

# Candida Test Instructions

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## Overview:

The candida spit test is an easy, at-home test that we ask you take before beginning the program. This test will help to assess if there is overgrowth of yeast in the gut, which may inhibit weight loss and nutrient absorption.

## How to Conduct the Test:

1

### Test Prep:

The night before testing, set a transparent glass of water next to your bed.

2

### Conduct the Spit Test:

First thing in the morning, before eating and drinking, spit into your glass of water. Let sit for 15 min.

*\*\*It is very important that you do not eat or drink prior to doing the test.*

3

### Determine Your Results:

Use the visual examples below to determine if your test is positive or negative for candida. Be prepared to discuss the results at your Day 0 appointment with your health coach.

No Candida Overgrowth



Floating Blob

Candida Overgrowth



Fibers Hanging

Candida Overgrowth



Cloudy Specks

Candida Overgrowth



Sink To Bottom