

Candida Cleanse

Supplements



01 - Candid X - Inhibits Candida Growth + Immune Support

General Dosing: Take 2 capsules, three times / day

This is standard dosing. Work with your provider to find the optimal dosage for you. You may need to slowly build up to full dosage over a couple weeks depending on detox symptoms.



02- Digestive Enzymes - Helps Digestion + Nutrient Absorption

General Dosing: Take 1 capsule, three times / day



03- Activated Charcoal - Absorb & Carry Toxins Out Of Body

General dosing: 2 capsules, once / day on an empty stomach.



05 - ONE Omega - Anti-Inflammatory Support

General dosing 1 capsule daily

THE DETOX DOC

Candida Cleanse

Supplements



04 - ProBioMed 50 - Support Healthy Gut Biome

General Dosing: Take 1 capsule a day

Start this after the 3-6 month cleanse/detox phase.

15% off Professional-Grade Supplements
[Available Here on Fullscript](#)

Want more in-depth support on
finally overcoming Candida?
Check out my book:

[Candida Detox: A Doctor's Guide to Cleansing
Candida and Restoring Your Health](#)

FLOURISH WELLNESS CENTER

Candida Cleanse

Guide & What To Expect



01 - Diet

The Candida diet is low-carb and anti-inflammatory and aims to restore a healthy balance of yeast and bacteria in the body. The diet restricts foods and drinks that could increase the risk of candida overgrowth, such as: sugars, grains, alcohol, dairy, high sugar fruits, processed or refined fats and oils, and condiments that contain sugars.



02- Supplementation To Rid Candida & Balance The Gut

In general, one supplement should be started at a time to assess for tolerance. Candid-X will take down the levels of Candida while probiotics will balance the gut. Activated charcoal will bind the byproducts of Candida die-off and digestive enzymes will allow the gut to properly digest food and absorb nutrients while healing.



03- Supplementation & Detox Symptoms

Die-off symptoms can include brain fog, fatigue, and headache most commonly. Hydration and rest help along with additional binders in some cases and ensuring drainage pathways are open.



04 - Getting To The Root Of Candida

Any protocol is best done in a personalized fashion with a functional medicine provider - reach out to work with me!