



CANDIDA SUPPORT PROGRAM FOR PEOPLE



Starts With The 21 Day Cleanse

The **Nzymes® Candida Support Program** is a nutrition-based approach to curbing the effects of Candida yeast overgrowth in the GI tract. Each item in the Candida Support Kit addresses a particular area of need in this unique and multi-faceted approach to resolving the internal imbalance existing in the micro-biome of the person suffering from Candida/Leaky-Gut Syndrome.

Symptoms May Include: fatigue, joint pain, indigestion, urinary issues, sugar cravings, hormonal issues, sinusitis, rashes, yeast infections, brain fog, loss of sex drive, a weakened immune system and more.

This program is meant as a general path to wellness. It involves a detoxification process, essential to flushing out the build-up of candida yeast. This is a necessary step in helping to restore the beneficial digestive flora.

Dietary considerations are also critical to achieving success. Simple suggestions on what to eat, and what to avoid are laid out for you.

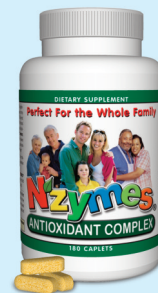
Each of Our NZYMES® Candida Support Kits for People

INCLUDES THE FOLLOWING PRODUCTS



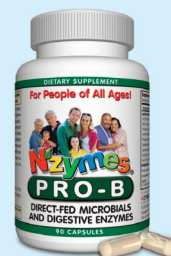
Two (2) Nzymes Antioxidant Complex - 180 Caplets Ea.

Provides **Live Super-Food Nutrition** and **Powerful Antioxidant Support**. This powerful protein blend provides a daily source of concentrated Live Food Enzymes as a Protein Foundation to delivering powerful support for healthier joints, bones, muscles, tissues, skin, hair, plus digestion, cardio and other key metabolic functions. We add Antioxidant Vitamins C, E, A and the powerful antioxidant Selenium to provide an extra cleansing punch to help scavenge the body of damaging free radicals and support healthier immune functions.



One (1) Pro-B Probiotics • 90 Capsules Ea.

This is a powerful blend of Probiotics and Digestive enzymes. **Pro-B** is designed to boost the uptake of nutrients provided in the foods we consume daily. It also helps "**re-seed**" the gut with beneficial bacteria which crowds out the yeast overgrowth. **Pro-B** is an essential component of the Candida Support Program in re-establishing the natural bacterial flora.



One (1) Ox-E-Drops Concentrate • 2.2 oz.

It is important to make the digestive environment for candida less hospitable. That's where **Ox-E-Drops** comes in, it is highly alkaline (pH 13), and assists the body with natural immune functions. These drops are consumed internally and mixed with coffee, tea, water or milk to help promote a pH balanced digestive tract. Remember, yeast fungus and other pathogens do not tend to thrive in an alkaline environment. Add the power of Oxygen to your life!



One (1) Tincture of Blackleaf • 2.2 oz.

Blackleaf is an a special blend of Herbal botanicals, including Black Walnut, Cayenne and Olive Leaf. It is used internally in the battle with yeast fungus. The ingredient sources used in **Nzymes® Blackleaf** naturally promote circulation, and are resistant to parasites and fungal infection.



One (1) Ox-E Topical Spray Solution • 4 oz.

Ox-E Topical is a ready-made Topical Spray Solution made with Negative Ionized Water. These water molecules carry an extra electron, creating a negative charge, or ionization. Negative ions provide a measurable therapeutic effect! We recommend using it to spray a light coat on any problem area of the skin or body 3-4 times daily.



NZYMES® Candida

Support Program for People

OUR 21-DAY DETOX PROCESS BEGINS SLOWLY



For nearly 20 years, we have successfully helped customers find solutions for these common Yeast Overgrowth problems for both people and their pets using natural nutrition and simple cleansing practices. And even though many will begin to see symptoms subside within a few months, the continued use the **Candida Support Kit** as instructed will support the ongoing cleansing process and work towards a more balanced and healthy GI tract and healthier immune functions.

SYMPTOMS MAY WORSEN DURING DETOX, The **NZYMES® Candida Support Program** was designed to address the cleansing of the internal digestive yeast overgrowth in the body. Remember, the body **MUST** go through a detoxification process or "**Herxheimer Effect**" in order to achieve the desired results. The cleanse will come in phases and the symptoms can worsen as the toxins are pushed out of the body during the initial phase of 2-3 months. This is a good sign and indication the program is working.

THIS PROGRAM TAKES TIME.

You must allow the time needed for your body to achieve a healthier digestive balance. Many factors determine the total time needed for an overall recovery. Factors such as: Length of Condition, Current and Past Symptoms, Current and Past Medications. all play a role. However, The most important factor is **DIET!** You cannot continue to feed the problem by eating as you have in the past. All Sugar sources must be managed carefully so as to NOT continue growing the problem.

NOURISH THE BODY, NOT THE FUNGUS!

Dietary adjustments are imperative to maintain a healthy flora balance. There is NO doubt that yeast lives off of sugar sources and they must be avoided if you want to succeed. There are plenty of well designed Candida diets and recipes available online.

PHASE 1: DIETARY RECOMMENDATIONS



FRUITS - *Read food labels!* Beware of anything with high fructose corn syrup in it. This is one of the hidden dietary culprits in today's diets that compounds so many yeast issues.

It is often suggested to eliminate all fruit the first week or two, which is why we recommend a quality Vitamin C with bioflavonoids or a whole food liquid "Complete" multiple vitamin-mineral supplement.

It is very important to eat only fresh whole fruit with fiber intact. Berries are a good choice because they have more fiber than most fruits. Refrain from fruit juices because of the high concentrated sugar content with little or no intact fiber.

If you must have fruit it is recommended to limit your fruit to 2 servings of whole fruit a day. Eliminate fruit juices, sugar, honey, fructose, maple syrup, soy sauce, corn syrup, mushrooms, and vinegar.

VEGGIES - Consuming plenty of fresh greens and vegetables with the fiber intact, is very important. Limit your intake of starchy veggies such as peas, corn and potatoes during the detoxifying process. The use of seeds, sprouted foods, nuts (except peanuts) are acceptable and encouraged, as well as good omega oils such as flaxseed, fish oil, olive oil, and coconut oil.

BREADS AND GRAINS - These simple carbohydrates convert to sugar; therefore, a modified diabetic-type anti-sugar diet is also an ideal anti-yeast diet. Some starchy carbs can be consumed again once you get a handle on your systemic yeast situation.

Make the choice to **STOP EATING** yeast breads and baked goods with white flour, as well as peanuts, (read labels). Refrain from eating any simple carbohydrate such as: white flours, white breads, white rice, white pasta. Instead use only whole grains - NO wheat or wheat flour, all of which contain gluteins which is a big problem for yeast issues.

Bread Example: one serving equals 1 slice of bread, or 1/2 cup cooked brown rice or spinach pasta).

Find better carb choices, like whole grain pastas, brown rice and whole grain and gluten free breads. Limit to one to two servings daily.

These simple carbohydrates convert to sugar; therefore, a modified diabetic-type anti-sugar diet is also an ideal anti-yeast diet. Some starchy carbs can be consumed again once you get a handle on your systemic yeast situation.

WATER - Drink plenty of pure water to amount to at least 1/2 ounce of water per pound of body weight daily (example: a 150-pound person needs to consume 75 oz. of water or roughly 9 glasses).



DAIRY - Limit your bovine (cow) dairy products, milk, cheeses, and fruit yogurts in the early stages of detoxifying. Many people find that when limiting dairy that they can feel a difference in their joints, sinuses, and energy level. Some people do well on soy or almond milk instead of dairy.

PROTEIN - Eat plenty of high quality protein; lean meats, chicken, turkey, fish, and eggs, and soy.

A WORD ABOUT DETOXIFYING

We have included a simple timetable to slowly "ramp up" with the use of the **Nzymes Candida Support Kit in PHASE 2** to ease into cleansing and avoid the body detoxifying too quickly.

COMMON DETOX SYMPTOMS

Cleansing symptoms can include:

- Gas / Bloating
- Nausea
- Itchy Skin
- Sweats,
- Mild Flu-like Symptoms.

If you feel these, one or any of these symptoms, it will give you an indication of the level of toxins that have become built-up in your body.

Most people starting these supplements will have little or no ill effects during the detox process.

PHASE 2: The Initial 3-Week Cleanse Starting the NZYMES® Supplements

Start with this schedule, if you start to detox too fast, slow it down.

WEEK ONE: DAYS 1 to 2 - Take TWICE Daily, Each morning and evening take the amounts shown below for the specified period of days.

- 5 Ox-E-Drops in 8 oz. of filtered Water.
- 1 Antioxidant Complex Caplet.
- 1 Pro-B Probiotic capsule with meal.
- Blackleaf Drops (starts day 3)

WEEK ONE: DAYS 3 to 4 - Take TWICE Daily

Each morning and evening take the amounts shown below for the specified period of days.

- 10 Ox-E Drops in 8 oz. of filtered Water.
- 2 Antioxidant Complex Caplets.
- 1 Pro-B Probiotic capsule with meal.
- + Blackleaf Drops - See Amount suggested on bottle.

WEEK ONE: DAYS 5 to 7 - Take TWICE Daily

Each morning and evening take the amounts shown below for the specified period of days.

- 10 Ox-E Drops in 8 oz. of filtered Water.
- 3 Antioxidant Complex Caplets.
- 1 Pro-B Probiotic capsule with meal.
- + Blackleaf Drops - See Amount suggested on bottle.

WEEK TWO: DAYS 8 to 14 - Take TWICE Daily

Each morning and evening take the amounts shown below for the specified period of days.

- 10 Ox-E Drops in 8 oz. of filtered Water.
- 4 Antioxidant Complex Caplets.
- 1 Pro-B Probiotic capsule with meal.
- + Blackleaf Drops - See Amount suggested on bottle.

WEEK THREE: DAYS 15 to 21 - Take TWICE Daily

Each morning and evening take the amounts shown below for the specified period of days.

- 10 Ox-E Drops in 8 oz. of filtered Water.
- 6 Antioxidant Complex Caplets.
- 1 Pro-B Probiotic capsule with meal.
- + Blackleaf Drops - See Amount suggested on bottle.

MAINTENANCE: After 21 Days Use: - Take TWICE Daily

Each morning and evening take the amounts shown below for the specified period of days.

We recommend to follow this regular daily maintenance program after the THIRD week of the cleansing process. Once the yeast is down to normal levels, you only have to use Blackleaf once a month for 5 days and it should help to keep yeast and parasites away. If you have over indulged in starchy carbs you might have to use Blackleaf for a day or two additionally as well.

- 10 Ox-E Drops in 8 oz. of filtered Water.
- 3 Antioxidant Complex Caplets.
- 1 Pro-B Probiotic capsule with meal.
- + Blackleaf Drops - See Amount suggested on bottle.



PHASE 3: Added Support Supplements:

NZYMES® Tracite Minerals come from a rare seabed deposit of prehistoric plant matter preserved for millions of years by layers of sand and clay. The ocean covered this area several times in the past 40 million years, leaving deposits of super rich land and sea plant minerals in their colloidal form. Remember, when we eat fruits, vegetables or other plant foods we are consuming minerals and trace elements in their colloidal form.

DID YOU KNOW?

95% of your body's functions require minerals and trace elements. And, note that each cell needs a daily supply of bioelectric energy supplied by the trace minerals and elements.

NZYMES® Tracite Minerals supplies over 70 trace minerals and elements imparting to support a steady charge of bioelectrical energy. Minerals and trace elements act as a delivery system for nutrients such as vitamins and enzymes. NOTE: When we eat simple fruits, vegetables or other plant foods, we ingest minerals and trace elements in their colloidal form.

Regular Daily Adult Usage: 7 drops twice daily. Approximately a 3-4 month supply for 1 average adult.



You can feel the results when taking **Tracite Minerals**. The effect is virtually instantaneous. So clear your mind and energize yourself.

**A SINGLE BOTTLE OF TRACITE MINERALS
WILL LAST A PERSON FOR 3-4 MONTHS!**

**We Guarantee,
You Will Feel the Difference!**

REMEMBER: Always take your vitamins/minerals in the morning with food or it can make you nauseous. To get the most from your supplements they should always be taken with food.

REMINDER

These products work nutritionally. Any results are nutritional only and in no way meant to imply that you should not see a doctor.



Recommended Foods for the Candida Support Program for People

Use **10%** of These Foods
In Each Days Meals



Allowed Seeds
Nuts
Nut Butters
Low Sugar Fruits
Lemon/Limes
Cantaloupe/ Honeydew
Granny Smith Apples
Strawberries
Blueberries
Blackberries



Use **40%** of These Foods
In Each Days Meals



Raw Vegetables
Steamed Vegetables
Green Vegetables
Vegetable Soups
Stews
Salads
Leafy Greens



Root Vegetables
Potatoes/Yams
Carrots
Legumes/Beans
Peas
Grains
Millet
Buckwheat
Brown Rice
Carn Amaranth
Sprouted Grains



Meat
Chicken
Eggs
Turkey
Pork
Fish
Lobster
Shrimp
Shell Fish
Tuna

FOOD RECOMMENDATION: REDUCE SUGAR INTAKE!

APPROVED FOODS - (Consume these foods freely)

ALL MEAT & FISH (including but not limited to) - Beef, Buffalo, Chicken, Clams, Duck, Eggs, Game meats, Salmon, Goat, Halibut, Lamb, Lobster, Mahi Mahi, Mussels, Pork, Red Snapper, Scallops, Shrimp, Swordfish, Turkey, Tuna / Ahi tuna, Veal.

VEGETABLES (including but not limited to) - Artichokes/Sunchokes, Asparagus, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cucumber, Eggplant, Garlic, Ginger, Green beans, Leeks, Lettuce/Salad Mixes, Mushrooms, Onions, Parsnips, Peppers, Radicchio, Radishes, Rutabaga, Salad greens, Snow/Snap Peas, Spinach, Summer Squash, Tomato, Zucchini, Kale.

NUTS/SEEDS & BUTTERS - Almonds, Chia seeds, Coconut, Flax seeds, Hemp seeds, Pecans, Sesame Seeds, Walnuts

FATS & OILS - Animal Fats, Avocado, Butter, Coconut oil, Flax oil, Ghee, Olive oil, Sesame oil.

BEVERAGES - Coffee, espresso drinks (no sweetener), Herbal Tea, Nut Milks: Coconut, Almond- unsweetened, Water, mineral water, seltzer.



NOT APPROVED FOODS - (Avoid these foods for the first 21 days)

VEGETABLES - Butternut squash, Carrots, Sweet potatoes, White potatoes, Winter squash, Yams,

FRUIT OF ALL KINDS - (Canned Fruits, fruit Juices) - Some exceptions, (see below)

NUTS/NUT BUTTERS - Peanut, Cashews.

GRAINS / REFINED CARBOHYDRATES - Bread, Bagels, Breadsticks, Brownies, Cake, Candy, Cereal/Granola, Chips (potato, corn, etc), Cookies, Corn Couscous, Crackers, Croissants, Cupcakes, Muffins, Pasta, Pastries, Pita, Pizza, Popcorn, Rolls, Tortillas / Tortilla chips, Wheat and wheat flour, White rice.

DIET/SUGAR-FREE or artificially sweetened, food or beverage items of any kind.

BEVERAGES - Pre-sweetened Coffee "drinks" or shakes, Juice, Milk, Soda of any kind, sweet-tasting drinks and sports drinks (besides herbal teas), Alcohol.



MANAGED FOODS - (See Guidelines for details)

VEGETABLES - * Beets

*****DAIRY** - Milk* (whole - if possible), Cheese*, Cottage cheese*, Plain Yogurt*, Kefir*.

FRUIT - Green apples*, Bananas* (green tipped/ not quite ripe), Lemon*, Lime*.

****GRAINS / LEGUMES / BEANS** - Barley*, Black beans*, Brown Rice*, Buckwheat*, Garbanzo beans, (Chickpeas)*, Kamut*, Lentils*, Pinto beans*, Quinoa*, Red beans*, Spelt*, Wild rice*

BEVERAGES - Coconut juice, Coconut water, Fermented drinks, (check sugar content on label must be under 4g per serving)

Guidelines

★ These items MAY be used as one 1/2 cup serving or 1 piece per day.

★★ For a more ADVANCED sugar detox, eliminate all GRAINS and LEGUMES.

★★★ For an ADVANCED sugar detox, eliminate all GRAINS, LEGUMES and DAIRY.