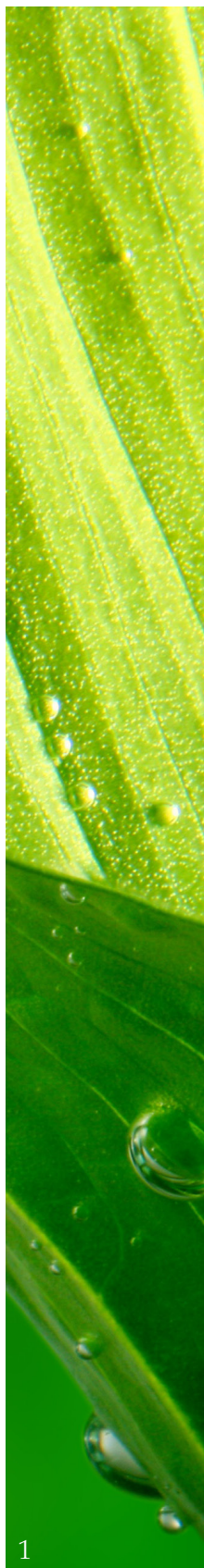


# New Roots Herbal Educational Series



## Candida Stop

### Indications

Recommended indications for use of **CandidaStop** include recurrent vulvovaginal candidiasis or yeast infections, and systemic candidiasis. Non-septic systemic candidiasis is a poorly defined phenomenon; however, the syndrome is sometimes considered to include one or more of the following symptoms: recurrent yeast infection; oral thrush; gastrointestinal symptoms of dysbiosis such as gas, bloating, diarrhea; migraine; alcohol and/or sugar intolerance; and skin problems such as rosacea. If other causes are ruled out, treatment with an anti-*Candida* protocol may be indicated.

In addition, yeast overgrowth in the gut has also been implicated in autistic spectrum disorder (ASD); however, self-treatment is NOT recommended: the supervision of a licensed health-care provider is highly recommended prior to initiating antifungal therapy, whether natural or pharmaceutical, due to the multifactorial nature of ASD and the risk of aggravation.

Key ingredients include echinacea, pau d'arco, caprylic acid, garlic, and oregano.

### Key Ingredients in Candida Stop

Ingredient	References & Effects
Echinacea	<b>Shah 2007:</b> Echinacea is a well-known immune stimulant, recognized for its ability to prevent the common cold. Rather than exerting direct antimicrobial effects, echinacea helps to increase the immune system's activity against the infecting organism. <b>Perri 2006:</b> Echinacea "increases the proliferation of phagocytes in spleen and bone marrow, stimulates monocytes to produce cytokines (IL-1, IL-6, TNF), increases the number of PMN, activates macrophages, and promotes the adherence of PMN to endothelial cells."
Pau d'arco	<b>Höfling 2010, Binutu 1994:</b> Pau d'arco is a South American herb with broad-spectrum antimicrobial activity that has been shown to inhibit growth of <i>Candida</i> species. <b>Yamashita 2009:</b> Pau d'arco contains compounds called naphthoquinones which have antiproliferative effects, including blocking the growth of microbes. <b>Genet 1995:</b> A Spanish review describes using a decoction of the tree bark and taking a teaspoon two or three times a day for the treatment of vaginal candidiasis.
Caprylic acid	<b>Huang 2011:</b> Caprylic acid is an 8-carbon naturally occurring MCFA found in milk, palm, and coconut oil. It has demonstrated activity against <i>Candida albicans</i> by interfering with the cell walls of the <i>Candida</i> yeast. <b>Omura 2011:</b> The usual recommended dose of Caprylic acid is in the range of 500mg 1-2 x per day. <b>Nair 2005:</b> Caprylic acid was discussed as being superior to diflucan for treatment of <i>Candida</i> infection and co-infections of the urinary tract. In animals, caprylic acid has been shown to exert anti-bacterial effects against several species responsible for mastitis infections, including <i>Streptococcus</i> and <i>E. coli</i> .
Garlic	<b>Khodavandi 2011 A&amp;B:</b> Allicin and other organosulfur garlic compounds such as diallylsulphide (DAS) and diallyldisulphide (DADS) have potent antifungal and antibacterial properties, including against antibiotic/antifungal-resistant strains. <b>Yousuf 2011, 2010:</b> One study found that DAS and DADS significantly inhibited <i>Candida</i> through inhibition of proteinase, phospholipase secretion and dimorphism in <i>C. albicans</i> . <b>Khodavandi 2011 B:</b> Allicin was superior to fluconazole in inhibiting biofilm formation and <i>Candida</i> growth. <b>Bokaeian 2010:</b> In animals, administration of garlic reduced the concentration of <i>Candida</i> cells in the kidney and liver of inoculated healthy and diabetic animals. <b>Bahadoran 2010:</b> A cream containing garlic and thyme was as effective as clotrimazole vaginal cream for the treatment of candida vaginitis.
Oregano	<b>Vale-Silva 2012:</b> Essential oil of oregano is a broad-spectrum fungicide, "justifying its potential for use in the treatment of superficial or mucosal fungal infections." Importantly, oregano has been shown to have antimicrobial activity against several different drug-resistant <i>Candida</i> species. <b>Pozzatti 2008:</b> One study found a synergistic interaction between oregano essential oils and nystatin. The essential oil of oregano was furthermore able to inhibit all the <i>Candida</i> species evaluated in the study. <b>Rosato 2009:</b> A study in culture found that <i>Origanum</i> oil at 0.25 mg/ml was found to completely inhibit the growth of <i>C. albicans</i> . <b>Manohar 2001:</b> When fed to animals infected with systemic candidiasis, oregano resulted in 80% survival and no evidence of <i>Candida</i> infection in the kidneys, whereas the control group not fed oregano all died within 10 days.

## References

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## EACH VEGETABLE CAPSULE CONTAINS:

Black walnut hulls ( <i>Juglans nigra</i> ) 4:1 extract . . . . .	8 mg
Garlic odourless ( <i>Allium sativum</i> ), 1% allicin . . . . .	62.5 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark 4:1 extract . . . . .	25 mg
Selenium (yeast-free selenomethionine) . . . . .	25 mcg
Echinacea root ( <i>Echinacea purpurea</i> ), 4% polyphenols . . . . .	25 mg
Origan ( <i>Origanum vulgare</i> ) extract, 30% carvacrol . . . . .	55 mg
Caprylic acid (zinc caprylate) . . . . .	20 mg
Caprylic acid (calcium caprylate) . . . . .	90 mg
Caprylic acid (magnesium caprylate) . . . . .	90 mg
Suma root ( <i>Hebanthe eriantha</i> ) . . . . .	50 mg

**SUGGESTED USE: Adults:** Take 2 capsules three times daily with food or as directed by your health-care practitioner. Take at the first sign of infection. If you are taking supplements containing zinc, calcium, iron, or copper, take this product a few hours before or after them. For occasional use only.

**IMPORTANT:** Take 1 capsule of **AcidophilusUltra** 20 minutes before each meal. As the yeast territory is destroyed, it is important to re-establish friendly beneficial microorganisms (probiotics) like **AcidophilusUltra** in this territory. This guards against the reinvasion of bad bacteria.

Take **CandidaStop** for 8 weeks for best results and supplement with **AcidophilusUltra** thereafter once or twice daily. Our **AcidophilusUltra** capsule is protected by an enteric coating. The capsule must survive stomach acids and be delivered to the small intestine in order to work.

