

## Candida Clear

Cleansing the digestive system is an important part of a health maintenance regimen. To accommodate individual needs, cleanses are often formulated to target specific issues. The Candida Clear cleansing program was developed to help balance the colonization of *Candida albicans*.

*Candida albicans* is a yeast-like fungus. Candida is a natural part of the body's gut flora and is also present on the skin and in mucous membranes. Under normal circumstances, Candida coexists without harmful effects. However, factors such as stress, weakened immune function, a diet high in refined carbohydrates or the use of antibiotics can lead to Candida overgrowth.

Candida Clear is a 14-day cleansing program that helps the body maintain a natural balance within the digestive system. Its dual-action approach consists of the Candida Clear Combo pack and the Candida Clear Enzyme pack.

The Candida Clear Enzyme pack is a unique, proprietary formula designed to break down candida's defenses. Candida cells are well-adapted to environmental extremes because of the protection afforded by their cell wall. Candida's cell wall is a rigid structure composed of a variety of components, including carbohydrates and proteins. The action of the carbohydrate- and protein-digesting enzymes in the Candida Clear Enzyme pack may help discourage the colonization of Candida by disrupting the cell wall. Cellulase, hemicellulase, amylase and glucoamylase enzymes aid in breaking down its cellulose and carbohydrate components. Protease and bromelain specifically target proteins.

The Candida Clear Combo pack is a blend of ingredients specifically selected to help balance Candida levels. Black walnut hulls, pau d'arco, elecampane, garlic, echinacea, red raspberry leaves and oregano are renowned for their digestive system-cleansing properties. Historically, black walnut hulls and pau d'arco have been relied upon for multiple fungal concerns.<sup>1,2</sup> Studies have shown that elecampane helps maintain an optimal balance of gut flora, and has specific activity against candida.<sup>3</sup> In addition to immune system support, echinacea and garlic have been shown to inhibit the activity of multiple fungal species, including candida.<sup>4</sup> Red raspberry leaves have a long history of traditional use and were frequently employed for bowel complaints.<sup>5</sup> Oregano is an aromatic herb commonly used to flavor foods. Carvacrol, an active constituent present in oregano, helps to promote balance within the digestive system. Caprylic acid, sorbic acid and sodium propionate have demonstrated efficacy in addressing fungal concerns. These natural substances may disrupt the integrity of fungal cells and inhibit their function.<sup>6,7,8</sup>

Several components of the Candida Clear Combo pack also help support immune system health. Echinacea, garlic, zinc and selenium may boost the body's defense mechanisms. These ingredients are important in protecting against free radical damage and in the function of immune cells.

For optimal benefits, take the contents of one Candida Clear Combo packet three times daily with meals. Take the contents of one Candida Clear Enzyme packet three times daily on an empty stomach.

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