



Functional Diagnostic Nutrition®

Candida Spit Test

When used in conjunction with our CANDIDA ALBICANS Self-Screen the Candida spit test can aid in determining the probability of Candida overgrowth when lab testing is not utilized.

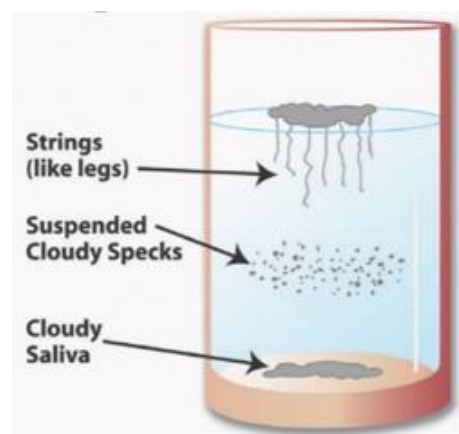
This simple test can easily be performed in the comfort of your own home.

1. Fill a clear glass with water and place it by your bed at night. When you wake first thing in the morning, work up a bit of saliva and spit into the glass of water. Do not use throat clearings. It is **important** that nothing enters your mouth or touches your lips before you do this. *Do not drink any water, eat any foods, do not brush your teeth or kiss your partner prior to expressing saliva into the glass*
2. Immediately make note of how the saliva looks. Check it again every few minutes and observe any changes that occur within a 15 minute time frame

Healthy saliva will be clear, it will float on top and it will slowly dissolve into the water without any cloudiness and without sinking. There are normally some bubbles or foam present.

Candida saliva will have one or more characteristics that may be a clue for Candida Albicans overgrowth:

- Strings traveling down toward the bottom of the glass;
- Cloudy saliva that sinks to the bottom of the glass;
- Cloudy specks suspended in the water;



The more strings and cloudiness you see, and the faster it develops, the greater the likelihood of Candida Albicans overgrowth.