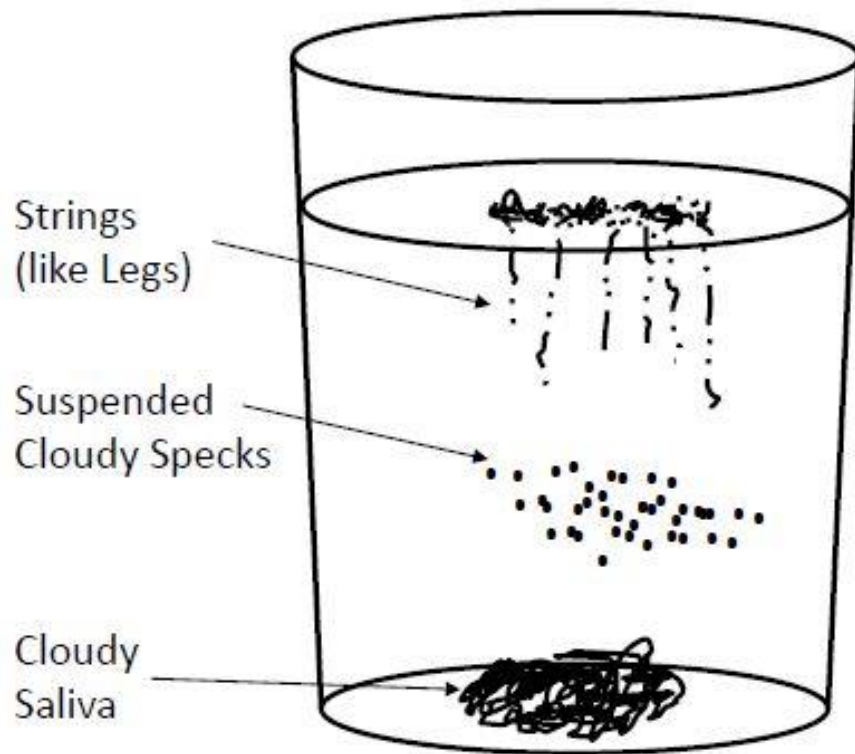


Do-It-Yourself Candida Test



- Place clean glass with water on counter. Do not touch the glass after this point.
- Spit into the glass your first sputum in the morning before putting anything in your mouth.
- Check the water every 15 minutes for up to one hour.
- If you see strings (like legs) traveling down into the water from the saliva floating on top, or “cloudy” saliva that sinks to the bottom of the glass, or cloudy specks suspended in the water then the saliva is carrying a fungal overgrowth.
- If no strings and the saliva is floating after 1 hour it appears you are Candida free.
- If positive for Candida call the office and order:
 - ✓ GI Synergy – take 1 packet AM/PM
 - ✓ Repairvite – use 1 scoop per dayYou will also need to reduce your sugar to less than 10-grams per day.