SCHEER
GUT ESSENTIALS

Candida Clear

FULL SPECTRUM ANTI-FUNGAL + ANTI - PARASITIC SUPPORT

A targeted blend of botanicals selected to support antifungal and antiparasitic balance within the gut.

- Supports microbial balance
- Supports antifungal and antiparasitic activity
- Clinical botanical blend

Herbs, spices and botanical preparations often exhibit antimicrobial properties due to a wide array of terpenoid and polyphenolic compounds. Indeed, culinary herbs have long been used to control pests and food-borne yeasts and molds in the context of food safety.

Candida Clear contains the herbal preparations French tarragon (Artemisia dracunculus), Stinging Nettle extract (Urtica dioica), Indian tinospora (Tinospora cordifolia), Horsetail (Equisetum arvense), Olive (Olea europaea), Thyme (Thymus vulgaris) and Pau D' Arco (Tabebuia impetiginosa).

Artemisia dracunculus (Tarragon).

A culinary herb yielding a characteristic aromatic oil, Artemisia yields a complex mixture of almost 50 different components. Its most potent constituents include anisaldehyde, paracymene, eugenol, limonene, linalool, menthol, cisocimene, alpha phellandrene, alpha pinene and beta pinene.(1) The essential oil of Artemisia showed antagonistic activity toward the growth of E. coli, Pseudomonas aeruginosa, Staphylococcus aureus, Streptococcus faecalis and Yersinia in vitro. In addition, extracts of tarragon inhibited iron ascorbate-induced lipid peroxidation of microsomes prepared from human lymphoblastic cells indicating its antioxidant potential. (2)

Urtica dioica (Stinging Nettle Extract).

Urtica dioica, often called common nettle, stinging nettle or nettle leaf, is native to Europe, Asia, northern Africa, and western North America. Urtica dioica was studied on 16 skin and wound infections and was found to possess qualities to promote healing and bacterial homeostasis.(3) In another interesting study, the extract from Urtica dioica demonstrated antagonistic activity toward specific biofilm production (SBF) in Escherichia coli BW25113. (4)

Tinospora cordifolia (Guduchi).

This herb has also been used traditionally in India. It contains bitter substances, giloin (a glycoside), gilinen, gilosterol and tinosporine.(5) Ethanol extracts of T. cordifolia, in combination with several other herbs, had a minimal inhibitory concentration (MIC) of 1 mg/ml when tested in vitro against Entamoeba histolytica.(6)

Using an in vitro assay system with Candida albicans as the test organism, the activity of rat macrophages was increased by the administration of T. cordifolia at a level of 100 mg/kg.(7) It also induces production of interleukin (IL)-1, IL-6, IL-12, IL-18, interferon-gamma, tumor necrosis factor (TNF)-alpha and monocyte chemoattractant protein (MCP)-1. (8)

Equisetum arvense (Horsetail).

In addition to a high percentage of silicates, horsetail contains a variety of polyphenols, such as apigenin and luteolin glycosides. These flavones are typical of American and Asian species, but not the European Equisetum species.(9) This herb also contains quercetin, and more unusual polyphenolics, such as ginkgotannin and procyanidin glycosides. Horsetail also contains sterols, such as beta sitosterol and campesterol, as primary sterol constituents.(10) The antimicrobial activity of horsetail extracts has been reported(11) to stimulate flow through the ureters(12) and they have been used as a component of herbal teas and herbal mixtures.

Olea europaea (Olive leaf).

Various flavonoids and their glycosides have been isolated from olives and olive leaves, such as apigenin, luteolin, rutin and quercetin.(13) Oleuropein, a bitter principle of olives, is a glucoside and phenolic ester of elenolic acid. Oleuropein demonstrates antioxidant, antimicrobial and hypotensive properties in vitro. (14)

Furthermore, olive phenolic compounds inhibit the growth of spore-forming bacteria(14) and Staphylococcus aureus.(15) Isolated flavonoids from olives, as well as olive extracts, inhibit the classical complement pathway as assayed by the hemolysis of erythrocytes. Therefore, olive polyphenols may help balance inflammatory responses.

In a laboratory test, olive leaf water (0.66% w/v) extract killed almost all bacteria tested within three hours, and scanning electron microscope observations of Escherichia coli cells exposed to only 0.6% (w/v) olive leaf extract showed complete destruction.(17)

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving
Proprietary Blend	**500 mg**
French Tarragon (*Artemisia dracunculus*) (leaf)	*
Indian Tinospora (*Tinospora cordifolia*) (stem & root)	*
Horsetail (*Equisetum arvense*) (whole herb)	*
Thyme (*Thymus vulgaris*) (leaf)	*
Pau D'Arco (*Tabebuia impetiginosa*) (inner bark)	*
Stinging Nettle Extract (*Urtica dioica*) (root)	*
Olive (*Olea europaea*) (leaf)	*

* Daily Value not established

One (1) capsule two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION:
Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.
Sealed with an imprinted safety seal for your protection.

Thymus vulgaris (Thyme).

An aromatic culinary herb, thyme has long been used as a seasoning and food preservative.(16) Thyme contains 1–2.5% essential oil enriched in monoterpenes. Thymol content of thyme oil can be 30 to 70% and carvacrol content ranges between 3 and 15%. P-cymene, limonene and other terpenes are minor constituents.

Thymol supports healthy microbial diversity. Volatile constituents of aromatic oils may influence the growth of several Gram-positive and Gram-negative bacteria.(16) Thyme also contains several polyphenolic compounds, such as eriodictyol and polyphenolic biphenyls, that exhibit potent antioxidant activity.(17) Additional studies of lipid peroxidation in egg yolk, chicken liver, and rat liver have also demonstrated activity.

Tabebuia avellanedae (Pau D'Arco, LaPacho).

This tropical tree is native to Brazil, where its inner bark has a long history of use among the indigenous peoples there. One of the active substances is lapachol, a naphthoquinone that typically accounts for 2–7% of the content. The tricyclic derivative of lapachol is beta-lapachone, which is a catalyst of the DNA unwinding enzyme, topoisomerase I, which is required for DNA repair.

Among the naphthoquinones, β-lapachone was found to be the most effective in fostering the growth of healthy bacteria.(18) β-lapachone also inhibited the expression of NOS, proinflammatory cytokines, and MMPs (MMP-2, MMP-9, MMP-9) at mRNA and protein levels in LPS-stimulated microglia, which suggests β-LAP may be related with the increase of HO-1 and NQO1 via the Nrf2/antioxidant response element (ARE) pathway and/or the PI3K pathway.

To place your order for **Candida Clear** or for additional information please contact us at:

supplements.rachelscheer.com

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