



## HEALTHY YEAST<sup>†</sup>

A DIETARY SUPPLEMENT TO HELP WITH CANDIDA  
AND FUNGAL INFECTIONS<sup>†</sup>

**Healthy Yeast<sup>†</sup>** was formulated to target *Candida albicans* and other fungal infections.\* *Candida* infections can produce various symptoms depending on the area of infection. Once you and your healthcare practitioner have determined that you are suffering from a *Candida* infection, **Healthy Yeast<sup>†</sup>** can play an important role in reducing this type of infection.\* Dietary changes are also crucial in reversing *Candida* overgrowth, which your doctor will discuss with you.\* It is usually suggested that one take a good quality probiotic while trying to eradicate *Candida*.

### About the Ingredients

**Berberine**- is an alkaloid (type of plant constituent) derived from various wild plants with yellow roots, such as goldenseal, Oregon grape root, barberry, and goldthread. Studies in vitro, in animals, and in humans have demonstrated that berberine exhibits broad spectrum anti-fungal and anti-bacterial activity. Berberine has also been shown to be useful in the case of anti-fungal resistance. In other words, in the same way that overuse of antibiotics has resulted in antibiotic-resistant strains of bacteria, so to there are antifungal-resistant cases of *Candida* infection.

**Caprylic Acid**- is a medium-chain fatty acid commonly included in natural antifungal supplements. Some studies have shown that caprylic acid inhibits *Candida* growth. A 2012 Japanese study in mice demonstrated that caprylic acid was effective against both mycelial growth and yeast-form growth of *Candida albicans* in oral candidiasis. Caprylic acid may have some antibacterial properties as well.

**Olive leaf extract**- has been used by herbalists and in traditional folk medicines for many years to treat a variety of conditions. The olive tree is a small, evergreen tree native to the Mediterranean region. A 2013 Pakistani study verified that olive leaf extract shows antifungal and antibacterial potential. Another 2013 study showed that olive extracts exhibited strong antimicrobial activity against various bacteria. Olive leaves not only possess antimicrobial characteristics, but also demonstrate antioxidant activity.

**Grapefruit seed extract**- was discovered by an American immunologist in 1980. It has been used to combat *Candida* and other infections. An in vitro study conducted in Poland showed that grapefruit seed extract exerted potent antifungal activity against various *Candida* yeast strains.

**Garlic**- has been revered for thousands of years as a culinary and medicinal plant. Garlic is mentioned in the Bible, the Talmud, and by ancient physicians such as Hippocrates, Galen, Pliny the Elder, and Dioscorides. Garlic is often included in anti-microbial formulas. Modern research confirms its traditional use in fighting infections. Garlic also shows promise in preventing atherosclerosis, lowering cholesterol, and reducing excessive platelet adhesion.

**Pumpkin Seed**- With a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc, pumpkin seeds are nutritional powerhouses wrapped up in a very small package. Because these are high-fiber seeds, they're able to boost your fiber intake, helping you reach the ideal amount of 50 grams per 1,000 calories consumed. Pumpkin seed oil has been found to exhibit anti-inflammatory effects. One animal study even

found it worked as well as the anti-inflammatory drug indomethacin in treating arthritis, but without the side effects. (8)

**Thyme extract**- is derived from the fragrant thyme plant, which is probably best known for its culinary use. Thyme also has many traditional medicinal uses: herbalists have used thyme for treating people with bronchitis, cough, upset stomach, whooping cough, and infections. Various studies have examined and verified the antimicrobial effects of thyme extract and thyme essential oil.

**Oregano oil**- extracted from the leaf of oregano has been shown to have antifungal action, according to in vitro studies. In particular, one study showed benefits of oregano oil specifically against *Candida albicans*. Oregano is prized for both its culinary and medicinal applications, and is native to the Mediterranean region but is cultivated world-wide.

### Supplement Facts

**Available Bottle Sizes: 120 or 240**

**Serving Size: 4 Capsules**

**Servings Per Container: 30 or 60**

Sodium	45 mg
Berberine (as Berberine HCl)	400 mg
Caprylic Acid (as sodium caprylate)	300 mg
Olive ( <i>Olea europaea</i> ) Leaf Extract	333 mg
Grapefruit ( <i>Citrus x paradisi</i> ) Seed Extract	250 mg
Garlic ( <i>Allium sativum</i> ) Bulb	250 mg
Pumpkin Seed	200 mg
Thyme ( <i>Thymus vulgaris</i> ) Aerial Extract	100 mg
Oregano ( <i>Origanum vulgare</i> ) Aerial Extract	100 mg

**Other Ingredients:** Vegetable cellulose, water and microcrystalline cellulose

**Suggested Use:** As a dietary supplement, take 4 capsules per day in the AM, or as directed by your healthcare practitioner.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

Distributed by  
New England Family Health Center  
Weston, MA 02493  
781-237-8505  
[www.drbarrytaylor.com](http://www.drbarrytaylor.com)



<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Copyright© 2019. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.