

# canxida | CANXIDA RECHARGE (FORMULA RCH)

## SCIENTIFICALLY-BACKED SYSTEMIC RENEWAL FUEL FOR INFLAMMATION, GUT, LIVER, BRAIN AND IMMUNE SUPPORT



Overgrowth of pathogenic fungi like Candida can raise many health issues<sup>1</sup>, and stop us from achieving our goals. These days, many of us pursue ambitious fitness goals while striving for success in our social and professional lives. Modern life throws many challenges our way, and with fungal infections on the rise globally<sup>2</sup>, it's more important than ever to rely on science-backed solutions to deal with Candida overgrowth. Symptoms of Candida overgrowth can range from mild discomfort to severe disease, but for many of us, it can mean one more excuse not to get out of bed and get after it, whatever it is.

The CanXida ReCharge (Formula RCH) dietary supplement covers multiple bases at once, making it a one-stop shop for protein supplementation, gut health, and energy levels. At CanXida, our expertise in gut health has allowed us to make a complete dietary supplement tailored toward gut balance that other supplements simply can't match.

### BENEFITS

**MENTAL CLARITY** - CanXida ReCharge (Formula RCH) contains scientifically proven ingredients to enhance mental clarity, which many people say is commonly affected by Candida<sup>3</sup>. This formulation is for people who understand that a healthy mind goes hand in hand with a healthy body.

**METABOLIC SUPPORT** - How we get and use our energy is important for weight management and preventing fatigue and diseases like diabetes. CanXida ReCharge (Formula RCH) contains ingredients like Vitamin D, iodine, and zinc which can help to prevent insulin resistance.

**IMMUNE SUPPORT** - CanXida ReCharge (Formula RCH) contains more essential vitamins and minerals than many standalone multivitamin supplements. All of these nutrients are essential for proper immune function<sup>4</sup>, which helps with recovery and keeps harmful microbes, like Candida, at healthy levels<sup>5</sup>

**SCIENTIFICALLY BASED** - All of the ingredients in CanXida ReCharge (Formula RCH) are backed by robust scientific literature. At CanXida, we pick our ingredients based on science, not just because they're in other supplements. That's why CanXida ReCharge (Formula RCH) is such a unique formulation that other products can't match.

**NATURAL INGREDIENTS** - At CanXida, we care about holistic wellness, which is reflected in our naturally sourced ingredients combined in a delicate formulation to promote your health goals.

### FEATURES

- #1 Brand Recommended by Naturopaths
- No Artificial Sweetener
- Non-GMO
- Dairy-Free
- Egg-Free
- Sugar-Free
- US-made
- 100% Natural
- Soy-Free

### WHO IS IT FOR?

CanXida ReCharge (Formula RCH) gives diverse benefits and can help a diverse range of people achieve lasting health and goal fulfillment. The formulation mixes easily with water, without the need for a blender, and can be taken on the go and alongside other medicines.

#### INDIVIDUALS WITH FOOD SENSITIVITIES:

Dietary restrictions needn't put restrictions on our lives. Investing in health supplements can be a real headache, especially for individuals with food sensitivities. The greater the number of ingredients the more research that needs to be done, and the more potential for making the wrong choice and wasting money. CanXida ReCharge (Formula RCH) is dairy-, soy-, egg-, and gluten-free and is also suitable for vegans and vegetarians, making it a great option for those with dietary restrictions.

#### HARD WORKING PROFESSIONALS, SALES PROFESSIONALS, AND EXECUTIVES:

It can sometimes feel like energy is hard to come by, especially with early starts, late finishes, and hectic work schedules. It's all too easy to rely on fast food or head to the vending machine for a quick fix, but this can damage our health and our work performance. CanXida ReCharge (Formula RCH) can help hardworking professionals save time and money and enhance their well-being by providing clean sources of energy and nutrition.

**WHO IS IT FOR?**

**ATHLETES AND FITNESS ENTHUSIASTS:**

At the top of every field, the difference between success and failure comes down to the finest margins. With so many variables, nutrition is where athletes and fitness enthusiasts can gain a competitive edge. CanXida ReCharge (Formula RCH) contains clean sources of protein, amino acids, and essential nutrients required for optimal performance and recovery, in addition to herbal extracts that can help enhance mental clarity, which can often make the difference.

**ACTIVE, HEALTHY, VIGOROUS SENIORS:**

As we enter older adulthood, it's normal to feel our energy levels begin to wane. However, staying active and ambitious is essential for navigating the challenges that advanced age can bring. CanXida ReCharge (Formula RCH) provides vital protein, vitamins, and minerals for energy and muscle maintenance. The herbal extracts in this formulation also promote gut health, which can be an increasing concern as we age<sup>6</sup>.

**INDIVIDUALS TRANSITIONING TO HEALTHIER LIFESTYLES:**

A healthy lifestyle has good nutrition at its core. However, balancing nutrition and an effective and safe exercise regime can be challenging, especially for those beginning their health journey. With seemingly infinite options for protein powders and other health supplements, CanXida ReCharge (Formula RCH) shines as a complete and diverse option for gently transitioning to a healthier lifestyle while remaining conscious of gut health.

**STORAGE:**

Store in a cool, dry place with the lid tightly closed and avoid successive heat. Keep out of reach of children. Do not use if the safety seal is damaged or missing.

<b>OTHER INGREDIENTS:</b>
Organic Brown Rice Protein, Pea Protein, Xylitol, Medium Chain Triglycerides, Natural Flavor, Xanthan Gum Powder, Rebaudioside A (From Stevia Leaf Extract), Luo Han Guo Fruit Extract (Sweetner).
<b>DIRECTION:</b>
Mix one scoop of CanXida ReCharge (Formula RCH) with 8oz of water or your preferred beverage. Consume on an empty stomach or consult with your healthcare professional to determine proper dosage.

**SUPPLEMENT FACTS**

Serving Size: **24.49 Grams (Approx. 1 Scoop)**  
 Servings Per Container: **28**

**DOSAGE GUIDE**

CanXida ReCharge (Formula RCH) is best taken with a meal to improve absorption.

Amount per serving		%DV
Vitamin C (as Ascorbic Acid)	250 mg	278%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Thiamine (as Thiamine D HCl)	17.8 mg	1,483%
Riboflavin (as Riboflavin-5-Phosphate)	3.93 mg	302%
Niacin (as Nicotinamide)	50 mg NE	313%
Vitamin B6 (as Pyridoxal-5-Phosphate)	10.26 mg	604%
Folate (as L-5-Methyltetrahydrofolate Calcium)	200 mcg DFE	50%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Biotin	50 mcg	167%
Pantothenic Acid (as Calcium D-Pantothenate)	50 mg	1,000%
Choline (as Dihydrogen Citrate)	30 mg	5%
Calcium (from F Lithothamnion spp. Marine Algae)	50 mg	4%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Citrate)	50 mg	12%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as L-Selenomethionine)	50 mcg	91%
Manganese (as Manganese Glycinate)	1 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate)	25 mcg	71%
Molybdenum (as Sodium Molybdate)	50 mcg	111%
L-Glutamine	1.5 g	†
Glycine	1.5 g	†
Larix Laricina Heartwood Extract	1 g	†
Taurine	350 mg	†
Macha Green Tea Leaf Powder	250 mg	†
Ellagic Acid (from Pomegranate Hull Extract)	200 mg	†
Milk Thistle Seed Extract	150 mg	†
Ginger Root Powder	135 mg	†
Tocotrienols Complex Powder	110 mg	†

† Daily Value (DV) not established

## MECHANISM OF ACTION

CanXida ReCharge's (Formula RCH) diverse ingredients, which include protein extracts, herbal extracts, and essential vitamins and minerals, means it has a wide range of health benefits through distinct mechanisms.

## GUT HEALTH:

Ginger root powder enhances T-cell function and offers antifungal and anti-inflammatory benefits, helping alleviate digestive issues. Larix laricina Heartwood Extract provides high-quality fiber and cellulose, which act as prebiotics for healthy gut microbes, helping to maintain gut balance. Pantothenic acid promotes barrier function in the gut by strengthening the immune system.

## IMMUNE & LIVER SUPPORT:

CanXida ReCharge's (Formula RCH) contains 21 vitamins and minerals that are important for immune and liver function. Tocotrienols complex powder (Vitamin E) is important for immune function, particularly for allowing immune cells to communicate with each other. It also plays a protective role in the liver, specifically against the damage caused by high-sugar high-fat diets. Calcium is important for liver regeneration and for activation of immune cells required for fast immune responses. Herbal extracts in CanXida ReCharge's (Formula RCH), such as ellagic acid and milk thistle extract, also have detoxifying and protective effects on the liver. This unique combination of ingredients is the perfect complement to an active lifestyle and helps to maintain overall health.

## MENTAL HEALTH AND COGNITION:

CanXida ReCharge (Formula RCH) includes choline, glycine, and Matcha Green Tea Leaf Powder which help support brain function. Choline is essential for cognitive health and is a central component of the neurotransmitter acetylcholine. Glycine is an inhibitory neurotransmitter and has emerged as a promising target for mental health therapies. Glycine may improve memory and other cognitive functions<sup>7</sup>. Matcha Green Tea Leaf Powder, with its natural caffeine content, promotes alertness and concentration, while its rich antioxidant properties further protect the brain and improve mental endurance, making it an invaluable asset for maintaining cognitive health and performance.

## ENERGY AND METABOLISM:

CanXida ReCharge's (Formula RCH) unique ingredients target metabolism, insulin resistance, and energy enhancement. Vitamin C and Vitamin D play pivotal roles in metabolic processes, with Vitamin D specifically noted for reducing insulin resistance and aiding in weight management. The medium-chain triglycerides in CanXida ReCharge (Formula RCH) offer a quick energy source, bypassing the normal digestion process to provide rapid fuel without spiking blood glucose. Tocotrienols, a form of Vitamin E, support cardiovascular health and may influence metabolic rates. Together, these ingredients (and many others) contribute to improved metabolic health, offering support against insulin resistance and boosting energy levels safely and efficiently.





## HOW DOES IT COMPARE TO COMPETITORS?

	CANXIDA RCH	STANDALONE MULTIVITAMIN X	STANDALONE PROTEIN POWDER X	STANDALONE GREEN POWDER X	STANDALONE COGNITIVE SUPPLEMENT
Vitamin C (as Ascorbic Acid)	✓	✓		✓	✓
Vitamin D (as Cholecalciferol)	✓	✓			
Thiamine (as Thiamine D HCl)	✓	✓			✓
Riboflavin (as Riboflavin-5-Phosphate)	✓	✓			✓
Niacin (as Nicotinamide)	✓	✓			
Vitamin B6 (as Pyridoxal-5-Phosphate)	✓	✓			✓
Folate (as L-5-Methyltetrahydrofolate Calcium)	✓	✓			
Vitamin B12 (as Methylcobalamin)	✓	✓			
Biotin	✓	✓			
Pantothenic Acid (as Calcium D-Pantothenate)	✓	✓			
Choline (as Dihydrogen Citrate)	✓	✓			✓
Calcium (from F Lithothamnion spp. Marine Algae)	✓	✓	✓	✓	
Iodine (as Potassium Iodide)	✓	✓			
Magnesium (as Magnesium Citrate)	✓	✓			
Zinc (as Zinc Citrate)	✓	✓			
Selenium (as L-Selenomethionine)	✓	✓			
Manganese (as Manganese Glycinate)	✓	✓			
Chromium (as Chromium Nicotinate Glycinate Chelate)	✓	✓			
Molybdenum (as Sodium Molybdate)	✓	✓			
L-Glutamine	✓				✓
Glycine	✓				
Larix Laricina Heartwood Extract	✓				

### HOW DOES IT COMPARE TO COMPETITORS?

	CANXIDA RCH	STANDALONE MULTIVITAMIN X	STANDALONE PROTEIN POWDER X	STANDALONE GREEN POWDER X	STANDALONE COGNITIVE SUPPLEMENT
Taurine	✓				
Macha Green Tea Leaf Powder	✓			✓	
Ellagic Acid (from Pomegranate Hull Extract)	✓				
Milk Thistle Seed Extract	✓				
Ginger Root Powder	✓				
Tocotrienols Complex Powder	✓	✓			
Organic Brown Rice Protein	✓		✓		
Pea Protein	✓		✓		
Medium Chain Triglycerides	✓				

### WARNING AND PRECAUTIONS:

As with any dietary supplement consult your health care professional, especially if pregnant or nursing, or under medical supervision.



### IF YOU HAVE ANY QUESTION, CONTACT US AT:

<https://www.canxida.com/contact>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## REFERENCE LIST

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