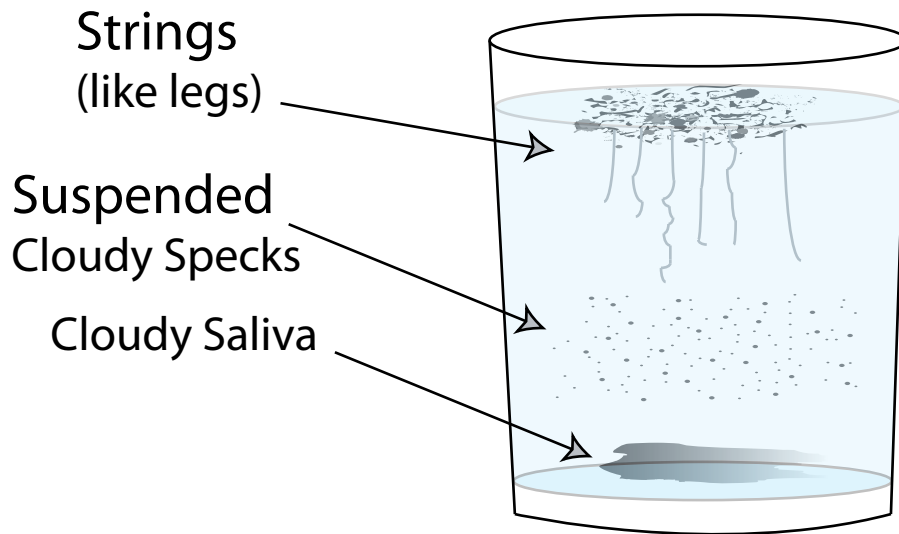


# Candida Spit Test

Here is a home Candida yeast test, one you can do in the morning. We do not know the source of this home Candida test but it's been around a long time and is thought to be quite reliable in the evaluation of Candida symptoms:

DO YOU KNOW? - Up to 85% of Americans May Have Candida

## Try this Fast and FREE Candida Saliva Test!



When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-30 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, **YOU MAY HAVE A CANDIDA CONCERN!** Healthy saliva will simply float on the top!

(You may want to put out a glass of water in the bathroom or on the nightstand the night before you wish to do the home Candida Saliva test, just to remind yourself not to brush your teeth prior to spitting into the glass.)