



USER GUIDE

CanXida Restore Formula (RST)

www.canxida.com



THE PROBLEM: **RESTORING HEALTHY GUT FUNCTION 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 ¹. Candidiasis can occur in the mouth, throat, esophagus, vagina (known as vaginal thrush) and gastrointestinal (GI) tract ^{2,3}. *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, impair beneficial microbes, and make way for drug-resistant fungi ⁴.

After the effective removal of *Candida* infections using CanXida RMV, it is therefore essential to restore and maintain normal and healthy gut function. By re-populating the intestine with beneficial bacteria and enzymes that promote digestion, yeast and harmful bacteria are unable to return, thereby protecting against further *Candida* infection.



THE SOLUTION: CANXIDA RESTORE FORMULA (RST)

CanXida RST is a powerful, full-spectrum blend of key probiotics and enzymes designed to recolonize the gut following *Candida* infection treatment with CanXida RMV. CanXida RST re-colonizes the gut with the best probiotic strains for the inhibition of yeast, harmful bacteria and parasites, maintaining normal and healthy gut function. CanXida RST has the following key properties:

OVER 18 BILLION BENEFICIAL BACTERIA PER CAPSULE: The CanXida RST Formula has been designed with 6 probiotics and 7 digestive enzymes, including the exact beneficial bacteria required to tackle yeast, parasites and harmful bacteria, whilst also providing digestive support. Each capsule contains the top 4 Lactobacillus and 2 Bifidobacterium strains shown to inhibit yeast and restore digestive function. Together with the 7 digestive enzymes, designed to break down food and provide beneficial bacteria with nutrients, CanXida RST also eliminates symptoms such as bloating, gas, diarrhea, and food allergies.

TIMED RELEASE: With the timed release formulation, CanXida RST is guaranteed and patented to survive stomach acid ensuring that no bacteria are lost before release in the small intestine. This also makes CanXida RST the perfect companion product to take at the same time as CanXida RMV.

NON-TOXIC: CanXida RST is a 100% natural formulation that 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: The CanXida RST formulation is gluten-free, which ensures it can be taken by almost everyone, regardless of their dietary requirements.

USER GUIDE: CANXIDA RESTORE FORMULA (RST)



THE SCIENCE BEHIND THE FORMULATION

CanXida RST is a high-quality formula of 6 probiotics and 7 digestive enzymes designed to recolonise the gut, restoring normal function after CanXida RMV treatment. CanXida RST contains the following 6 probiotic strains:

LACTOBACILLUS ACIDOPHILUS: The most researched probiotic strain in the world and the ultimate defense against yeast, harmful bacteria and gut parasites. Lactobacillus acidophilus releases lactic acid, interfering with candida's metabolism and ensuring that candida, harmful bacteria, and parasites cannot reproduce ⁵.

LACTOBACILLUS PLANTARUM: A powerful probiotic that is naturally present in saliva. Lactobacillus plantarum prevents harmful bacteria from entering the digestive system, reduces blood sugar and strengthens intestinal permeability to tackle "leaky gut" ⁶.

LACTOBACILLUS CASEI: Helps in the production of lactic acid and lowers pH levels in the digestive system. A low pH environment reduces yeast and harmful bacteria, whilst promoting beneficial bacteria and helps with leaky gut, helicobacter pylori infection and diarrhea ⁷.

LACTOBACILLUS RHAMNOSUS: A crucial probiotic for Candida infections. Lactobacillus rhamnosus survives in extremely acidic environments, where it has antitumor functions, prevents food allergies from leaky gut and inhibits the growth of harmful bacteria by stimulating antibody production ⁸.

BIFIDOBACTERIUM BIFIDUM: Stimulates the production of B vitamins and Vitamin K in the large intestine, which are essential for maintaining energy levels, mood, cognitive function, and the digestion of proteins and carbohydrates ⁹. Bifidobacterium bifidum inhibits the growth of harmful bacteria, prevents diarrhea, and reduces the risk of tumor development.

BIFIDOBACTERIUM LONGUM: One of the most important types of beneficial bacteria inhabiting the digestive tract. Bifidobacterium longum produces lactic acid, supporting the immune system, balancing gut microbes, and helping to prevent colon cancer ⁹.

CanXida RST also contains the following 7 digestive enzymes, which amplify the effects of probiotics during Candida recovery:

AMYLASE: Involved in the breakdown of carbohydrates (starch) to help reduce bloating, gas, and abdominal pain ¹⁰.

CELLULASE: Reduces bloating and discomfort when transitioning to an anti-candida diet by aiding with the breakdown of fiber ¹¹.

GLUCOAMYLASE: Involved in the breakdown of starches found in vegetables and grains (brown rice, quinoa, buckwheat) ¹². May aid in the tolerability of these food types.

HEMICELLULASE: Increases the bulk of stools to help with constipation and the regulation of bowel movements by aiding in the breakdown of carbohydrates and fiber from plants ¹¹.

INVERTASE: Aids in the breakdown and absorption of sugars, which has anti-aging and physical rejuvenation benefits ¹³.

PROTEASE: Involved in the breakdown of protein, aiding in the digestion of meat, eggs, fish and vegetable proteins found in nuts, seeds, and legumes ¹⁴.

SERRATIOPEPTIDASE: Binds to immune complexes (toxins) in blood to break down debris created by yeast and bacteria. Serratiopeptidase is particularly effective at tackling leaky gut and auto-immune diseases and is not included in many other probiotic formulas ¹⁵.



GUIDELINES FOR USE

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

CanXida RST is specifically designed to bypass the stomach and break down in the small intestine.

CanXida RST contains the enzyme serratiopeptidase, which works best on an empty stomach.

Both CanXida RMV and CanXida RST are best taken together for 3-6 months at a minimum.

See Table 1 for guidance on dosages.

SENSITIVITY LEVEL	STARTING DOSE	GUIDANCE FOR INCREASING THE DOSE	MAX DOSE	TIMING
All Levels	1 capsule with breakfast, 1 before bed	Can be increased as one improves	Up to 6 doses/day	With meals or empty stomach



FREQUENTLY ASKED QUESTIONS

HOW QUICKLY WILL I SEE RESULTS AFTER STARTING TO TAKE CANXIDA RST?

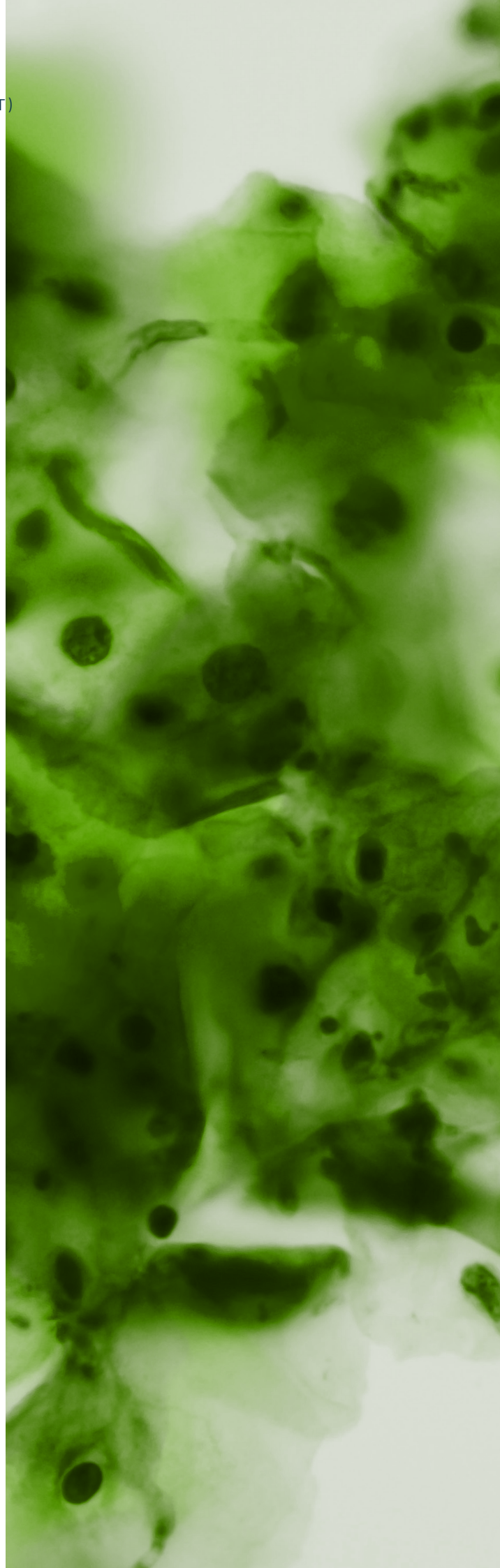
The time taken to see results varies depending on the severity of your symptoms, the length of time you have had a Candida infection, and the CanXida RMV dosage used to treat the infection. In general, those with severe and/or chronic symptoms should take CanXida RST probiotics for at least 3-6 months. Taking CanXida RMV at the same time as taking CanXida Restore may also reduce the time to results. Additionally, different symptoms will likely take different amounts of time to clear up.

HOW LONG DO I NEED TO TAKE CANXIDA RST?

CanXida RST 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 and CanXida RST are taken until all of your candidiasis symptoms have been resolved, and for a maintenance phase after they have been resolved.

IS CANXIDA RST SAFE TO TAKE WITH OTHER MEDICATIONS?

Candida RST 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 RST SAFE TO TAKE WHILE I AM PREGNANT OR BREASTFEEDING?

CanXida RST 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 RST SUITABLE FOR VEGETARIANS OR VEGANS?

CanXida RST is not suitable for vegetarians or vegans as the source of probiotics is milk.

IS CANXIDA RST 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.

canxida



REFERENCES

- Candidiasis | Types of Diseases | Fungal Diseases | CDC. Published June 29, 2022. Accessed August 24, 2023. <https://www.cdc.gov/fungal/diseases/candidiasis/index.html>
- CDC. Learn More About Vaginal Candidiasis (vaginal yeast infections). Centers for Disease Control and Prevention. Published July 13, 2022. Accessed August 24, 2023. <https://www.cdc.gov/fungal/diseases/candidiasis/genital/index.html>
- Candidiasis - Symptoms, Causes, Treatment | NORD. Accessed August 24, 2023. <https://rarediseases.org/rare-diseases/candidiasis/>
- Zhang F, Aschenbrenner D, Yoo JY, Zuo T. The gut mycobiome in health, disease, and clinical applications in association with the gut bacterial microbiome assembly. *Lancet Microbe*. 2022;3(12):e969-e983. doi: 10.1016/S2666-5247(22)00203-8
- Pepoyan A, Balayan M, Manvelyan A, et al. Probiotic *Lactobacillus acidophilus* Strain INMIA 9602 Er 317/402 Administration Reduces the Numbers of *Candida albicans* and Abundance of Enterobacteria in the Gut Microbiota of Familial Mediterranean Fever Patients. *Front Immunol*. 2018;9:1426. doi: 10.3389/fimmu.2018.01426
- Wang J, Ji H, Wang S, et al. Probiotic *Lactobacillus plantarum* Promotes Intestinal Barrier Function by Strengthening the Epithelium and Modulating Gut Microbiota. *Front Microbiol*. 2018;9:1953. doi: 10.3389/fmicb.2018.01953
- Hill D, Sugrue I, Tobin C, et al. The *Lactobacillus casei* Group: History and Health Related Applications. *Front Microbiol*. 2018;9:2107. doi: 10.3389/fmicb.2018.02107
- Capurso L. Thirty Years of *Lactobacillus rhamnosus* GG: A Review. *J Clin Gastroenterol*. 2019;53 Suppl 1:S1-S41. doi: 10.1097/MCG.0000000000001170
- Schöpping M, Gaspar P, Neves AR, Franzén CJ, Zeidan AA. Identifying the essential nutritional requirements of the probiotic bacteria *Bifidobacterium animalis* and *Bifidobacterium longum* through genome-scale modeling. *NPJ Syst Biol Appl*. 2021;7:47. doi: 10.1038/s41540-021-00207-4
- Ianiro G, Pecere S, Giorgio V, Gasbarrini A, Cammarota G. Digestive Enzyme Supplementation in Gastrointestinal Diseases. *Curr Drug Metab*. 2016;17(2): 187–193. doi: 10.2174/138920021702160114150137
- Graham DY, Ketwaroo G A, Money ME, Opekun AR. Enzyme therapy for functional bowel disease-like post-prandial distress. *J Dig Dis*. 2018; 19(11): 650–656. doi: 10.1111/1751-2980.12655
- Klerks M, Bernal MJ, Roman S, Bodestab S, Gil A, Sanchez-Siles LM. Infant Cereals: Current Status, Challenges, and Future Opportunities for Whole Grains. *Nutrients*. 2019;11(2):473. doi: 10.3390/nu11020473
- Azman KF, Zakaria R. Honey as an antioxidant therapy to reduce cognitive ageing. *Iran J Basic Med Sci*. 2019;22(12): 1368–1377. doi: 10.22038/IJBMS.2019.14027
- Antalis TM, Shea-Donohue T, Vogel SN, Sears C, Fasano A. Mechanisms of Disease: protease functions in intestinal mucosal pathobiology. *Nat Clin Pract Gastroenterol Hepatol*. 2007;4(7): 393–402. doi: 10.1038/ncpgasthep0846
- Jadhav SB, Shah N, Rath A, Rath V, Rath A. Serratiopeptidase: Insights into the therapeutic applications. *Biotechnol Rep (Amst)*. 2020;28: e00544. doi: 10.1016/j.btre.2020.e00544

RESOURCES

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

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