



# CANXIDA FOR DIFFERENT AGES

## Tailoring for Life Stages

[www.canxida.com](http://www.canxida.com)





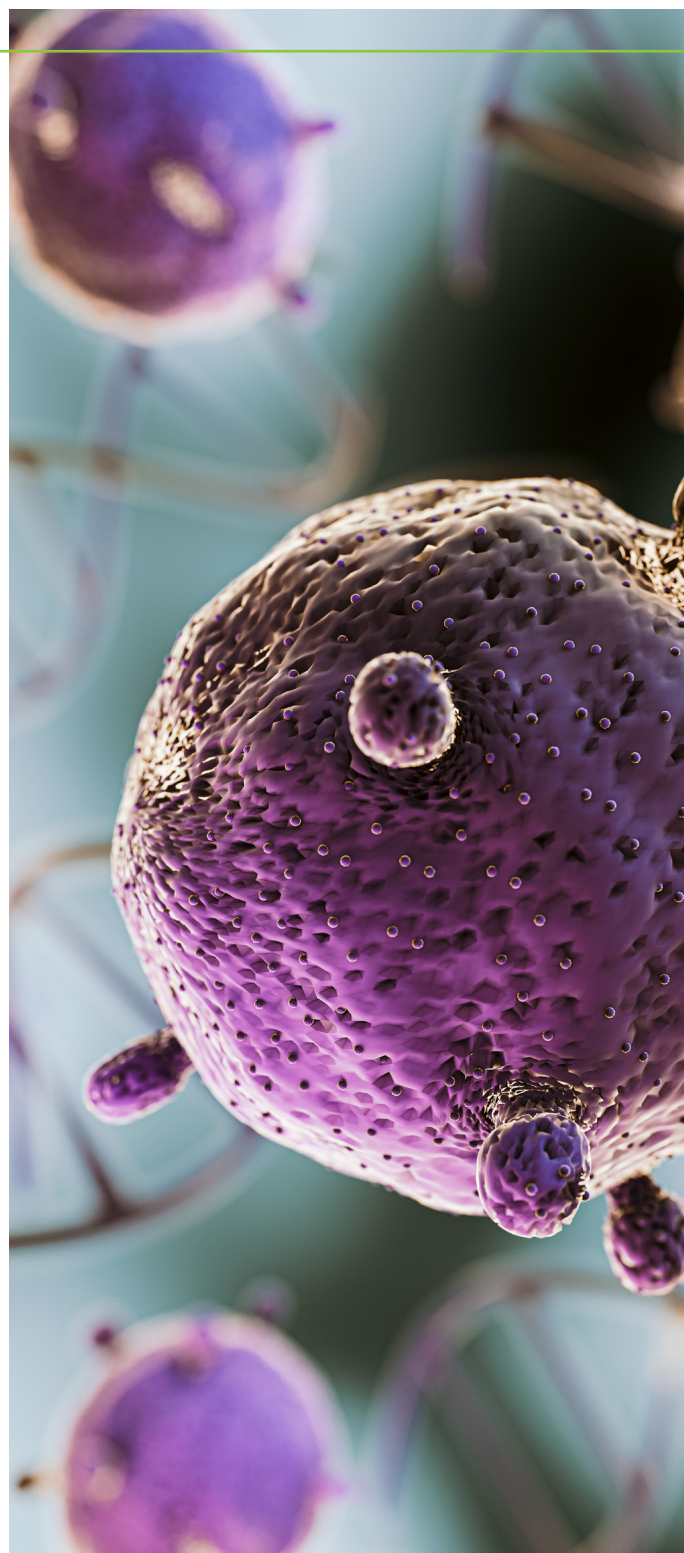
Overgrowth of the Candida genus of fungus occurs in people of all ages and can lead to various health conditions and can even be fatal. There are many risk factors for Candida overgrowth and candidiasis. These risk factors vary in prevalence depending on life stage and thus different strategies to prevent or treat Candida overgrowth may be required for adolescents (13-19), adults (20-65), and seniors (65+). Age itself is a risk factor for Candida infection with most hospitalizations for invasive candidiasis occurring in those aged 65 and over. Other risk factors for candidiasis include:

- ✓ PROLONGED USE OF ANTIBIOTICS
- ✓ DIABETES
- ✓ WEAKENED IMMUNE SYSTEM
- ✓ DIET
- ✓ PREGNANCY
- ✓ USE OF HORMONAL CONTRACEPTIVES
- ✓ OTHER HEALTH CONDITIONS

Lifestyle and diet choices are important in determining vulnerability to candidiasis and these also vary across life stages. However, it is notable that levels of antibiotic intake do not appear to differ significantly between adolescents, adults, and seniors.

CanXida provides three scientifically proven formulations, CanXida Remove (RMV), CanXida Restore (RST), and CanXida Rebuild (RBD) which help to prevent and alleviate health issues caused by Candida overgrowth no matter your stage in life..

In this blog, we discuss the susceptibility of adolescents, adults, and the elderly to candidiasis and how CanXida RMV, CanXida RST, and CanXida RBC can be tailored to any stage of life to reduce Candida-associated health risks and improve quality of life.



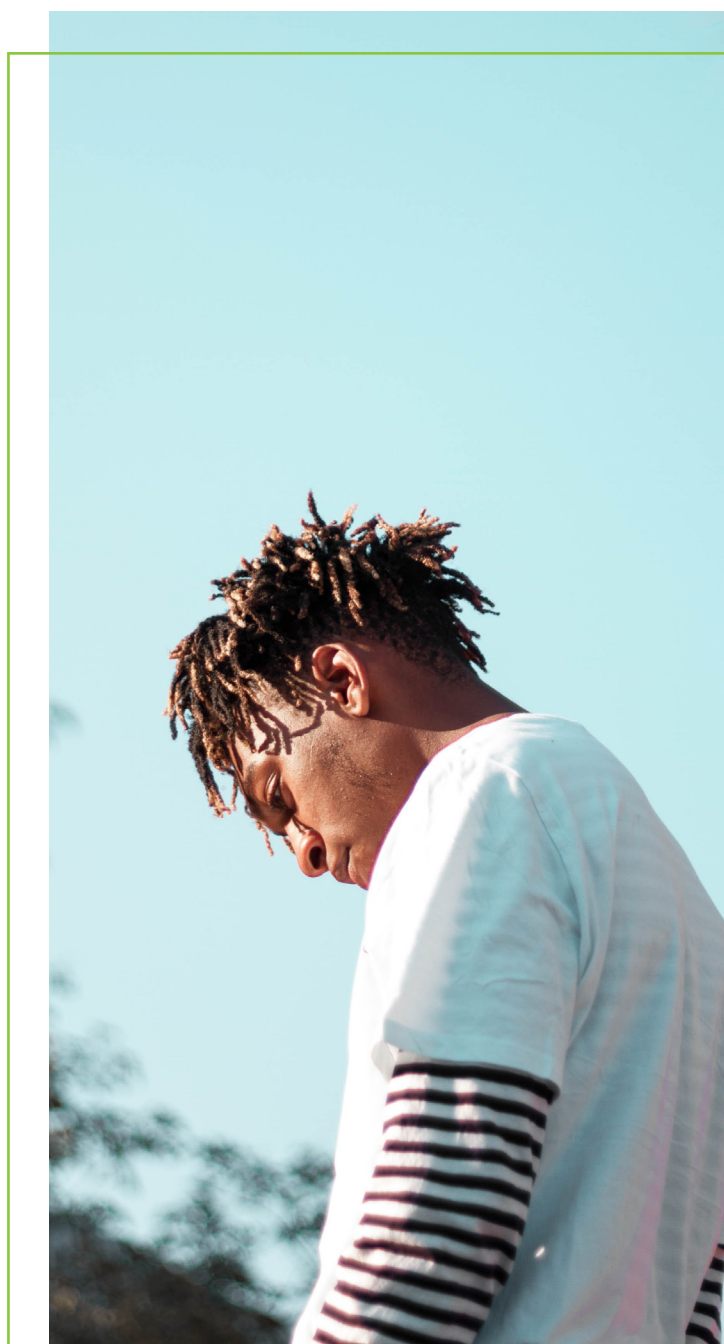
## ADOLESCENTS:

Adolescents are susceptible to all types of candidiasis depending on their gender and health status. Adolescents are generally considered to be healthier than the other two age groups discussed here and are less susceptible to a variety of age-associated diseases such as cancer and diabetes which are clinical risk factors for candidiasis. Adolescents are also significantly less likely to be hospitalized than seniors and therefore less likely to acquire Candida infections in the clinical setting.

However, there are certain risk factors that may make adolescents more susceptible to candidiasis. Despite increased public awareness surrounding the danger of high-sugar diets, adolescents still consume high levels of sugar, particularly in Western countries. A high sugar diet is associated with Candida overgrowth as glucose is a primary source of fuel that Candida uses to grow.

## HOW ADOLESCENTS CAN BENEFIT FROM CANXIDA:

Adolescents are less likely to be hospitalized with invasive candidiasis compared to adults and the elderly and thus CanXida RMV, which is used to remove Candida and other pathogens from the gut, may not be the priority for them. However, CanXida Restore which provides a scientifically backed selection of probiotics, and CanXida Rebuild which provides essential vitamins and nutrients for proper immune function may be beneficial. Indeed, many reports show that adolescents in Western countries do not have a sufficient dietary intake of various minerals and vitamins and may therefore especially benefit from CanXida Rebuild which covers all nutritional bases. After a course of antibiotics, taking CanXida RST can help replenish the gut with healthy bacteria that may have been killed by the treatment. Thus, adolescents can benefit from CanXida products to prevent Candida overgrowth and associated issues.



## ADULTS:

The transition to adulthood comes with an increased risk of developing candidiasis, this is especially true at the older end of this age group. Adults are more likely to belong to at-risk groups for candidiasis such as having diabetes or cancer. Furthermore, adulthood does not necessarily lead to an improvement in diet quality though decreased sugar consumption has been reported. Pregnancy and the use of hormonal contraceptives also become increasingly relevant in adulthood though they are certainly not insignificant in adolescence. Adults are more likely to be hospitalized with invasive candidiasis than adolescents but less than the elderly.

## HOW ADULTS CAN BENEFIT FROM CANXIDA:

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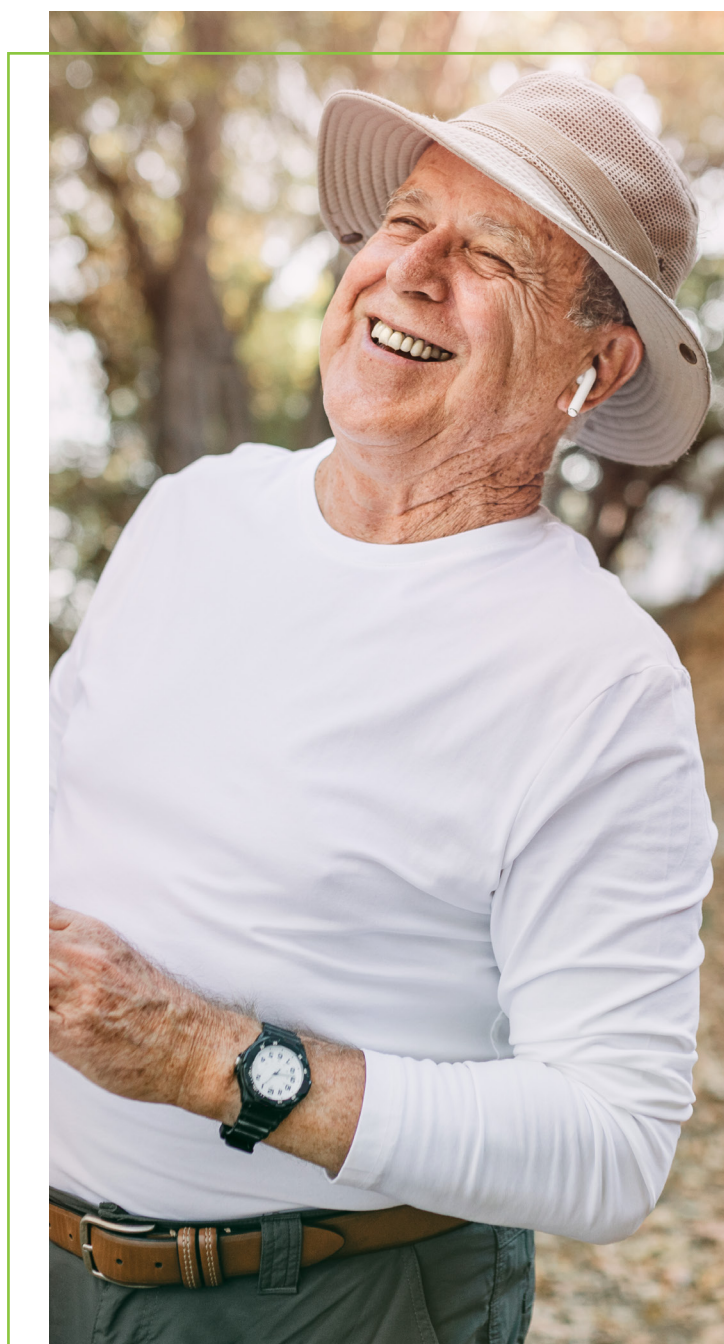


## SENIORS:

Seniors (over the age of 65) are the group with the highest risk for developing candidiasis. In fact, the mean age for candidiasis is around the mid-sixties depending on the location of the infection, though vulvovaginal candidiasis is less prevalent in seniors compared to the other two groups. Seniors are more likely to be hospitalized for any reason and are therefore more likely to contract Candida in the clinical setting. Outside of the disease context seniors are more likely to have compromised immune systems due to advanced age. They are also more likely to have comorbidities like cancer which can deplete the immune system further. Infections are common in this age group, particularly during prolonged hospitalizations, this may also lead to increased use of antibiotics which is another risk factor.

## HOW SENIORS CAN BENEFIT FROM CANXIDA:

Seniors are the age group that may benefit most from using CanXida formulations. Compromised immune function can be bolstered by taking CanXida RBD which contains essential vitamins and minerals for immune cell function. Candida overgrowth can be tackled using our CanXida RMV formulation which clears Candida from the body. For restoring gut health we recommend CanXida RST which introduces beneficial bacteria into the gut it improves your health and keeps Candida within healthy levels. CanXida RST may also be beneficial to replace good bacteria after a round of antibiotics.



## CONCLUSION

No matter your stage in life, Candida overgrowth can pose a threat to your health. This is especially true if you fall under one of the high-risk categories listed at the top of this blog. Maintaining a healthy lifestyle and diet is very important for preventing Candida overgrowth and central to this is the maintenance of a strong immune system. Whatever your age, CanXida RST, and CanXida RBD provide scientifically backed probiotics, vitamins, and minerals that can help you to maintain a healthy gut and a strong immune system. If Candida overgrowth does occur CanXida RMV can provide a simple way to remove Candida and other harmful pathogens like bacteria and parasites from your body.

Get in touch with one of our experts today to discover how [CanXida formulations](#) can help bolster your immune and gut health, no matter your stage in life.

