McMinn Clinic

Yeast Herbs

-Garlic- I recommend Alicin Max brand.

-Oregano oil

-Pau D’Arco

-Berberine containing formulas

-Olive leaf extract

-Grapefruit leaf extract- may cause diarrhea.

Combo Products

-Candicid *Forte* by Ortho Molecular

-Anti Yeast by Ultraceuticals

Note: Caprylic acid may also be helpful, but it’s not a true herb. It is a naturally occurring medium-chain fatty acid.

This article is intended for educational purposes only. It is not intended to diagnose or treat any disease. Please do not apply any of this information without approval from your personal doctor.