

canxida



USER GUIDE

# CanXida Rebuild Formula (RBD)

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## THE PROBLEM: VITAMIN AND MINERAL DEFICIENCIES AFTER CANDIDA INFECTION

*Candida* is a genus of yeast that usually lives on the skin and in the body without causing any problems but can lead to an infection (candidiasis) due to an overgrowth or imbalance <sup>1</sup>. Candidiasis can occur in the mouth, throat, esophagus, vagina (known as vaginal thrush) and gastrointestinal (GI) tract <sup>2,3</sup>. *Candida* infection can cause many unpleasant symptoms, including:

- GAS, CRAMPS, AND BLOATING.
- UNEXPLAINED CONSTIPATION, DIARRHEA, AND NAUSEA.
- STOMACH OR ABDOMINAL PAIN.
- VAGINAL THRUSH SYMPTOMS, INCLUDING ITCHING AND/OR BURNING, VAGINAL DISCHARGE, REDNESS AND/OR SWELLING, AND A YEASTY SMELL.
- RECURRING URINARY TRACT INFECTIONS (UTIS) AND ASSOCIATED SYMPTOMS.
- FUNGAL INFECTIONS, PARTICULARLY OF THE SKIN OR NAILS.
- ORAL YEAST INFECTION SYMPTOMS SUCH AS WHITE TONGUE, AND/OR REDNESS AND SORENESS OF THE TONGUE AND MOUTH.
- LACK OF ENERGY, FATIGUE, AND TIREDNESS.
- JOINT PAIN.

*Candida* infections and candidiasis can be treated with CanXida Remove (RMV), which has antifungal, antibacterial and antiparasitic properties. Although antifungals and antibiotics are effective in clearing *Candida*, they also lead to disruption of the gut microbiome and the impairment of beneficial microbes <sup>4</sup>. There is also evidence that individuals with gut disorders have vitamin and mineral deficiencies <sup>5,6</sup>.

After the effective treatment of *Candida* with CanXida RMV, it is therefore important to address any vitamin and mineral deficiencies that may have arisen. By supplementing *Candida* treatment with a multivitamin solution, vitamin and mineral levels are restored and recovery times are shortened. A multivitamin treatment can also help long-term to address deficiencies in individuals with other gut disorders.

## THE SOLUTION: CANXIDA REBUILD (RBD)



CanXida RBD is a synergistically designed formula of 32 vitamins and minerals, 9 antimicrobial herbs, and additional ingredients such as betaine hydrochloride, glutamic acid, and citrus bioflavonoids. CanXida RBD has the following key properties:

**A COMPLETE NUTRIENT SOLUTION:** CanXida RBD provides a complete profile of nutrients required for a strong immune system, helping to fight gut infections and improve recovery times following *Candida* infection. Only bioactive vitamins, minerals, and herbs are used, leading to easy gut absorption no matter the level of digestive dysfunction.

**TACKLES LINGERING SYMPTOMS:** CanXida RBD increases energy levels, addressing lingering *Candida* infection symptoms such as flatulence and bloating. The formula also helps to eliminate *Helicobacter pylori* and contains bioflavonoids (antioxidants) to reduce free radical damage.

**SUSTAINED RELEASE:** The sustained release formulation has been designed for slow release of the tablet over an extended period. CanXida RBD breaks down in the gut over a two to three-hour period. This ensures the supplement is not metabolized and eliminated from the body before it has had its full intended effect, and enables effective targeting of the GI tract <sup>7</sup>.

**NON-TOXIC:** CanXida RBD is a natural, herbal solution, which renders it inherently non-toxic to adults and children and ensures it does not harm the beneficial bacteria of the gut microbiome. This allows it to be taken long-term and in high doses where required, for sustained support of the GI tract and gut-related immune function.

**GLUTEN-FREE AND VEGAN-FRIENDLY:** CanXida RBD is both gluten-free and vegan-friendly, which ensures it can be taken by almost everyone, regardless of their dietary requirements.

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## THE SCIENCE BEHIND THE INGREDIENTS

CanXida RBD contains 32 vitamins, minerals, trace elements (including hard-to-find trace minerals such as molybdenum, manganese, chromium & vanadium), and the following 9 antimicrobial herbs:

**GUM MASTIC POWDER:** Resin extracted from a Middle Eastern tree species that has been shown to inhibit the growth of a wide range of harmful bacteria, including *Helicobacter pylori*. Gum Mastic Powder helps to tackle symptoms such as bloating, heartburn and other gut problems <sup>8</sup>.

**GOLDENSEAL ROOT:** A plant that grows in the colder regions of North America, Goldenseal contains berberine - a natural broad-spectrum antibiotic that also has antifungal properties to fight both *Candida* and harmful bacteria <sup>9</sup>.

**SLIPPERY ELM BARK:** A natural source of prebiotics, the fuel that supports the growth of beneficial bacteria, slippery elm bark increases mucus production to protect against ulcers and excess acid in the GI tract <sup>10,11</sup>.

**GINGER ROOT:** An ancient traditional medicine for treating heartburn, vomiting, and indigestion, ginger has antifungal properties, reduces inflammation and increases T-cell function <sup>12</sup>.

**CINNAMON BARK:** Cinnamon bark extract contains high levels of antioxidant, anti-inflammatory and anticancer molecules, such as cinnamic acid, which maintain antioxidant and anti-inflammatory effects even after digestion <sup>13</sup>.

**THYME (LEAF & FLOWER):** CanXida RBD contains a concentrated thyme extract from both leaf and flower, which contains thymol - a powerful antibacterial and antimicrobial agent <sup>14</sup>.

**ROSEMARY (LEAF & FLOWER):** A herb that has been used for thousands of years, rosemary has significant antimicrobial, anti-inflammatory and antioxidant properties. Rosemary is also neuroprotective, showing clinical effects on mood and cognitive function (particularly memory) <sup>15</sup>.

**CHAMOMILE:** Dried chamomile flowers contain terpenoids and flavonoids - it has been used as a digestive relaxant to treat GI disturbances such as flatulence, indigestion, and diarrhea <sup>16</sup>.

**ANISE SEED:** Anise is a well-recognised plant in traditional Persian medicine due to its effects as a carminative. Anise oil has been shown to improve the symptoms of irritable bowel syndrome, including abdominal pain, bloating, diarrhea, and constipation <sup>17</sup>.

Table 1. Complete list of ingredients in CanXida Rebuild Formula.

Nutrient	Amount Per Serving	% Daily Value
Vitamin A (as Palmitate & Beta-Carotene)	3000 mcg RAE	333%
Vitamin C (as Ascorbic Acid)	500 mg	556%
Vitamin D (as Cholecalciferol)	1.25 mcg	6%
Vitamin E (as d-Alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin HCl)	25 mg	2083%
Riboflavin	20 mg	1539%
Niacin (as Niacin & Niacinamide)	70 mg NE	438%
Vitamin B6 (as Pyridoxine HCl/Pyridoxal 5'-Phosphate Complex)	20 mg	1176%
Folate (as Folic Acid)	416 mcg DFE (250 mcg Folic Acid)	104%
Vitamin B12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	150 mcg	500%
Pantothenic Acid (as d-Calcium Pantothenate)	150 mg	300%
Choline (from Choline Citrate/Bitartrate)	10 mg	2%
Calcium (from Calcium Citrate/Ascorbate)	150 mg	12%
Iron (as Ferronyl)	0.75 mg	4%
Magnesium (as Magnesium Aspartate/Ascorbic)	150 mg	36%
Zinc (as Zinc Aspartate)	10 mg	110%
Selenium (as Selenomethionine)	100 mcg	181%

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Nutrient	Amount Per Serving	% Daily Value
Copper (as Copper Amino Acid Chelate)	1 mg	111%
Manganese (as Manganese Aspartate)	7.5 mg	326%
Chromium (as Chromium Picolinate)	100 mcg	285%
Molybdenum (as Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (Potassium Aspartate)	37.5 mg	<1%
CanXida Proprietary Blend: Gum Mastic, Goldenseal Root, Slippery Elm Bark, Ginger Root, Cinnamon Bark, Thyme (Leaf & Flower), Chamomile (Flower/German), Anise Seed, Betaine HCl, Glutamic Acid HCl	400 mg	/
Citrus Bioflavonoid	50 mg	/
PABA	25 mg	/
Inositol	12.5 mg	/
Boron (as Boron Citrate)	1 mg	/
Trace Elements (from Sea Vegetation)	100 mcg	/
Vanadium	12 mcg	/

/ Daily Value not established.



## GUIDELINES FOR USE

For the best results, the following guidelines should be followed:

The standard dosage for CanXida RBD is 1-2 tablets/day.

CanXida RBD has sustained release; tablets are best taken with food and can also be blended into food.

1-2 months minimum treatment is recommended to build up health, but CanXida RBD can be taken for a prolonged period of time for healthy gut maintenance.

SENSITIVITY LEVEL	STARTING DOSE	GUIDANCE FOR INCREASING THE DOSE	TIMING
Super sensitive	$\frac{1}{8}$ tablet	Take for 3 days. If well tolerated, double the dose until you can take $\frac{1}{2}$ tablet, then move to 'sensitive' dosage.	Breakfast or dinner
Sensitive	$\frac{1}{2}$ tablet	Take for 3 days. If well tolerated, increase to $\frac{1}{2}$ tablet 2x/day for 3 days, then increase to 1 tablet/day for 3 days, then increase to 'normal' dosage.	Breakfast and/or dinner
Normal	1 tablet 2x/day	Take for 3 days. If well tolerated, increase to 1 tablet 3x/day.	Breakfast and dinner and/or lunch

## FREQUENTLY ASKED QUESTIONS

### **ARE ANY OF THE VITAMINS AND MINERALS IN CANXIDA RBD SYNTHETIC?**

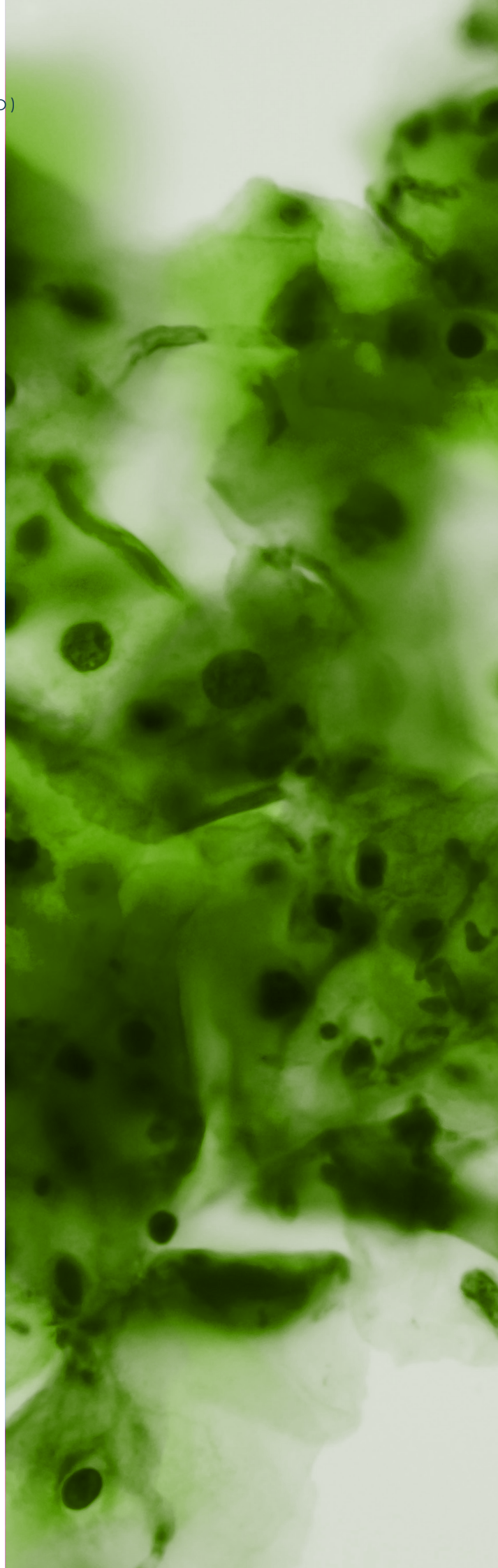
All the vitamins and minerals in CanXida RBD are sourced from natural sources and are not synthetic. This ensures that our customers receive the best quality nutrients for optimal health and wellness.

### **HOW QUICKLY WILL I SEE RESULTS AFTER STARTING TO TAKE CANXIDA RBD?**

The time taken to see results varies depending on the severity of your symptoms, the length of time you have had a Candida infection, and the CanXida RMV dosage used to treat the infection. In general, those with severe and/or chronic symptoms should take CanXida RBD for 1-2 months to rebuild any deficiencies in vitamins and minerals. After that, CanXida RBD can be taken for a prolonged period of time to help prevent problems from resurfacing. Additionally, different symptoms will likely take different amounts of time to clear up.

### **HOW LONG DO I NEED TO TAKE CANXIDA RBD?**

CanXida RBD can be taken for as long as you need. The natural, inherently non-toxic formula means it is safe to take long-term, or indefinitely if you need to. We would recommend that CanXida RMV, CanXida RST, and CanXida RBD are taken until all of your candidiasis symptoms have been resolved, and for a maintenance phase after they have been resolved.



### **IS CANXIDA RBD SAFE TO TAKE WITH OTHER MEDICATIONS?**

CanXida RBD is generally safe to take in combination with other supplements and medications. However, if you are on any other medications, you should always consult your doctor before beginning to take a new supplement, to ensure no adverse reactions.

### **IS CANXIDA RBD SAFE TO TAKE WHILE I AM PREGNANT OR BREASTFEEDING?**

CanXida RBD contains natural ingredients that are non-toxic and safe for both adults and children. However, if you are pregnant or breastfeeding, you should consult a medical doctor before beginning to take it.

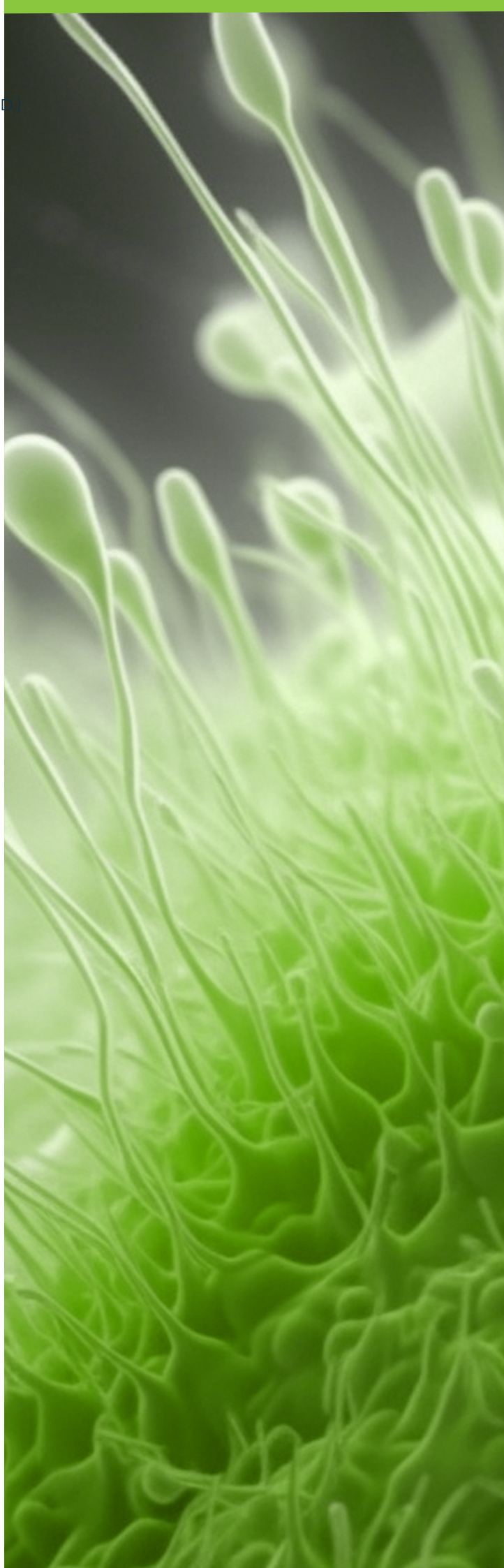
### **IS CANXIDA RBD SUITABLE FOR VEGETARIANS OR VEGANS?**

CanXida RBD contains no animal-based products and is suitable for both vegetarians and vegans.

### **IS CANXIDA RBD SUITABLE IF I FOLLOW A GLUTEN-FREE DIET?**

Our formulation was designed to be entirely gluten-free, meaning it is safe and suitable for those with gluten intolerances or who follow a gluten-free diet.

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## RESOURCES

The following resources can be used to obtain further reliable, science-backed information on candidiasis and CanXida RBD:

- Centers for Disease Control and Prevention – candidiasis guidance
- Scientific review of Candida infections and therapeutic strategies
- CanXida Rebuild product page
- CanXida YouTube channel