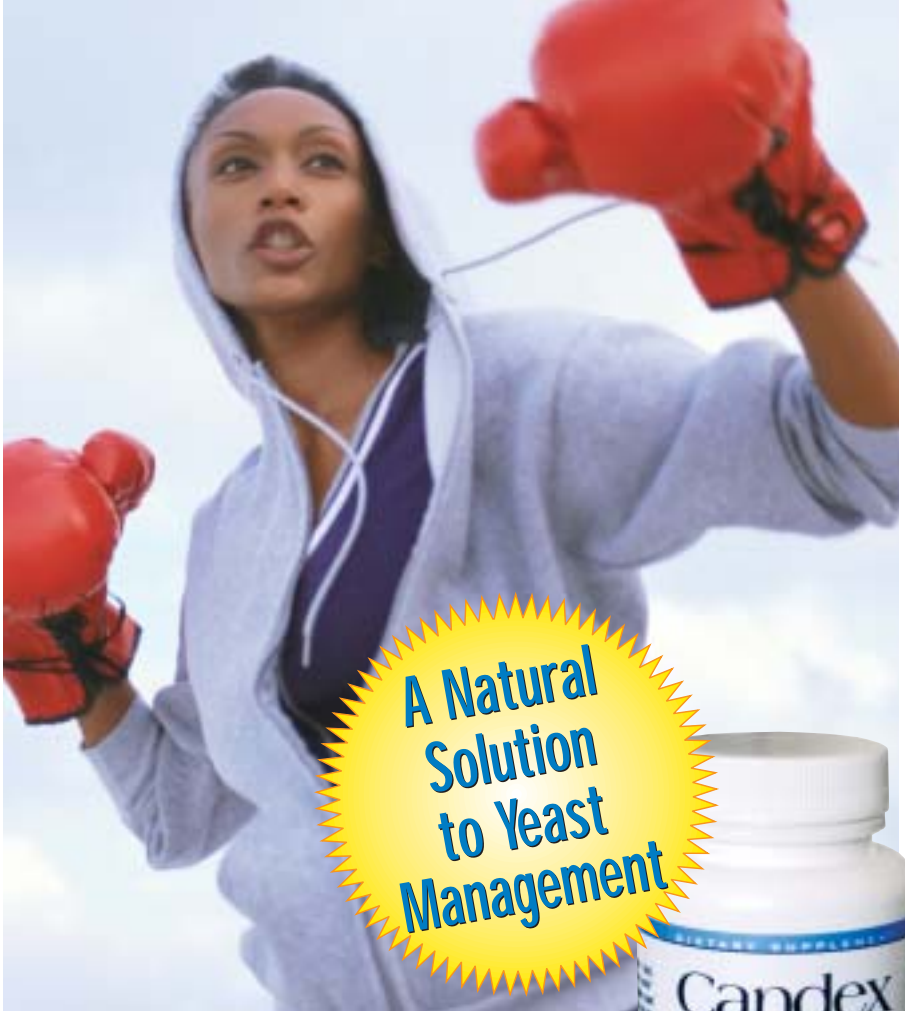


The Knockout Punch!



**A Natural
Solution
to Yeast
Management**

*For years, natural health practitioners have used antifungal herbs to help manage the overgrowth of *Candida albicans*. Now there's a better way – with the enzymes in Candex.*



Candex: Enzymes to Digest Overgrown Yeast – With No Healing Crisis!

What Is Candida?

Candida albicans is a single celled yeast that is impossible to keep out of the body. Normally, it does no harm, because it is kept in check by beneficial bacteria (probiotics) like acidophilus (see *figure 1*). These bacteria, however, can be destroyed by birth control pills, antibiotics, steroids, cortisone drugs, chlorinated water, poor diet and extreme stress (*figure 2*). When this occurs, Candida can grow out of control (*figure 3*).

Candida causes problems by releasing extremely acidic toxins into the bloodstream. These toxins trigger many discomforts, including localized (primarily vaginal) itching, depression, irritability, dizziness, unclear thinking, difficulty focusing, extreme fatigue, loss of

memory, gas, bloating, diarrhea, constipation, extreme weight gain or loss, etc. More than 100 million Americans are thought to suffer from Candida overgrowth.

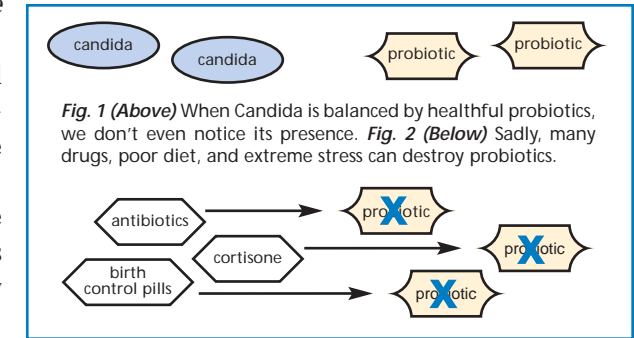


Fig. 1 (Above) When Candida is balanced by healthful probiotics, we don't even notice its presence. *Fig. 2 (Below)* Sadly, many drugs, poor diet, and extreme stress can destroy probiotics.

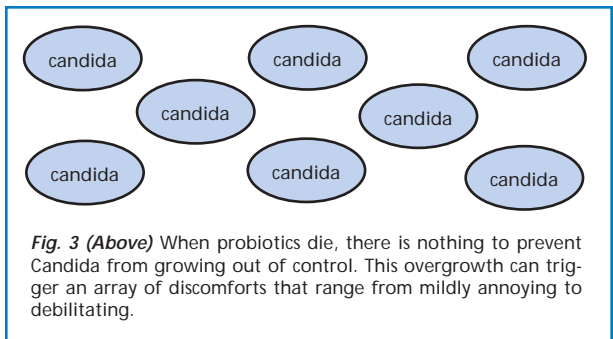


Fig. 3 (Above) When probiotics die, there is nothing to prevent Candida from growing out of control. This overgrowth can trigger an array of discomforts that range from mildly annoying to debilitating.

How Can I Control It?

For many years, the mainstays in Candida management have been anti-fungal drugs and herbs (see *figure 4 on next page*). But, these agents have limitations. First, anti-fungal

– *Continued* –

drugs may cause liver damage. Second, anti-fungals cause yeasts to release even more toxins, which cause “die off reactions” (intensifications of symptoms) that many people cannot tolerate. Third, yeasts can become resistant to them, so that they lose their effect.

A Better Way

With the advent of digestive enzymes, a new tool against *Candida* has emerged. Since *Candida*'s cell wall is made largely of cellulose, cellulase enzymes can rupture and break it down (see figure 5). When this occurs, the yeast dies.

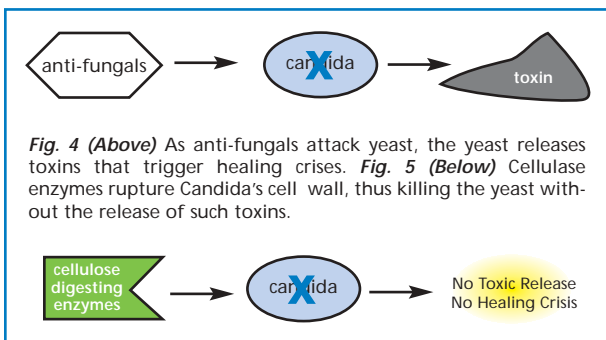


Fig. 4 (Above) As anti-fungals attack yeast, the yeast releases toxins that trigger healing crises. *Fig. 5 (Below)* Cellulase enzymes rupture *Candida*'s cell wall, thus killing the yeast without the release of such toxins.

Candex has helped countless people who had found other yeast management products ineffective.

Cellulase enzymes do not harm the liver, and are also safe in every other way. Further, because *Candida* cannot change the structure of its cell wall, it cannot become resistant to these enzymes. Finally, because the enzymes do not stimulate the yeast to release toxins, they do *not* trigger a die-off reaction.

For over four years, Candex has helped countless people who had found other yeast management products ineffective. Now, however, it is even better. You see, while the cell wall of the yeast is comprised *largely* of cellulose, it also contains

mannins, glucans, etc. ***By adding other enzymes that break down these other fibrous factors, the cell wall is more quickly and more completely digested.***

In addition, Candex now provides a wide array of enzymes that digest both complex and simple carbohydrates, which are, of course, *Candida*'s preferred foods. When carbohydrates are broken down into simple glucose molecules, they are *less* available to *Candida*, and *more* available to support the body's energy needs. Thus, while Candex has, in our opinion, long been the best natural yeast control product available, it's now even better, working not only to digest the yeast, but to deny it its food source as well.

How Much Enzyme Activity Do I Need?

Cellulase enzymes have been used for yeast management for several years. In using various levels of cellulase and hemi-cellulase, we have found that most people respond

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best to about 200,000 CU's of total cellulase activity per day. Candex provides a total of 208,000 total units of cellulase and hemicellulase activity.

When Will I Start Feeling Better?

Because each person has different amounts of yeast within them, differing levels of immune efficiency, results are completely individualized. Nearly everyone, however, notes substantial improvements within one to four weeks.

While die-off reactions do not occur with Candex, a few people experience abdominal pain when they begin to use it. We believe this is because Candex is breaking down the cellulose from foods that has become trapped in impacted fecal matter. When this cellulose breaks down, gas pockets may form, thus exerting pressure on the intestinal walls. If this occurs, we suggest high colonic irrigations or other cleansing programs (psyllium, bentonite, etc.) before continuing the use of Candex.

To minimize any unexpected reaction to any supplement, it is wise to gradually build up to the recommended usage. Thus, we suggest one capsule your first day, two your second day, and so on, until you reach the full, four capsule per day regimen.

Nearly everyone notes substantial improvement within one to four weeks of using Candex.

Each Day's Usage of Candex (4 capsules) Provides:

Cellulase	140,000	CU *
Hemicellulase	60,000	HCU*
Alpha amylase	8000	AU*
Glucoamylase	50	AGU*
Invertase	500	SU*
Malt diastase.....	100	DP*

Other ingredients: cellulose, rice bran, water, lecithin oil.

The FDA has not evaluated these statements.

This product is not intended to diagnose, treat, cure or prevent any disease.

Candex is guaranteed to your complete satisfaction. If you are anything less than delighted with your personal results, return the unused portion (or your empty bottle) with your receipt to your place of purchase for a complete refund.

Answers About Candex...

Can Children Use Candex?

Candex is safe for everyone. Children, however, do not need as much as adults. Generally, we suggest about one half capsule, twice daily, for each 40 pounds of body weight. For ages 14 and, adult recommendations may be followed.

When Will I Be Completely Yeast-Free?

Candida is so prevalent in the environment that no one is ever completely yeast free (Many experts believe we *need* small levels of this yeast). Thus, the goal is to keep populations beneath levels that cause problems. This means digesting Candida more quickly than it can reproduce. Candex is the finest natural tool available for this purpose.

How Long Should I Use Candex?

Four capsules of Candex per day (two in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating) normally produce profound improvement in 7 to 30 days. The time needed for *maximum* benefit, however, varies, because we each have:

- Different amounts of yeast to overcome
- Different levels of immune support
- Different levels of healthy probiotics
- Different dietary habits
- Varying levels of stress

For maximum benefit, those with long standing problems may need four capsules a day for several months. The general rule of thumb is that, whenever you begin to feel as well as you think you should, reduce your usage from four capsules per day to three, for a week; then to two per day for another week; and finally to one a day. If you continue to feel well, continue with one capsule per day. If you begin to feel worse, however, use four capsules daily for another month, and then cut back again.

When you reach your level of maximum benefit, you will be able to use just one capsule per day without regressing. Dietary sugars, the drugs mentioned earlier, and drinking or cooking with chlorinated water may trigger renewed outbreaks of Candida.

Should I Use Probiotics With Candex?

While the original Candex contained probiotics, the levels it provided were insufficient for those with severe yeast imbalances. Since most of those who use Candex also use a separate probiotic supplement, we have removed the probiotics to make room for the additional enzymes. This change makes Candex more effective at controlling yeast populations. We highly recommend that you use a probiotic enzyme along with Candex.



Must I Follow the “Candida Diet”?

PERHAPS THE MOST DIFFICULT ASPECT of controlling yeast is the strict diet regimen that must be followed. In many cases, this regimen is a lifelong requirement. Although some people say that, while using Candex, they can eat foods that are not allowed in normal Candida diets, **this is not recommended**. Quite simply, you are using Candex to help reduce yeast populations in the body. By eating foods that help yeast to grow, you are undermining what Candex can do, and lengthening the time you'll need to use it at full strength. The sugar digesting enzymes in Candex are sufficient to help deny Candida the sugars found in a carbohydrate restricted diet – but not to digest the tons of sugar present in the foods you're supposed to avoid.

The classic Candida diet permits dense protein foods, such as chicken and fish, and as many vegetables as you can eat. Some people can use *whole* grains, while others cannot. Caffeine and alcohol should be avoided, as should foods made from flour – breads, pastas, tortillas, cakes, cookies, etc. Eliminate all sugar, and all sugar-containing foods. Read food labels carefully, as thousands of packaged foods contain sucrose, dextrose, glucose, fructose, corn syrup, maple syrup, honey,

molasses, barley malt, rice syrup, etc. If sweetening is required, use stevia. Avoid foods that contain vinegar (mustard, mayonnaise, etc.); fermented foods (cheese, sauerkraut, soy sauce, etc.); and processed meats, especially hot dogs, sausages, bacon, and so on. Drink only filtered or bottled water (tap water contains chlorine, which kills probiotics.)

It is difficult for strict vegetarians to obtain enough complete protein without overloading on grains and beans. Eating a wide variety of vegetables can help counter this problem, as can supplements like Spirulina, Chlorella, or protein powders. Books with recipes for the Candida diet can be invaluable.

While the Candida diet is rigid, it is necessary. As you begin to get yeast under control, you may be able to increase the levels of grains you eat, and to add some fruits. If you do, be careful to monitor the way you feel, and, at the first sign of recurring discomforts, return to the strict diet, and begin using four capsules of Candex per day until the discomforts are once again under control. While some people say that, after using Candex, they have been able to reintroduce wider varieties of foods without incident, others report a rapid recurrence of discomforts when they do this.

The sugar-digesting enzymes in Candex are sufficient to help deny Candida the sugars found in a carbohydrate-restricted diet.