
ANTI-CANDIDA SUPPLEMENTS & PRESCRIPTIONS

Supplements & Prescriptions

Supplements:

Oil of oregano – (brand: Biotic Research), 50mg/day

Undecylenic acid

Start with 1 capsule 3x/day with meals for a couple of days, then increase to 2 capsules x3/day for 1 day, then 3 capsules 3x/day for 1 day, then 4 capsules 3x/day for 1 day, then 5 caps 3x/day (15 caps total per day). Take this for a month, then if symptoms improve, taper

Berberine

500mg x3/day

Grape seed extract

follow bottle instructions

S.Boulardii probiotic

start with 2 and go up to 4 before bed

Take these supplements at the same time for 4 to 6 weeks.

Liver support and detoxification supplements:

Alpha-lipoic acid (ALA) - 300mg/day

N-acetylcysteine (NAC) or glutathione, - NAC: 1000mg x2/day, glutathione: 10mg/day 20 minutes before meals

Hydrochloric acid (HCl)

before meals – start with 1 and go up until you feel stomach discomfort

Magnesium glycinate or malate

300mg/day or until you get a well formed stool per day, or use magnesium citrate if constipated, dose up until you get loose stool

Prescription

work with a doctor to determine if needed: Fluconazole and/or compounded (sugar free) Nystatin