

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

- Candidid *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.

Important: *This handout provides educational information to support your wellness journey. It is not personalized medical advice. It is not intended to diagnose or treat any disease. Treatment should always be individualized. Please consult your healthcare provider before starting or stopping supplements, medications, or other therapies. Your doctor can help you determine what's right for your unique situation.*