

Adult Mold/Candida Colonization Package (Suggested duration 3 months)

	With Breakfast	With Lunch	With Dinner	Before Sleep**
Candida Formula*				
AlliMax Capsules*				
Grapefruit Seed Extract Capsules*				
CoreBiotic**				

* Rotate each of these antimicrobial supplements one at a time (in order shown above) every week (7 days)

** 2 hours after last antimicrobial supplement and given daily without rotation