

CANDICID FORTE



RECOMMENDED USE

- *Helps maintain the body's ability to metabolize nutrients*
- *Provides antioxidants that help protect against the oxidative effect of free radicals*
- *A factor in the maintenance of good health*

GASTROINTESTINAL SUPPORT

Candidid Forte provides a blend of nutrients and botanicals to promote the maintenance of good health and the body's ability to metabolize nutrients.

Overview

Gastrointestinal health is directly affected by factors such as poor diet and a stressful lifestyle. The prevalence of refined sugars and carbohydrates and lack of fiber in modern diets have been directly linked to changes in the intestinal and colonic environments.¹

Biotin

Biotin is a water-soluble vitamin and cofactor for carboxylases. The nutrient affects several key systemic functions including nutrient metabolism.

Oregano

Phytonutrients from oregano, such as rosmarinic acid and quercetin, have been shown to play a role in supporting antioxidant mechanisms. In addition, the high ORAC (oxygen radical absorbance capacity), value of oregano indicates its significant antioxidant-scavenging capacity to combat free radicals.^{2,3}

Rosemary

Rosemary is traditionally used as a carminative and exhibits antioxidant effects. Used in Herbal Medicine, rosemary has been found to help ease gastric headaches.

Recommended Dose

Adults: Take two capsules per day, or as recommended by your health care practitioner. Consult a health care practitioner for use beyond 3 months.

Medicinal Ingredients (per capsule)

Biotin	150 mcg
Berberine	58 mg
Cinnamon (<i>Cinnamomum verum</i> , Branch & Shoot bark).....	50 mg (4:1, QCE 200 mg)
Ginger (<i>Zingiber officinale</i> , Rhizome)	50 mg
Oregano (<i>Origanum vulgare</i> , Leaf)	75 mg (4:1, QCE 300 mg)
Pau d'Arco (<i>Handroanthus impetiginosus</i> , Stem & twig inner bark)	50 mg (5:1, QCE 250 mg)
Rosemary (<i>Rosmarinus officinalis</i> , Leaf)	50 mg (10:1, QCE 500 mg)
German chamomile (<i>Matricaria chamomilla</i> , Flower).....	50 mg

Non-Medicinal Ingredients

Sodium Caprylate, Microcrystalline Cellulose, Magnesium Stearate, Calcium Silicate, Hypromellose.

Risk Information

Consult a health care practitioner prior to use if you have a cardiovascular disease, diabetes, liver or kidney disease or leucopenia, or are taking blood thinners (anti-coagulants), and consult after use if symptoms persist or worsen. May cause gastrointestinal discomfort such as constipation, vomiting, abdominal pain or diarrhea, in which case discontinue use and consult a health care practitioner. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use, if you are allergic to plants of the Asteraceae/Compositae/Daisy family do not use. Do not use if you are trying to conceive or if you are pregnant or breastfeeding.

References

1. Frizelle F. Constipation in adults. *Clin Evod* (online). 2007;0413(August 1).
2. Chun SS, Vatter DA, Lin YT, et al. Phenolic antioxidants from clonal oregano (*Origanum vulgare*) with antimicrobial activity against *Helicobacter pylori*. *Process Biochem*. 2005;40(2):809-16.
3. Tampieri MP, Galuppi R, Macchioni F, et al. The inhibition of *Candida albicans* by selected essential oils and their major components. *Mycopathologia*. 2005 Apr;159(3):339-45. [PMID: 15883716].