

Suggested Use Yeast Connection Supplements

This chart is a general guide for your information. Please follow directions on product labels found in the Yeast Connection Store and consult your healthcare professional regarding your own situation.

For a great foundation for health, start with Physician's Foundation Formula – once a day and Liquid Calcium-Magnesium three times and day. See bottle instructions and warnings

	BREAKFAST	LUNCH	DINNER
<u>FOR MILD TO MODERATE DISTRESS</u>			
PHYSICIAN'S CANDIDA FORMULA	2		2
PROBIOTICS PLUS empty stomach before breakfast or at bedtime			2
DIGESTIVE AID Take with meals **CAN SKP DOSE WITH SNACK OR SMALL FOOD INTAKE	2	2	2
YEAST ARREST™ – Boric Acid Suppositories			1
<u>FOR MODERATE TO SEVERE (OR PERSISTENT DISTRESS)</u>			
PHYSICIAN'S CANDIDA FORMULA	2	2	2
PROBIOTICS PLUS			2
FLORASTOR™	1		
DIGESTIVE AID	2	2	2
SILVER LIQUID: 1/2 TEASPOON IN ONE OUNCE WATER TWICE DAILY BETWEEN MEALS			
YEAST ARREST™ – Boric Acid Suppositories			1
<u>FOR ADDITIONAL NUTRITIONAL SUPPORT</u>			
PHYSICIAN'S FOUNDATION FORMULA: ONE PACKET DAILY			
LIQUID CALCIUM WITH MAGNESIUM	1	1	1

*****DRINK PLENTY OF WATER WHILE ON THE PROGRAM, PREFEREABLY BOTTLED OR PURIFIED**

If you have mild to moderate distress you may continue taking all the suggested supplements while reducing the Candida formula as your discomfort subsides.
If you have moderate to severe discomfort you should discontinue the Silver Liquid™ as you improve. This product was not designed for continuous long-term use.

You may continue all other products, reducing or increasing the Physician's Candida Formula as your situation warrants.

Follow suggested use for 4-6 weeks, then cut dose in half for another 2-4 weeks. If you remain free of discomfort, you may cut the dose in half again until you have weaned yourself from the supplements. If problems return while cutting down the dose, resume either full or 1/2 dose for another 4 weeks and try cutting down the dose again.

With the exception of the Physician's Foundation Formula and the Liquid Calcium and Magnesium, we do not recommend that you stay on the products indefinitely. We do recommend that once your discomfort appears to be under control that you stick to the yeast fighting diet as much as possible. You can resume the suggested use any time your situation reverses and wean off the program over the course of several weeks as suggested above.

The suggestions above should not be interpreted as medical advice. You should discuss your own situation with your health care professional and always following package directions and warnings.