

Frequently Asked Questions...

Can Children Use Candisol™?

Candisol™ is safe for everyone. For children, use one-half capsule, twice daily, for each 40 pounds of body weight. For ages 14 and up, adult recommendations may be followed.*

When Will I Be Completely Yeast-Free?

No one will ever be completely yeast free. Indeed, most experts believe that small amounts of yeast are beneficial. The goal is to keep populations beneath levels that cause problems.*

How Long Should I Use Candisol™?

Two capsules of Candisol™ in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating (always use with eight ounces of water) normally produce profound improvement in 10 to 30 days. The time needed for maximum benefit, however, varies, because we each have:

- Different amounts of yeast to overcome
- Different levels of immune support
- Different levels of healthy probiotics
- Different dietary habits
- Varying levels of stress

The longer you have had a yeast problem, the longer you will likely need to use Candisol™. When you're feeling as well as you think you should, cut back from four capsules per day to three for a week; then, to two per day for another week; and finally to one a day. If you continue to feel well, continue with one capsule per day. If you begin to feel worse as you cut back, use four capsules daily for another month, and then cut back again. There is no "one size fits all" solution for Candida.

***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.**

When you have attained maximum benefit, you will be able to use one capsule per day without regressing. Sugar, antibiotics, birth control pills, chlorinated water or stress may trigger renewed outbreaks of Candida.*

Should I use Probiotics With Candisol™?

We strongly recommend using a high quality probiotic supplement with Candisol™. Since there are many brands of both high and low quality probiotics on the market, it is important to let your healthcare practitioner guide you to a brand he or she trusts.*

Have Clinical Studies Been Done On Candisol™?

Laboratory studies show the enzymes in Candisol™ inhibit the growth of *Candida albicans* in vitro. A clinical study of 52 patients found that Candisol™ is safe, effective, well tolerated, and causes no significant side effects. The physicians that conducted this study concluded that "Candisol™ should be the first choice for treatment of enteric Candida". Candisol™ is recommended by physicians, nurses, natural health practitioners, and health clinics throughout the country.*

Must I Follow the "Candida Diet"?

While some find that Candisol™ permits them to eat foods that are not allowed in normal Candida diets, this is not recommended. You are using Candisol™ to reduce yeast populations. Eating foods that feed yeast will lengthen the time you'll need to use it.

Please refer to the "Diet & Lifestyle Guidelines for Yeast-Free Living" insert.*

Candida Major Symptoms Test

Please answer the following questions by checking yes or no in the designated box.

	Yes	No
1. Have you taken any antibiotic drugs or proteolytic enzymes in the past 12 months or for a prolonged period of time?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been bothered by recurrent vaginal, prostate or urinary tract infections?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you feel "sick all over," yet in spite of visits to many physicians, the causes haven't been found?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, low body temperature?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you sensitive to exposure of perfumes, colognes, tobacco smoke and other chemical odors?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you bothered with memory or concentration problems?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you had athlete's foot, ringworm, genital itching or other chronic or persistent fungal infections of the skin or nails?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you crave sugar (chocolate, ice cream, cookies, etc) or carbohydrates (breads, pastas, etc)?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you experience constipation, diarrhea, bloating, gas or abdominal pain?	<input type="checkbox"/>	<input type="checkbox"/>
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you often feel fatigued or "drained"?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you suffer from unexplained muscle and joint pain or swelling?	<input type="checkbox"/>	<input type="checkbox"/>

Scoring for Women: If you answered yes to 3 or 4, your health problems are probably yeast connected. If you answered yes to 5 or more questions, your health problems are almost certainly yeast connected.*

Scoring for Men: If you answered yes to 2 or 3, your health problems are probably yeast connected. If you answered yes to 4 or more, your health problems are almost certainly yeast connected.*

For more information on this product, please visit our website:

www.bairnbiologics.com

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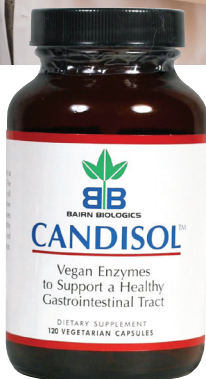


BAIRN BIOLOGICS

CANDISOL™



For years, the enzymes in Candisol™ have provided relief for those who thought that help was beyond them. Isn't it time you let Candisol™ help you, too?



Candisol™: Enzymes to Digest Yeast Overgrowth

With No Yeast Die-Off!

What Is Candida?

Candida albicans is a single celled yeast organism that is impossible to keep out of the body. Normally, it does no harm, because it is kept in check by beneficial bacteria (probiotics) like acidophilus (see figure 1). These bacteria, however, can be destroyed by birth control pills, antibiotics, steroids, cortisone drugs, chlorinated water, poor diet and extreme stress (see figure 2). When this occurs, Candida can grow out of control (see figure 3).

Candida causes problems by releasing toxins into the bloodstream. These toxins trigger many discomforts, including localized (primarily vaginal or rectal) itching, depression, irritability, dizziness, unclear thinking, difficulty focusing, extreme fatigue, loss of memory, gas, bloating, diarrhea, constipation, extreme weight gain or loss, etc. More than 100 million Americans are thought to suffer from Candida overgrowth.*

Can I Control It?

For many years, the mainstays in Candida management have been anti-fungal drugs and herbs (see figure 4). However, these agents have limitations. First, anti-fungal drugs may cause liver damage. Second, anti-fungal drugs and herbs cause yeast to release even more toxins, which cause “die off reactions” (intensifications of symptoms) that many people cannot tolerate. Third, yeast can become resistant to drugs, so that the drugs lose their effectiveness.*

Not an Anti-Fungal!

Enzymes to the Rescue!

Since Candida’s cell wall is made mostly of fiber (see figure 6), fiber digesting enzymes can break it down. When this occurs, the yeast dies. The enzymes that best digest the cell wall of Candida are cellulase, hemicellulase, xylanase, and beta-glucanase. While digestive aids may contain these enzymes, they do not provide enough of them to combat Candida. For this, a specialty formulation is needed. Such formulations must be taken on an empty stomach.

Because Candida cannot change the structure of its cell wall, it cannot become resistant to these enzymes. Because the enzymes do not stimulate the yeast to release toxins, they do not trigger a die-off reaction (see figure 5). In short, you won’t have to feel worse before you feel better. Best of all, fiber digesting enzymes are completely safe.*

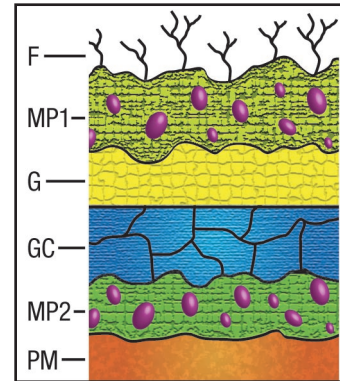


Figure 6: Candida’s cell wall. The layers, top to bottom, are: (F) fibrillar, (MP1) mannoprotein I, (G) glucan, (GC) glucan-chitin, (MP2) mannoprotein II and (PM) plasma membrane. All these layers are primarily fiber.

A Word About Protease

Because the enzymes in Candisol™ are so successful, many companies have introduced competing products. Unfortunately, many of them contain protease enzymes. Where Candida is concerned, protease is unnecessary and may be counterproductive.

While many researchers offer opinions that protease should not harm probiotics, a laboratory study shows they can. Since a lack of probiotics - the healthy bacteria that help keep Candida in check - is a primary cause of Candida overgrowth, the last thing Candida victims need is something that could destroy them.

While it is true that what happens under laboratory conditions does not always happen in the body, it is also true that protease is not needed to kill Candida (Candisol™ could not be so successful if it were). Thus, it makes no sense, in our opinion, to take even the slightest chance on harming vital probiotics.

Protease enzymes can be used, with meals, as a digestive aid, because the enzymes will use their power digesting foods. However, when used between meals, as is required to fight Candida, such enzymes will encounter, and may destroy, healthy probiotics.*

How Much Enzyme Activity Do I Need?

For the past several years we have used fiber digesting enzymes against Candida. We have found about 200,000 daily units of cellulase and hemicellulase to be ideal. Candisol™ provides 210,000 total units of daily cellulase and hemicellulase activity.*

When Will I Start Feeling Better?

As with all things, individual results will vary. However, nearly everyone notes substantial improvements within one to four weeks.

While die-off reactions do not occur with Candisol™ a few people may experience nausea, a “burning sensation” in the stomach, or abdominal cramping. This is because the enzymes may aggravate pre-existing disturbances in the gastrointestinal tract. If this occurs, we suggest using one-half of a capsule, twice daily, emptied into eight ounces of warm water, and building up from there.

To minimize any sensitivity to Candisol™, we suggest one capsule your first day, two your second day, and so on, until you reach the full, four capsule per day regimen.*

SUGGESTED USE: Two capsules, at least one hour before breakfast, and two at bedtime, at least two hours after eating, until desired results are achieved. Always take on an empty stomach with 8 oz. of water. For maintenance, one capsule at bedtime.

Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 30

Ingredients	Amount Per Serving	%DV
Vegetarian Cellulase	130,000 CU	*
Vegetarian Hemicellulase	80,000 HCU	*
Vegetarian Xylanase	4000 XU	*
Vegetarian Beta-glucanase	400 BGU	*

*Daily Value not established.

Other Ingredients: Maltodextrin, Pullulan (vegetable capsule). **Storage:** Keep tightly closed in a dry place at room temperature. **Caution:** Please keep all supplements out of children’s reach.

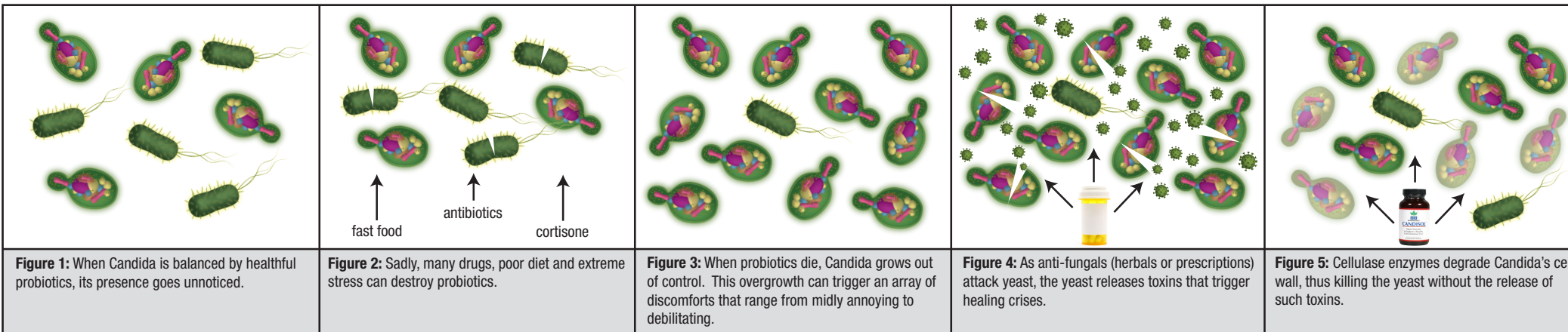


Figure 1: When Candida is balanced by healthful probiotics, its presence goes unnoticed.

Figure 2: Sadly, many drugs, poor diet and extreme stress can destroy probiotics.

Figure 3: When probiotics die, Candida grows out of control. This overgrowth can trigger an array of discomforts that range from mildly annoying to debilitating.

Figure 4: As anti-fungals (herbals or prescriptions) attack yeast, the yeast releases toxins that trigger healing crises.

Figure 5: Cellulase enzymes degrade Candida’s cell wall, thus killing the yeast without the release of such toxins.

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