

## Bio-Kult® Candéa®

Bio-Kult Candéa from Protexin® is a natural probiotic supplement with added garlic and grapefruit seed extract. Taken daily, it can support the body's natural defences against candidiasis, and may help prevent *Candida* changing from its harmless yeast form to a potentially pathogenic fungal form.

Bio-Kult Candéa is a totally natural product and works in tune with your body. It contains seven strains of friendly probiotic bacteria to reinforce the gut microflora. These help to prevent the *Candida* yeast from finding sites to grow. They also help lower gut pH so that *Candida*, which prefers a more alkaline environment, cannot thrive.

The garlic and grapefruit seed extract in Bio-Kult Candéa are proven natural antifungals. They also have additional benefits for your health. Garlic is a powerful antifungal and antibacterial that supports beneficial microflora, while fighting bad bacteria. Grapefruit seed extract contains bioflavonoids which help repair cells and are also gastro-protective in action.

## Directions for use

### Recommended daily intake

Take 2 capsules with or after the main meal, or as directed by your Health Care Practitioner or Doctor.

Bio-Kult Candéa capsules can be pulled apart and the contents sprinkled onto food, mixed in a drink or swallowed whole.

### Contents per daily dose (2 capsules)

Grapefruit extract	260mg
Garlic	120mg
Probiotics	2 billion CFU/daily dose (2x10 <sup>9</sup> CFU/day)

**Probiotic cultures** – *Lactobacillus casei* PXN 37, *Lactobacillus rhamnosus* PXN 54, *Lactobacillus acidophilus* PXN 35, *Lactobacillus delbrueckii* ssp. *bulgaricus* PXN 39, *Streptococcus thermophilus* PXN 66, *Bifidobacterium breve* PXN 25, *Bifidobacterium longum* PXN 30.

**Other ingredients** - Maltodextrin (source: maize), Magnesium stearate (source: minerals and vegetable), Vegetable capsule (hydroxypropyl methyl cellulose).

### Allergen declaration

Protexin probiotic supplements contain traces of soya and traces of milk products at a level which will not affect lactose intolerance sufferers.

### Protexin

Protexin has been manufacturing high-quality probiotic formulations in Somerset, UK, for over 20 years.

Our product range also features Bio-Kult, our unique high-strength advanced probiotic, with 14 strains of beneficial bacteria – a naturally powerful way to help re-balance your gut microflora and help manage digestive disorders.

**Bio-Kult Candéa is available from:**  
The Finchley Clinic

**Telephone (Orders):**  
Free phone 0800 2800 486  
or +44 (0) 1635 565 084

**Telephone (Product Advice)**  
0871 231 7399\*

**Order Online:**  
[www.TheFinchleyClinic.com](http://www.TheFinchleyClinic.com)

**Bio-Kult is manufactured by:**  
Protexin, Lopen Head, Somerset, TA13 5JH

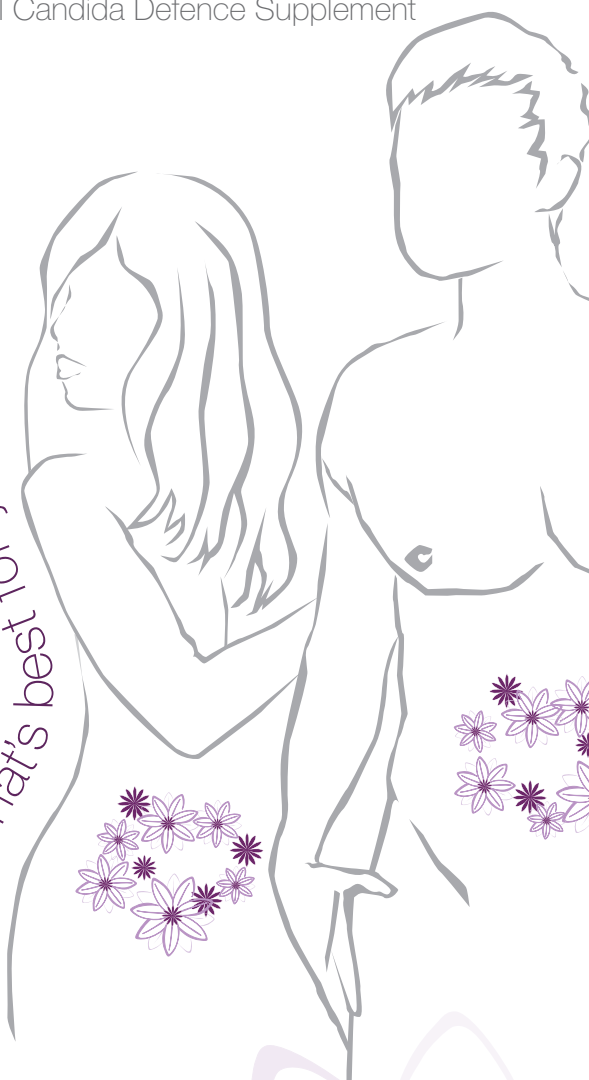
\*Calls cost 10p per minute.

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## Natural Candida Defence Supplement

Know what's best for your body



**Protexin®**  
health care  
Science and nature in balance

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# Maintain your body's healthy balance to combat Candida

## What is Candida?

Almost everybody carries the *Candida albicans* organism (the most common form of *candida*) in their gut. *Candida* is usually a harmless, single-celled, sugar-fermenting yeast.

Your digestive system is home to many species of friendly bacteria – more than 500 microbial species inhabit the human intestine – working together in balance to maintain a healthy gut. These microorganisms can maintain a healthy microflora and help prevent any single organism taking over.

*Candida* species only become a problem if your body's natural microflora is disrupted and an uncontrolled 'overgrowth' occurs. When this happens, *Candida* can convert from its yeast form to a filament-shaped fungus, leading to a condition called candidiasis.

In Candidiasis, the filaments can attach to the intestinal wall and break down the boundary with the circulatory system. This allows partially digested dietary proteins to get into the bloodstream, triggering immune responses throughout the body. When this happens, it can lead to skin problems, lethargy and recurrent outbreaks of thrush.

Maintaining a healthy balance of friendly bacteria, to keep your digestive and immune systems working correctly, is the best way to combat candidiasis.

## Why does Candidiasis occur?

There are many theories on why the *Candida* yeast changes into a filament-shaped fungus. Most healthcare practitioners agree that it occurs through an attack on the immune system resulting from a disrupted gut microflora. This can be from prolonged use of antibiotics, from steroids or oral contraceptives, or from a combination of these. Dietary reasons, such as a high sugar diet could also be a factor, as could a stressful lifestyle.

## What are the symptoms of Candidiasis?

Candidiasis can affect both men and women, and may lead to:

- ✧ Oral thrush
- ✧ Food / environmental allergies
- ✧ Depression / anxiety / irritability / mood swings
- ✧ Fatigue
- ✧ Heartburn / indigestion / bloating / flatulence
- ✧ Joint soreness
- ✧ Dry, itchy, flaky skin / acne / other skin problems
- ✧ Migraine.

It can also lead to recurring cystitis / vaginal infections in women, as well as premenstrual tension and menstrual problems. In men it can also lead to a form of thrush in the groin area called tinea cruris.

However, such symptoms may not necessarily be due to candidiasis. If you think you may be affected, it is important to obtain a safe and accurate laboratory diagnosis via a stool or blood sample analysis.

## Dietary changes

*Candida* feeds mainly on sugar and carbohydrates – so restricting these can help maximise the effectiveness of the defence against candidiasis.



**Taken regularly alongside a healthy diet, Bio-Kult Candéa can help control *Candida* in the gut, and help prevent outbreaks of candidiasis.**