



CANDIDA CLEANSE PROTOCOL

Candidiasis (yeast overgrowth) is a fungal infection caused by candida overgrowth, primarily caused by *Candida albicans*. Although *Candida albicans* normally lives on the skin and in the mouth, throat, gut, and vagina; in excess, systemic candida overgrowth may cause major problems which are frequently misdiagnosed as something else.

Symptoms associated with Candida overgrowth may include: Bloating/constipation, headaches, fatigue, skin rashes, immune suppression, chemical sensitivity, persistent yeast infections, brain fog and thrush.

Depending on the extent of Candida overgrowth the patient is experiencing, the length of this protocol will vary. Patients generally follow a Yeast Free Eating Regimen between 1-3 months.

In addition to eliminating yeast from the diet, the patient should incorporate a probiotic, compounded sugar-free Nystatin, and fluconazole. If necessary, an antifungal nail solution can be added on.

STEPS FOR SUCCESSFULLY ADDRESSING CANDIDA OVERGROWTH

1. Initiate a Yeast Free Eating Regimen
 - Begin following the Yeast Free Eating Regimen for 5-7 days prior to starting Nystatin
 - During the Candida Cleanse, eliminate the following:
 - 1) Yeast and sugar for one month
 - 2) Milk and milk products for one month - may be consumed sparingly in months 2-3
 - 3) Alcoholic beverages for one month - may be consumed in moderation after one month
 - 4) Fruit for one month
2. Start/continue a probiotic – consult your provider for recommendations
3. Start Nystatin Rx (1-3 months treatment depending on severity of overgrowth symptoms)
 - Drink plenty of water to flush out Candida
 - Consider Alka-Seltzer Gold to neutralize acid-associated yeast die-off symptoms
4. Finish with Fluconazole Rx (7 day treatment)

PRESCRIPTIONS AVAILABLE FOR CANDIDA OVERGROWTH

1. Compounded Nystatin options

Nystatin oral capsules (standard for most patients)

Nystatin 500,000 IU capsules (sugar free/dye free)

SIG: Take 1 cap PO TID with meals for 2 weeks, then increase to 2 caps PO TID thereafter

#180
2 refills
\$131

If symptoms indicate that Candida overgrowth is less severe, consider this abbreviated regimen of Nystatin:

Nystatin 500,000 IU capsules (sugar free/dye free)

SIG: Take 1 cap PO TID with meals for 2 weeks, then increase to 2 caps PO TID for 2 weeks (1 month total treatment)

#126
0 refills
\$91

Nystatin oral suspension

Nystatin 100,000 IU suspension (sugar free/dye free)

SIG: Take 1 teaspoonful (5mL) by mouth 3 times daily as directed

#450mL
2 refills
\$131

2. Fluconazole (not compounded)

Fluconazole 100mg tablet

SIG: Take 1 tablet daily for 7 days, after completing Nystatin treatment

#7 tablets
0 refills
\$42

3. Compounded Antifungal Nail Solution

Phys Pref Antifungal Nail Solution

(Contains itraconazole, tea tree oil, DMSO, urea, biotin)

SIG: Apply using brush applicator to top surface of the nails and under the nails' edge twice daily or as directed

#15 mL bottle

1 refill

\$53

Notes to consider:

Commercially available Nystatin contains sugar, which is counterintuitive to the goal of cleansing Candida and sugars from the body. This is why we compound a sugar/dye free option.

For additional questions on products compounded for the Candida Cleanse, please contact our pharmacy team at 281.828.9088.