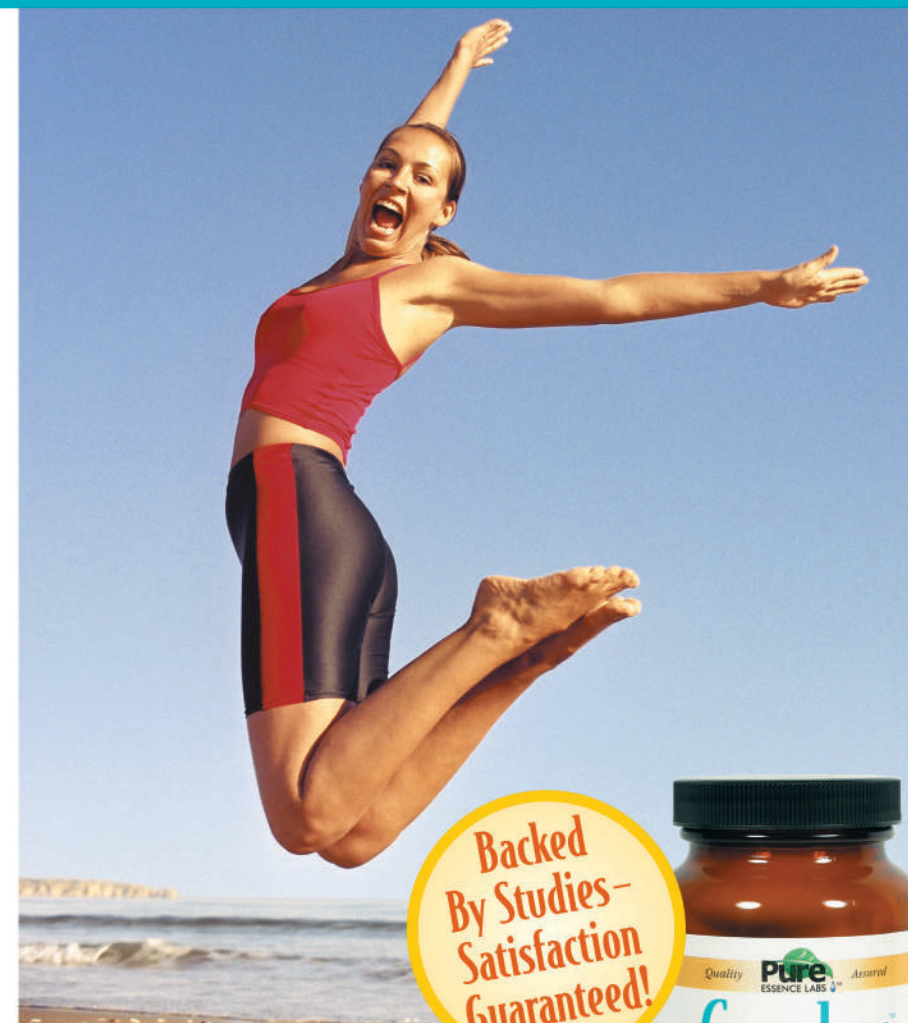
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Beat Yeast – Now!



For over six years, Candex™ has provided relief for those who thought that help was beyond them. Isn't it time you let it help you, too?



Candex™: Enzymes to Digest Overgrown Yeast



—With No Healing Crisis!

What Is Candida?

Candida albicans is a single celled yeast that is impossible to keep out of the body. Normally, it does no harm, because it is kept in check by beneficial bacteria (probiotics) like acidophilus (see figure 1). These bacteria, however, can be destroyed by birth control pills, antibiotics, steroids, cortisone drugs, chlorinated water, poor diet and extreme stress (figure 2). When this occurs, candida can grow out of control (figure 3).

Candida causes problems by releasing toxins into the bloodstream. These toxins trigger many discomforts, including localized (primarily vaginal or rectal) itching, depression, irritability, dizziness, unclear thinking, difficulty focusing, extreme fatigue, loss of memory, gas, bloating, diarrhea, constipation, extreme weight gain or loss, etc. More than 100 million Americans are thought to suffer from candida overgrowth.

Can I Control It?

For many years, the mainstays in candida management have been anti-fungal drugs and herbs (see figure 4). But, these agents have limitations. First, anti-fungal *drugs* may cause liver damage. Second, anti-fungal *drugs and herbs* cause yeasts to release even more toxins, which cause “die off reactions” (intensifications of symptoms) that many people cannot tolerate. Third, yeasts can become resistant to them, so that they lose their effect.

Cellulase Enzymes to the Rescue

Since candida’s cell wall is made mostly of fiber, fiber digesting enzymes can break it down (see figure 5). When this occurs, the yeast dies. The enzymes that best digest the cell wall of candida are cellulase and hemicellulase. While digestive aids may contain these enzymes, they do not provide enough of them to combat candida. For this, a specialty formulation is needed. Such formulations must be taken on an empty stomach.

Because candida cannot change the structure of its cell wall, it cannot become resistant to these enzymes. And, because the enzymes do not stimulate the yeast to release toxins, they do *not* trigger a die-off reaction (see figure 6). In short, you won’t have to feel worse before you feel better. Best of all, fiber digesting enzymes are completely safe.

A Word About Protease

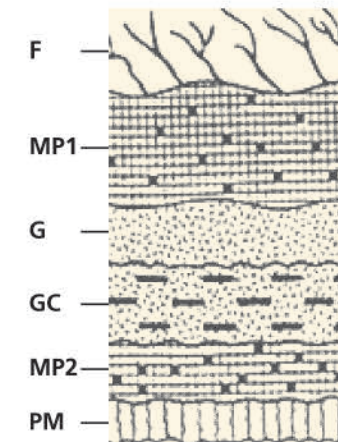
Because Candex is so successful, many companies have introduced competing products. Unfortunately, many of them contain protease enzymes. Where candida is concerned, *protease is unnecessary, and may be counterproductive.*

While many researchers offer opinions that protease should not harm probiotics, a laboratory study shows they can. Since a lack of probiotics—the healthy bacteria that help keep candida in check—is a primary cause of candida overgrowth, the last thing candida

victims need is something that could destroy them.

While it is true that what happens under laboratory conditions does not always happen in the body, it is also true that *protease is not needed to kill candida* (Candex could not have been so successful if it were). Thus, it makes no sense, in our opinion, to take even the slightest chance on harming vital probiotics.

Protease enzymes *can* be used, with meals, as a digestive aid, because the enzymes will use their power digesting foods. However, when used between meals, as is required to fight candida, such enzymes *will* encounter, and may destroy healthy probiotics.



How Much Enzyme Activity Do I Need?

During the six years we have used fiber digesting enzymes against candida, we have found about 200,000 daily units of cellulase and hemicellulase to be ideal. Candex provides 208,000 total units of daily cellulase and hemicellulase activity.

When Will I Start Feeling Better?

As with all things, individual results will vary. However, nearly everyone notes substantial improvements within one to four weeks.

While die-off reactions do not occur with Candex, a few people may experience nausea, a “burning sensation” in the stomach, or abdominal cramping. This is because the enzymes may aggravate pre-existing disturbances in the gastro-intestinal tract. If this occurs, we suggest using one third of a capsule, twice daily, emptied into eight ounces of warm water, and building up from there. Using a bit of non-fiber foods (meat or dairy) may also help.

To minimize any sensitivity to Candex, we suggest one capsule your first day, two your second day, and so on, until you reach the full, four capsule per day regimen.

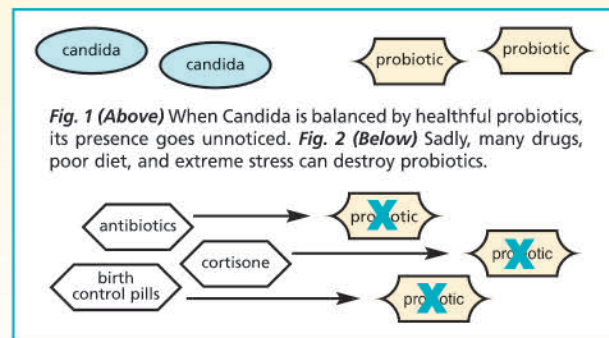


Fig. 1 (Above) When Candida is balanced by healthful probiotics, its presence goes unnoticed. Fig. 2 (Below) Sadly, many drugs, poor diet, and extreme stress can destroy probiotics.

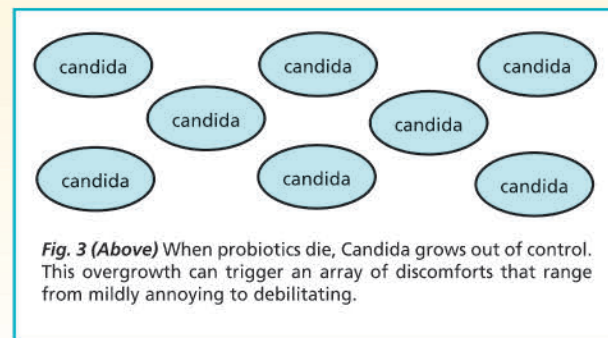


Fig. 3 (Above) When probiotics die, Candida grows out of control. This overgrowth can trigger an array of discomforts that range from mildly annoying to debilitating.

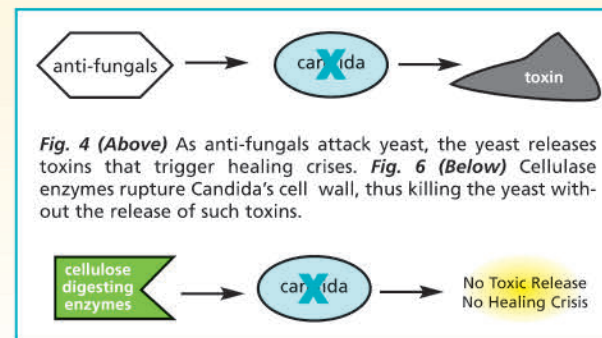


Fig. 4 (Above) As anti-fungals attack yeast, the yeast releases toxins that trigger healing crises. Fig. 6 (Below) Cellulase enzymes rupture Candida’s cell wall, thus killing the yeast without the release of such toxins.



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