

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