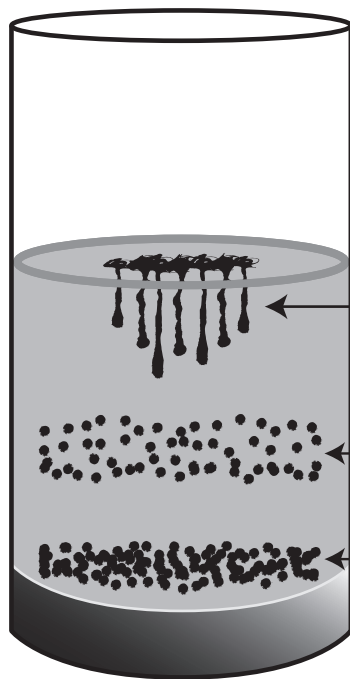

Candida Saliva Test

Directions:

- 1) Fill a glass of room temperature water and let it settle.
- 2) Before brushing or drinking, spit on top of the water without disturbing glass.
- 3) Check water every 15 minutes for up to one hour for candida indicators.
- 4) If you see signs of traveling, leggy strings, suspended cloudiness or specks and/or cloudy sediment at the bottom of the glass, your saliva is showing signs of fungal growth.
- 5) If the saliva is still floating on the top after an hour, your candida is likely balanced.



Candida Indicators

LEGGY STRINGS

SUSPENDED CLOUDINESS
OR SPECKS

CLOUDY SEDIMENT