

Candida Cleanser Protocol Instructions



Welcome to your cleanse! Please read the instructions carefully before starting. The Candida Cleanser protocol consists of **three 5-day periods** where the Candida Cleanser capsules are taken daily, this is called your '**loading period**', followed by a 10-day break called your '**off period**.'

The Protocol: 5 day loading period & 10 days off x3 for a total of a 45 day treatment
Loading Days: 2 capsules 2x a day for 5 days

***ALWAYS take with foods that contains healthy fats.** The active ingredient, Lufenuron, is fat soluble. It needs to be taken with fat to be absorbed into the body to effectively fight off candida. We recommend taking 2 capsules with breakfast and 2 with dinner. Each capsule needs to be taken with 14 grams of fat. This equates to 28 grams of fat per 2 capsules.

OPTIONS:

You can divide the doses up and take 1 capsule 4 times a day. Ensuring that each capsule is taken with 14 grams of fat. If you have a hard time swallowing the pills, you can open the capsules up and pour it onto your food.

Day 1 Take 4 capsules each day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35 Last Day

What Does 14 Grams Of Fat Look Like?

1 large egg with yolk	6 grams of fat
1 tbsp of ghee	15 grams of fat
1 tbsp of butter	12 grams of fat
1 tbsp of olive oil	14 grams of fat
1 cup of whole olives	16 grams of fat
1 avocado	29 grams of fat
1/2 cup of almonds	36 grams of fat

If you purchased our **Complete Cleansing Package**, which includes our detox support and probiotic formula, below are detailed instructions of how to incorporate these supplements into your Candida Cleanser protocol. e opened keep in the refrigerator.

ZEOCO - Take one capsule up to 4 times a day. **DO NOT take it simultaneously with your Candida Cleanser capsule or EM-PRO.** Leave at least 2 hours time between taking ZEOCO or any Candida Cleanser capsule, supplement, medication, or probiotic. If taken at the same time it will interfere with the absorption of the other supplements. ZEOCO can be taken both on your loading days and your off days.

This combination of zeolite clay and activated charcoal helps alleviate symptoms of die off by attracting and encapsulating the toxins Candida releases when it dies helping to safely remove them from the body.

EM-PRO - Take 1/8 - 1/4 of a teaspoon with water 2x a day with meals.

This probiotic formula can be taken straight away, both on our days on and off, to begin restoring balance to your microbiome and help your body fight off Candida. You can take EM-PRO with your Candida Cleanser capsules.

Do NOT take with ZEO-CO.

*Take a periodic 1 week break when using the liquid EM-PRO. 1 week on, 1 week off.

*Once opened keep in the refrigerator.

If you live in Canada, your EM-PRO has come in capsule form. Take 1 capsule 2x a day with meals.