

# CANDICID FORTE



## RECOMMENDED USE

- Helps maintain the body's ability to metabolize nutrients
- Provides antioxidants that help protect against the oxidative effect of free radicals
- A factor in the maintenance of good health

## GASTROINTESTINAL SUPPORT

Candicid Forte provides a blend of nutrients and botanicals to promote the maintenance of good health and the body's ability to metabolize nutrients.

### Overview

Gastrointestinal health is directly affected by factors such as poor diet and a stressful lifestyle. The prevalence of refined sugars and carbohydrates and lack of fiber in modern diets have been directly linked to changes in the intestinal and colonic environments.<sup>1</sup>

### Biotin

Biotin is a water-soluble vitamin and cofactor for carboxylases. The nutrient affects several key systemic functions including nutrient metabolism.

### Oregano

Phytonutrients from oregano, such as rosmarinic acid and quercetin, have been shown to play a role in supporting antioxidant mechanisms. In addition, the high ORAC (oxygen radical absorbance capacity), value of oregano indicates its significant antioxidant-scavenging capacity to combat free radicals.<sup>2,3</sup>

### Rosemary

Rosemary is traditionally used as a carminative and exhibits antioxidant effects. Used in Herbal Medicine, rosemary has been found to help ease gastric headaches.

### Recommended Dose

**Adults:** Take two capsules per day, or as recommended by your health care practitioner. Consult a health care practitioner for use beyond 3 months.

### Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

### Medicinal Ingredients (per capsule)

Biotin.....	150 mcg
Berberine Hydrochloride.....	75 mg
Cinnamon ( <i>Cinnamomum verum</i> , Branch bark, Shoot bark).....	50 mg (4:1, QCE 200 mg)
Ginger ( <i>Zingiber officinale</i> , Rhizome).....	50 mg
Oregano ( <i>Origanum vulgare</i> , Leaf) .....	75 mg (4:1, QCE 300 mg)
Pau d'Arco ( <i>Handroanthus impetiginosus</i> , Stem & twig inner bark).....	50 mg (5:1, QCE 250 mg)
Rosemary ( <i>Rosmarinus officinalis</i> , Leaf).....	50 mg (10:1, QCE 500 mg)
German Chamomile ( <i>Matricaria chamomilla</i> , Flower).....	50 mg

### Non-Medicinal Ingredients

Sodium Caprylate, Microcrystalline Cellulose, Magnesium Stearate, Calcium Silicate, Hypromellose.

## References

1. Frizelle F. Constipation in adults. *Clin Evod* (online). 2007;0413(August 1).
2. Chun SS, Vatted DA, Lin YT, et al. Phenolic antioxidants from clonal oregano (*Origanum vulgare*) with antimicrobial activity against *Helicobacter pylori*. *Process Biochem*. 2005;40(2):809-16.
3. Tampieri MP, Galuppi R, Macchioni F, et al. The inhibition of *Candida albicans* by selected essential oils and their major components. *Mycopathologia*. 2005 Apr;159(3):339-45. [PMID: 15883716].