



LIVING WITH CANDIDA

PATIENT BOOKLET



1. What is Candida?

Candida is a group of yeast fungi that naturally inhabit the human body¹. They normally reside in places such as the mouth, throat, gut, and vagina, harmlessly coexisting with the other microbes of the human body^{1,2}. Approximately 150 different species of *Candida* have been discovered; the most clinically important are *Candida albicans*, *Candida glabrata*, *Candida auris*, *Candida tropicalis*, *Candida parapsilosis*, and *Candida krusei*³.

Candida form part of the resident microbes of the body, often providing beneficial effects⁴. However, *Candida* are also opportunistic pathogens; under favorable conditions, their numbers can grow beyond a healthy level^{1,5,6}. This is known as candidiasis. Risk factors for candidiasis include **a weakened immune system** (particularly those who are immunocompromised and with underlying conditions), **unbalanced diets and nutrient deficiency**, impaired liver function, **prolonged use of antibiotics**, and altered gut bacteria^{5,6}. **Older populations are particularly susceptible** to *Candida*-related diseases due to many of the risk factors becoming more prevalent as we age.



Candida albicans alone causes more than 150 million mucosal infections per year, leading to approximately 200,000 deaths, and the number is rising⁷. With cases related to other (non-*albicans*) species also increasing⁶, it is more important than ever to control and prevent *Candida* overgrowth.

What Is the Difference Between “Candida” and “Candidiasis”?

These two words can be confusing, but the difference between them is pretty simple. *Candida* is the name of the microbe, and candidiasis is the name for an infection caused by that microbe. Examples of other microbe/disease pairs include the Varicella-zoster virus (the microbe), which causes Chickenpox (the disease), and *Streptococcus pyogenes* (the microbe), which causes strep throat (the disease). Remember: *Candida* is the microbe, and candidiasis is the disease¹.

2. What Causes Candida issues?

Candida is different from many other microbes that cause disease. It lives on and in our bodies without causing any harm and can actually support our health. However, Candida is an opportunistic pathogen, which means it can cause disease under some circumstances. But what causes Candida to switch from being harmless to causing us trouble? This has to do with Candida risk factors, of which there are many. While these risk factors are diverse, they all allow Candida to outgrow its local environment and cause disease³. The most common risk factors include:

Prolonged use of antibiotics - Antibiotics are important drugs for treating infections. However, many antibiotics don't just target harmful bacteria; they also kill the good bacteria in our bodies. This is important because good bacteria are essential for keeping Candida at healthy levels. Thus, when antibiotics reduce the number of good bacteria, Candida has a chance to grow.

Oral contraceptives - Candida levels can be affected by changes in hormone balance. Oral contraceptives include synthetic hormones that disrupt hormonal balances and give Candida an opportunity to cause infection. They also cause changes in pH (acidity and alkalinity) and the immune system, both important for regulating Candida levels.

Diet - Candida thrives on sugary foods. Consuming soda, chocolate, beer, and other foods high in sugar can increase your risk of developing a Candida overgrowth in the small intestine.

Weakened immune system - Like with other pathogens, our body needs a robust immune system to fend off Candida and keep it at healthy levels. This means that factors that weaken our immune system can give Candida a chance to grow. These include:

- Other infections like HIV
- Treatments like chemotherapy and corticosteroids
- Lack of sleep and a stressful lifestyle
- Malnutrition
- Alcohol consumption

Older age - Candida issues become more common as we age. Many factors contribute to this. These include:

- Weakened immune systems
- Increased likelihood of comorbidities (other diseases)
- Increased chances of hospitalization (a common source of drug-resistant candidiasis)
- Increased use of dentures (source of oral candidiasis)

3. Common Symptoms of Candida

Candidiasis cases and their **symptoms** vary based on where in the body the overgrowth occurs and the species of Candida that is involved. These differences are highlighted in Table 1^{5,6}.

It is important to note that many of these symptoms can be caused by other conditions, making Candida infection challenging to diagnose. The best way to diagnose Candida overgrowth in the gut is to have a comprehensive stool analysis. Talk to your doctor about the different diagnostic tools available if you suspect you have Candida overgrowth.



Table 1:

Issues caused by Candida and their associated symptoms.

Issues caused by Candida	Primary causative species	Common symptoms
Gastrointestinal Candida overgrowth	<ul style="list-style-type: none"> • Many species of Candida 	<ul style="list-style-type: none"> • Bloating • Gas • Digestive issues • Constipation • Diarrhea • Fatigue • Brain fog • Nausea • Abdominal pain
Oral (oropharyngeal candidiasis; oral thrush)	<ul style="list-style-type: none"> • <i>Candida albicans</i> (>80% of cases) • <i>Candida glabrata</i> • <i>Candida tropicalis</i> • <i>Candida krusei</i> • <i>Candida guilliermondii</i> • <i>Candida lusitanae</i> • <i>Candida parapsilosis</i> • <i>Candida pseudotropicalis</i> • <i>Candida stellatoidea</i>⁸ 	<ul style="list-style-type: none"> • White lesions in the mouth • Redness inside the mouth • Soreness inside the mouth • Reduced sense of taste (ageusia) • Cottony feeling in mouth • Bleeding (from lesions)⁹
Esophagus (esophageal candidiasis)	<ul style="list-style-type: none"> • <i>Candida albicans</i> (>88% of cases)¹⁰ 	<ul style="list-style-type: none"> • White plaques in the esophagus • Difficulty swallowing (dysphagia) • Pain when swallowing (odynophagia) • Retrosternal chest pain¹⁰
Vaginal (vulvovaginal candidiasis)	<ul style="list-style-type: none"> • <i>Candida albicans</i> (up to 90% of cases) • <i>Candida glabrata</i> • <i>Candida tropicalis</i> • <i>Candida krusei</i> • <i>Candida parapsilosis</i>¹¹ 	<ul style="list-style-type: none"> • Itching, burning sensation in vagina • Thick, white vaginal discharge • Redness and swelling of the vagina • Cuts and cracks in the skin of the vulva • Burning sensation when urinating¹²
Skin (cutaneous candidiasis; candidal intertrigo)	<ul style="list-style-type: none"> • <i>Candida albicans</i> (48% of cases) • <i>Candida krusei</i> • <i>Candida glabrata</i> • <i>Candida kefir</i> • <i>Candida parapsilosis</i> • <i>Candida tropicalis</i>¹³ 	<ul style="list-style-type: none"> • Skin rash • Lesions on the skin (particularly in folds of the skin) • Bumpy spots surrounding lesions¹³
Invasive (candidemia)	<ul style="list-style-type: none"> • <i>Candida albicans</i> • <i>Candida glabrata</i> • <i>Candida krusei</i> • <i>Candida tropicalis</i> • <i>Candida parapsilosis</i>¹⁴ 	<ul style="list-style-type: none"> • Belly pain • Chills • Fever • Low blood pressure • Muscle aches • Skin rash • Weakness/fatigue • Blurriness (eyes) • Light sensitivity (eyes) • Vision changes (eyes) • Confusion (brain) • Headaches (brain) • Memory loss (brain)¹⁵

4. What Conditions Does Candida Cause

Candida can cause different issues depending on the site of the infection. These conditions vary in how easily treatable they are and how threatening they are to our overall health.

Oral candidiasis

This is a mouth infection that usually causes white lesions (patches) inside the mouth and on the tongue. If left untreated, symptoms can last months or even years. However, complications in healthy individuals are rare.

Esophageal candidiasis

This infection usually results from untreated oral candidiasis, and symptoms can become severe if left untreated. Stricture (abnormal narrowing) of the esophagus may occur via inflammation, tissue damage, and scarring^{10,16}.

Vaginal candidiasis

This common infection often causes soreness and itching and can take a long time to clear completely. Severe complications are generally limited to immunocompromised individuals, with the associated inflammation sometimes spreading to the urethra and other nearby tissues. Pregnant women are susceptible to pregnancy-related complications, including premature labor, premature birth, and miscarriage. The infection can also be transferred to the baby during birth¹⁷.

Cutaneous candidiasis

This is a skin infection that typically occurs in areas where two areas of skin come into contact (the technical term for this is intertriginous). These sites include the armpits, groin, and skin folds. Nails are another common site. In very rare cases, cutaneous candidiasis can penetrate the deeper layers of the skin, leading to potentially fatal complications like necrotizing cellulitis¹⁸.

Invasive candidiasis

This condition means that Candida has infected a site within the body, including the bloodstream and internal organs. This is a severe form of candidiasis and comes with a high risk of complications. Due to it being a systemic infection, invasive candidiasis may lead to issues with the eyes (endophthalmitis), heart (endocarditis), or bones and joints (osteoarticular). Cases of invasive candidiasis are extremely serious, with a mortality rate of 80% in some instances¹⁹.

5. Living with Candida

Candidiasis is a common disease. For example, approximately 75% of women are expected to experience vulvovaginal candidiasis at least once in their lifetime²⁰. Non-invasive candidiasis infections are usually acute, taking no longer than a few weeks to completely subside²¹. However, candidiasis can sometimes become chronic, with prolonged or recurring infections. This can lead to a range of debilitating effects that severely impact daily life.

Infections bring an array of symptoms (Table 1). However, many more symptoms can be brought on by chronic Candida infections or Candida overgrowth in the digestive tract, as reflected in our many client **testimonials**. These include:



Fatigue

Feelings of exhaustion are common with chronic Candida infections. Many individuals report not having the energy to perform properly at work or to enjoy their lives fully.



Brain Fog

This is an often overlooked result of Candida infection, which severely impacts cognitive performance. It can result in an inability to concentrate, damaging job performance and the ability to enjoy hobbies like reading and other intellectual pursuits.



Depression/Hopelessness

Candida symptoms can linger for months and even years. Many individuals report feelings of hopelessness and depression when enduring chronic Candida without an obvious solution in sight.



Gastrointestinal issues

Candida overgrowth in the gut triggers many symptoms, including gas, bloating, flatulence, constipation, and diarrhea.

Considering all of these factors, it is abundantly clear that new, effective ways are required to manage and prevent Candida overgrowth.

6. How to Explain Candida Issues to Family, Friends, and Caretakers.

Dealing with Candida can leave us feeling isolated, embarrassed, and hopeless. However, Candida issues are incredibly common. As we've mentioned elsewhere, approximately 75% of women are expected to experience vulvovaginal candidiasis at least once in their lifetime. Despite its frequency, most people do not know what Candida is and how it can restrict our lives. This makes it difficult to communicate just how difficult living with Candida problems can be.

However, communicating your problem to those around you is important, even if you feel ashamed. Speaking clearly about your issue and its solutions can help those around you understand the situation and help you overcome it. This can include tailoring meals around your new diet or understanding why you find it challenging to be yourself. They may even be relieved to learn the reason behind a recent change in your behavior or mood that they had noticed but were reluctant to ask you about. Sharing a problem with others can introduce new perspectives that can lessen the emotional burden.

If a child or older adult you are responsible for is dealing with Candida issues, it is essential to communicate this to the relevant teacher or carer who will be around them and can cater to their needs or help ensure they stick to a treatment plan. This booklet provides a clear overview of Candida and should be sufficient to give them a basic understanding of the issues at hand.

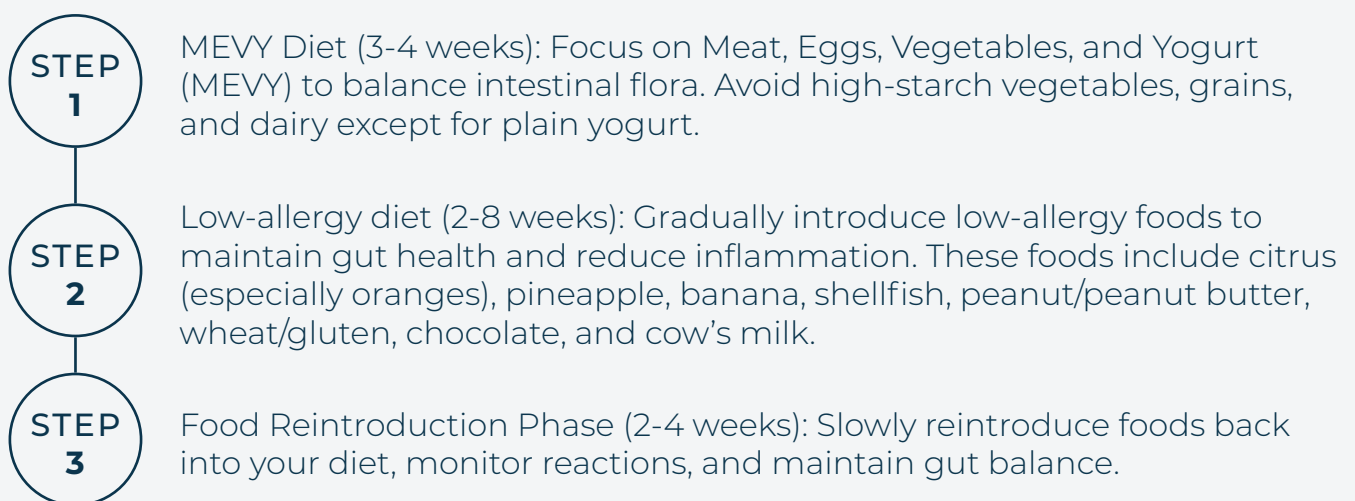
Even if you live independently and are self-sufficient, Candida can take a significant toll on your mental health, so discussing your issues with a trusted friend or family member can go a long way toward improving your overall well-being.



7. How To Treat Candida: Candida Diet & Cleanse

At CanXida, we have developed a simple three-step plan for dealing with Candida*. Many of our customers have achieved incredible results with this plan, so it may also work for you. You can **find a more detailed version of this plan here**, but this is a basic overview to get you started.

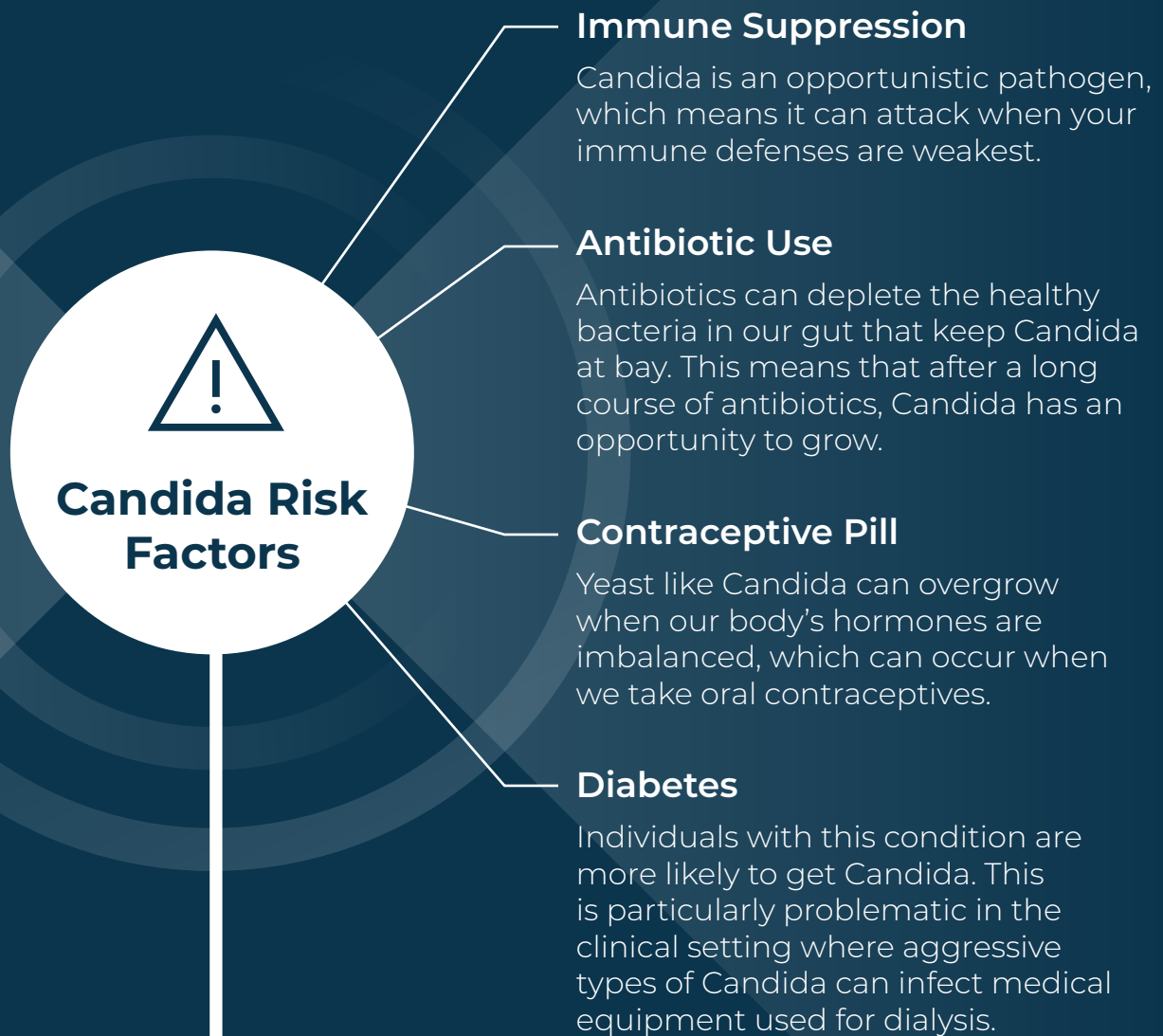
First, we advise removing Candida-friendly foods from the diet for two weeks before starting step 1. These are the foods to get rid of: soda drinks, chocolate (even unsweetened or 100% cacao), ice cream, sweets or candy, biscuits or cookies, donuts, muffins or cakes, pastries, white bread, chips, pizza, fried chicken and any take-out foods, and Nutella, peanut butter, jam or spreads (unless you make them yourself).



8. Candida Prevention

Fortunately, there are many effective ways to significantly reduce your chances of developing Candida issues. You'll be happy to learn that most of these are simple lifestyle improvements that will enhance your overall health and reduce your risk of getting Candida.

It's essential to understand what makes us vulnerable to Candida in the first place.



6 Tips for Preventing Candida

1. Know the Risks

Simply being aware of the risks mentioned above can go a long way to preventing Candida overgrowth. Be sure to talk with your healthcare professional about avoiding these risks while ensuring optimal healthcare.

2. Diet and Supplementation

Diet control is a key tool against Candida. At CanXida, we have pieced together a **3-step cleanse** to implement alongside supplementation. This includes the MEVY diet (3-4 weeks), the low-allergy diet (2-8 weeks), and the food reintroduction phase (2-4 weeks). Outside of this, individuals should primarily eat fresh vegetables, meat, eggs, and dry ingredients such as quinoa or lentils. Eating fresh food is the priority. Meals can still be prepared in advance but only stored in the freezer - a shocking amount of mold can grow on food at refrigerator temperatures. Alcohol, chocolate, and excessive caffeine intake should be avoided at all costs.

As we've discussed, **CanXida formulations** are a fantastic way to boost your body's defenses against Candida*.

3. Hygiene

Candida can thrive in bodily areas that we don't keep clean. When washing, thoroughly clean the armpits, groin, genitals, and skin folds. Oral hygiene is important, too, as many infections can emerge from denture use. Ask your healthcare provider if you are unsure of the best hygienic practices to prevent Candida.

4. Sleep and Stress Management

Stress and lack of sleep can greatly impact our overall health, especially our immune system. Life is incredibly hectic, with stresses often coming from multiple sources - perhaps even ongoing Candida issues. The gut is sometimes referred to as the second brain of the body, and, unfortunately, it has been shown to respond negatively to stress. Links have been identified between stress and recurrent vulvovaginal candidiasis, as well as the development of several different gastrointestinal issues (e.g., inflammatory bowel disease, irritable bowel syndrome)³⁸. Talk to your healthcare professional about the best stress management system for you.

5. Be Proactive

Learning about Candida and the risks of developing an infection is a fantastic first step. However, it's important to implement what you've learned and maintain a proactive approach to combating Candida. It's far easier (and healthier) to maintain a good lifestyle that limits your Candida risk than dealing with chronic Candida symptoms for years. Once again, if you have any concerns or have worrying symptoms, seek professional medical help. It's better to be safe than sorry.

6. Make Use of Available Resources

There are many free resources out there that can help you manage your Candida problems*. At CanXida, we are committed to your recovery. That's why we provide everyone with free resources to help make their journey as smooth as possible. These include:



Candida symptoms tracker



Candida grocery shopping list



21-Days To Fix Your Gut Health Guide



Candida Cleanse Progress Tracker



Candida Detox Planner: An 8 Week Health and Fitness Journal

To access more free resources, please **visit our website or call our customer support team.**

9. What Do CanXida Customers Have To Say

Our resources and products have helped so many of our customers achieve relief from Candida issues. Let's look at some testimonials from people who have used CanXida products:

Tamela S

For thirty years, Tamela dealt with Candida, which caused jock itch, eczema, sinus issues, joint pain, brain fog, severe fatigue, anxiety, depression, vision issues, and rectal itching. Despite doctor visits, she found no relief. She tried low-carb and keto diets, but inconsistent adherence and cravings hindered her long-term success. Some symptoms improved, but her jock itch and joint pain persisted.

By 2015, she was desperate. She tried CanXida and saw great improvement with the low-carb diet. Stopping everything brought back her problems. Recently, she did three months of CanXida and diet changes, which helped.

She saw drastic reductions in gas, bloating, and rectal itch and had more energy. Symptoms returned when she stopped the product. She has ordered more supplements and hopes to continue. She is very thankful for CanXida and the helpful information we provide.

"I definitely would recommend CanXida. I have experienced improvement as soon as taking the supplements."

Mary T

Mary developed a black tongue after chemotherapy. Her oncologist and other doctors were unable to help. A recommendation led Mary to CanXida.

After a few months of taking it, the black tongue subsided. She takes CanXida Remove daily and CanXida Restore intermittently. If she stops taking Remove, a white tongue develops.

CanXida has been a lifesaver for Mary, balancing Candida and eliminating her black tongue. It boosted her confidence and reduced her health worries. Mary recommends CanXida for its effectiveness and good customer service. Despite ongoing efforts to tackle remaining fungus and SIBO, she is grateful for the product.

"It's a lifesaver! It helps balance candida."

Kristen B

Kristen suffered from severe bloating and irritable bowel syndrome (IBS) symptoms, often facing urgent bathroom needs, even in public. Her bloating was so severe she said it made her look pregnant. Suspecting small intestinal bacterial overgrowth (SIBO), she was confused by the information available and needed a clear plan. She had only tried eliminating dairy and taking probiotics without success.

Desperate for relief, Kristen found CanXida's informative videos and decided to try our products. Since 2021, she has intermittently used CanXida Remove and Restore. She saw the best results following the MEVY and Candida diets.

By following the plan precisely, Kristen experienced quick and impressive results. She lost about 20 pounds, achieving a flat stomach for the first time since having children. Her IBS symptoms vanished, eliminating bathroom emergencies and giving her peace of mind. Kristen highly recommends CanXida for its effectiveness. She had already recommended it to a family member.

"I would recommend, the reason is because the products worked for me and I will be buying another round. I have already recommended this product to a family member."

[Click here to view more testimonials.](#)

canxida

10. CanXida Products

At CanXida, we are committed to improving our customers' well-being by targeting Candida overgrowth. Owing to decades of research, we have developed a line of premium, all-natural supplements that provide a multifaceted approach to promoting gut health, reducing inflammation, and supporting detoxification processes. Our formulations are:



CanXida Remove (Formula RMV)

Triple Threat anti-fungal, anti-bacterial, anti-parasitic

CanXida Restore (Formula RST)

Comprehensive probiotic with digestive enzymes



CanXida Rebuild (Formula RBD)

Robust multivitamin and mineral supplement

CanXida ReCharge (Formula RCH)

Systemic supplement for inflammation, gut, liver, brain & immune support



Collectively, these supplements have been shown to alleviate bloating, gas, diarrhea, constipation, and abdominal pain, among other Candida-related symptoms. Let's examine each in more detail.

CanXida Remove (Formula RMV)

First in line is **CanXida Remove (Formula RMV)**, the ultimate starting point for getting your health back to normal. This unique blend of 12 ingredients with scientifically proven health benefits has been developed to provide synergistic protection. CanXida Remove (Formula RMV) works in 3 main ways:



Antifungal

Effective elimination of all *Candida* species*, including *Candida albicans*, *Candida tropicalis*, and *Candida krusei*, as well as over 150 additional types of fungi (including *Aspergillus*, *Trichosporon*, and *Rhodotorula*).



Antibacterial

Effective against over 800 species of harmful bacteria*, including the common infection-causing bacteria *E. coli*.



Antiparasitic

Effective elimination of a broad spectrum of parasites*, including *Giardia duodenalis*, *Entamoeba histolytica*, and *Trichomonas vaginalis*.

A natural, non-toxic, herbal formulation, CanXida Remove (Formula RMV) offers a gentle and safe solution*. Backed by scientific research, the ingredients have been packed into one easy-to-swallow supplement. The formulation has also been developed to provide a sustained release, breaking down over 2-3 hours to prevent premature metabolism. Together, the components of CanXida Remove (Formula RMV) assist in regulating the amounts of *Candida* and pathogenic yeast in the body*, detoxify the gut, and restore it to normal and healthy function.



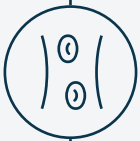
CanXida Restore (Formula RST)

CanXida Restore (Formula RST) combines probiotics and digestive enzymes to replenish gut balance and promote digestive function*. Although some microbes can be harmful when they grow beyond a healthy level, including various Candida species, maintaining the optimal balance between all microbial species is essential for our gut health. This is where CanXida Restore (Formula RST) comes in: a unique formulation of 6 probiotic strains and 7 digestive enzymes, each scientifically shown to help produce a balanced gut and keep potentially harmful microbes, like Candida, at healthy levels*. Some of its key functions include:



Anti-candida Effects

CanXida Restore's (Formula RST) probiotics positively impact digestive function and combat Candida. This includes *Lactobacillus acidophilus*, which inhibits Candida growth^{3,22,23}.



Enhanced Barrier Function

Candida infiltrates the bloodstream via the gut lining; thus, preserving gut barrier function is crucial to counteract Candida's harmful effects^{3,24,25}.



Anti-inflammatory

Lactobacillus plantarum, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, and *Bifidobacterium longum* have anti-inflammatory properties, safeguarding the gut from damage^{3,29}.



Low Gut pH

Changes in pH impact Candida and other microbes, altering their metabolism and potentially hindering Candida's pathogenic transition^{27,28}.



Production of Prebiotics

Prebiotics are essential food for probiotics, fostering their growth and maintaining gut balance²⁶.

CanXida Restore (Formula RST)

This unique, full-spectrum blend has been formulated for use after CanXida Remove (Formula RMV) to repopulate the gut with beneficial bacteria and enzymes or as a preventative treatment, contributing to normal gut health and helping to fight against infection.* All of these benefits are packed into a simple, easy-to-swallow capsule, which has been specially designed to survive the stomach acid and be released in the small intestine (providing maximum therapeutic benefit).



CanXida Rebuild (Formula RBD)

CanXida Rebuild (Formula RBD) blends key vitamins, minerals, and antimicrobial herbs to offer a comprehensive, all-in-one nutritional supplement to support gut health*.



Immune Cell Activation and Function

T-cells and B-cells are among the primary effectors of the immune response³⁰. Many ingredients in CanXida Rebuild (Formula RBD), including vitamin A, thiamin, riboflavin, folate, and vitamin B12, are required for the activation and function of these cells.



Tissue Repair

Pathogens can induce tissue damage, triggering irritation at infection sites like the skin and gut³¹. Collagen, crucial for tissue repair, relies on Vitamin C, a component of CanXida Rebuild (Formula RBD) frequently given to patients with infections³²⁻³⁴.



Anti-inflammation

While a robust immune system is crucial, overactivity can harm the body (autoimmune diseases)³⁵. CanXida Rebuild (Formula RBD) is rich in Vitamin D, niacin, riboflavin, chromium, and vanadium, alleviating inflammation while fostering balanced immune function.

Owing to its wide range of beneficial effects, CanXida Rebuild (Formula RBD) is suitable for those dealing with Candida overgrowth, anyone who may be health conscious, or simply those who want to boost their nutrient uptake and immune function. Everything is provided in an easy-to-swallow tablet, which uses easy-to-absorb ingredients and can be used long-term without the risk of toxic buildup.



CanXida ReCharge (Formula RCH)

Completing our lineup is **CanXida ReCharge (Formula RCH)**, a combination of high-quality, bio-available ingredients that help restore gut balance, mental clarity, and energy levels. In our fast-paced world, navigating conflicting dietary advice and managing multiple supplements can be overwhelming and costly. This scientifically-backed blend of 36 ingredients supports several key areas:



Gut Health

This formulation includes many natural ingredients that support gut health. For example, ginger root powder boosts immune cell function while providing antifungal and anti-inflammatory benefits for digestive relief^{F36}.



Mental Health

The choline, glycine, and Matcha Green Tea Leaf Powder in CanXida ReCharge (Formula RCH) support brain function and cognitive ability^{F37}.



Energy and Metabolism

Vitamin C and Vitamin D aid metabolic processes, with Vitamin D reducing insulin resistance and aiding weight management. Medium-chain triglycerides provide rapid energy without spiking blood glucose.



Immune and Liver Support

Vitamin E supports immune function by facilitating communication between immune cells and protects the liver from damage caused by high-sugar, high-fat diets.

Collectively, this will enable you to tackle six core issues*: fatigue, inflammation, brain fog and anxiety, impaired brain function, liver cleansing, and a burned-out immune system.



11. Outlook

Living with Candida overgrowth and related issues can lead to feelings of hopelessness. However, there are several ways to deal with and prevent the conditions that Candida can cause. Overcoming Candida requires a multifaceted approach to restore gut and overall health. Our range of CanXida supplements, packed with natural products that boast scientifically proven benefits, provide a simple and effective way of tackling Candida overgrowth* and powering individuals on their journey to a healthy gut. When combined with dietary and lifestyle changes, our CanXida products have been shown to **positively transform lives**.

Our knowledge of Candida, candidiasis, gut health, nutrition, supplementation, and everything else that encompasses our overall health grows daily. Year after year, the number of published scientific papers regarding each of those key terms increases. As we learn more, we are better positioned to treat fungal infections, improve our gut health, and prevent issues from ever arising. CanXida is committed to the future of Candida-related healthcare, and our goal is to empower our clients in their health goals for many years to come.

For more information on CanXida's range of robust supplements, **visit our website** or **check out our YouTube channel**, where you can find hundreds of videos to help you understand Candida and how we can help you deal with it*.

** 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.*

REFERENCES

1. Ciurea CN, Kosovski IB, Mare AD, Toma F, Pinteá-Simon IA, Man A. Candida and Candidiasis—Opportunism Versus Pathogenicity: A Review of the Virulence Traits. *Microorganisms*. 2020;8(6):857. doi:10.3390/microorganisms8060857
2. Nucci M, Anaissie E. Revisiting the Source of Candidemia: Skin or Gut? *Clin Infect Dis*. 2001;33(12):1959-1967. doi:10.1086/323759
3. Lopes JP, Lionakis MS. Pathogenesis and virulence of *Candida albicans*. *Virulence*. 13(1):89-121. doi:10.1080/21505594.2021.2019950
4. Romo JA, Kumamoto CA. On Commensalism of *Candida*. *J Fungi*. 2020;6(1):16. doi:10.3390/jof6010016
5. Martins N, Ferreira ICFR, Barros L, Silva S, Henriques M. Candidiasis: Predisposing Factors, Prevention, Diagnosis and Alternative Treatment. *Mycopathologia*. 2014;177(5):223-240. doi:10.1007/s11046-014-9749-1
6. R AN, Rafiq NB. Candidiasis. In: StatPearls. StatPearls Publishing; 2024. Accessed April 2, 2024. <http://www.ncbi.nlm.nih.gov/books/NBK560624/>
7. Richardson JP. *Candida albicans*: A Major Fungal Pathogen of Humans. *Pathogens*. 2022;11(4):459. doi:10.3390/pathogens11040459
8. Taylor M, Brizuela M, Raja A. Oral Candidiasis. In: StatPearls. StatPearls Publishing; 2024. Accessed April 2, 2024. <http://www.ncbi.nlm.nih.gov/books/NBK545282/>
9. Thrush: What Is It and How To Get Rid of It. Cleveland Clinic. Accessed April 2, 2024. <https://my.clevelandclinic.org/health/diseases/10956-thrush>
10. Robertson KD, Nagra N, Mehta D. Esophageal Candidiasis. In: StatPearls. StatPearls Publishing; 2024. Accessed April 2, 2024. <http://www.ncbi.nlm.nih.gov/books/NBK537268/>
11. Mankanjuola O, Bongomin F, Fayemiwo SA. An Update on the Roles of Non-*albicans* *Candida* Species in Vulvovaginitis. *J Fungi*. 2018;4(4):121. doi:10.3390/jof4040121
12. Vaginal Yeast Infection: Causes, Symptoms & Treatment. Cleveland Clinic. Accessed April 2, 2024. <https://my.clevelandclinic.org/health/diseases/5019-vaginal-yeast-infection>
13. Nurdin RSC, Vitayani S, Amin S, Kadir D, Djamaluddin W, Adriani A. Cutaneous candidiasis caused by *Candida kefyr*. *Pan Afr Med J*. 2021;38:178. doi:10.11604/pamj.2021.38.178.28054
14. Barantsevich N, Barantsevich E. Diagnosis and Treatment of Invasive Candidiasis. *Antibiotics*. 2022;11(6):718. doi:10.3390/antibiotics11060718
15. Invasive Candidiasis: Causes, Symptoms & Treatment. Cleveland Clinic. Accessed April 2, 2024. <https://my.clevelandclinic.org/health/diseases/22308-invasive-candidiasis>

16. Abdelfattah AH, Mahgoub AM. Severe Esophageal Stricture Caused by Esophageal Candidiasis in a Non-HIV Patient. *Cureus*. 15(10):e46641. doi:10.7759/cureus.46641
17. Vaginal yeast infection (thrush): Overview. In: InformedHealth.Org [Internet]. Institute for Quality and Efficiency in Health Care (IQWiG); 2019. Accessed April 2, 2024. <https://www.ncbi.nlm.nih.gov/books/NBK543220/>
18. Krishnan N, Patel B, Palfrey W, Isache C. Rapidly progressive necrotizing cellulitis secondary to *Candida tropicalis* infection in an immunocompromised host. *IDCases*. 2020;19:e00691. doi:10.1016/j.idcr.2019.e00691
19. Shin SU, Yu Y han, Kim SS, et al. Clinical characteristics and risk factors for complications of candidaemia in adults: Focus on endophthalmitis, endocarditis, and osteoarticular infections. *Int J Infect Dis*. 2020;93:126-132. doi:10.1016/j.ijid.2020.01.049
20. Lietz A, Eckel F, Kiss H, Noe-Letschnig M, Farr A. Quality of life in women with chronic recurrent vulvovaginal candidosis: A sub-analysis of the prospective multicentre phase IIb/III Prof-001 study. *Mycoses*. 2023;66(9):767-773. doi:10.1111/myc.13602
21. R AN, Rafiq NB. Candidiasis. In: StatPearls. StatPearls Publishing; 2023. Accessed November 24, 2023. <http://www.ncbi.nlm.nih.gov/books/NBK560624/>
22. Sharma A, Srivastava S. Anti-Candida activity of spent culture filtrate of *Lactobacillus plantarum* strain LR/14. *J Mycol Medicales*. 2014;24(2):e25-34. doi:10.1016/j.mycmed.2013.11.001
23. Kang CH, Kim Y, Han SH, Kim JS, Paek NS, So JS. In vitro probiotic properties of vaginal *Lactobacillus fermentum* MG901 and *Lactobacillus plantarum* MG989 against *Candida albicans*. *Eur J Obstet Gynecol Reprod Biol*. 2018;228:232-237. doi:10.1016/j.ejogrb.2018.07.005
24. Capurso L. Thirty Years of *Lactobacillus rhamnosus* GG: A Review. *J Clin Gastroenterol*. 2019;53 Suppl 1:S1-S41. doi:10.1097/MCG.0000000000001170
25. Wang J, Ji H, Wang S, et al. Probiotic *Lactobacillus plantarum* Promotes Intestinal Barrier Function by Strengthening the Epithelium and Modulating Gut Microbiota. *Front Microbiol*. 2018;9. doi:10.3389/fmicb.2018.01953
26. Graham DY, Ketwaroo GA, Money ME, Opekun AR. Enzyme therapy for functional bowel disease-like post-prandial distress. *J Dig Dis*. 2018;19(11):650-656. doi:10.1111/1751-2980.12655
27. Vylkova S, Carman AJ, Danhof HA, Collette JR, Zhou H, Lorenz MC. The fungal pathogen *Candida albicans* autoinduces hyphal morphogenesis by raising extracellular pH. *mBio*. 2011;2(3):e00055-00011. doi:10.1128/mBio.00055-11
28. Pepoyan A, Balayan M, Manvelyan A, et al. Probiotic *Lactobacillus acidophilus* Strain INMIA 9602 Er 317/402 Administration Reduces the Numbers of *Candida albicans* and Abundance of Enterobacteria in the Gut Microbiota of Familial Mediterranean Fever Patients. *Front Immunol*. 2018;9:1426. doi:10.3389/fimmu.2018.01426

29. Quaglio AEV, Grillo TG, De Oliveira ECS, Di Stasi LC, Sasaki LY. Gut microbiota, inflammatory bowel disease and colorectal cancer. *World J Gastroenterol*. 2022;28(30):4053-4060. doi:10.3748/wjg.v28.i30.4053
30. Paludan SR, Pradeu T, Masters SL, Mogensen TH. Constitutive immune mechanisms: mediators of host defence and immune regulation. *Nat Rev Immunol*. 2021;21(3):137-150. doi:10.1038/s41577-020-0391-5
31. Huber-Lang M, Lambris JD, Ward PA. Innate immune responses to trauma. *Nat Immunol*. 2018;19(4):327-341. doi:10.1038/s41590-018-0064-8
32. Chattopadhyay S, Raines RT. Review collagen-based biomaterials for wound healing. *Biopolymers*. 2014;101(8):821-833. doi:10.1002/bip.22486
33. Boyera N, Galey I, Bernard B a. Effect of vitamin C and its derivatives on collagen synthesis and cross-linking by normal human fibroblasts. *Int J Cosmet Sci*. 1998;20(3):151-158. doi:10.1046/j.1467-2494.1998.171747.x
34. Geesin JC, Darr D, Kaufman R, Murad S, Pinnell SR. Ascorbic acid specifically increases type I and type III procollagen messenger RNA levels in human skin fibroblast. *J Invest Dermatol*. 1988;90(4):420-424. doi:10.1111/1523-1747.ep12460849
35. Blanco LP, Kaplan MJ. Metabolic alterations of the immune system in the pathogenesis of autoimmune diseases. *PLOS Biol*. 2023;21(4):e3002084. doi:10.1371/journal.pbio.3002084
36. CanXida. CanXida ReCharge (Formula RCH) Whitepaper.
37. File SE, Fluck E, Fernandes C. Beneficial effects of glycine (bioglycin) on memory and attention in young and middle-aged adults. *J Clin Psychopharmacol*. 1999;19(6):506-512. doi:10.1097/00004714-199912000-00004
38. Konturek PC, Brzozowski T, Konturek SJ. Stress and the gut: pathophysiology, clinical consequences, diagnostic approach and treatment options. *J Physiol Pharmacol J Pol Physiol Soc*. 2011;62(6):591-599.