



## SANUM REMEDIES

At the end of 2 weeks of the Da Vinci Candida Protocol you will begin the SANUM REMEDIES or Isopathic remedies. These remedies **should not** be taken together as they tend to clash with each other. Below is a simple table of how and when to take these remedies so that they do not interfere with each other. Begin on the day that your Sanum remedies begin and follow through until the end of the 3-month protocol

	Mon am	Mon pm	Tue am	Tue pm	Wed am	Wed pm	Thu am	Thu pm	Fri am	Fri pm	Sat am	Sat pm	Sun am	Sun pm
Albicansan Capsules or/ & Suppositories		■		⊙		■		⊙		■		⊙		■
Mucokehl Tablets	■							■						
Pefrakehl Capsules				■					■					
Nigersan Tablets					■							■		
Fortakehl Tablets							■						■	
Notakehl Tablets			■								■			

### Comments:

- Please take the above remedies away from food, first thing in the morning and last thing at night – you can keep them on your bedside table away from electromagnetic fields such as electric clocks, mobile phones etc.
- To take the capsules, open and pour the powder that they contain under the tongue and allow it to absorb for a minute or so.
- The tablets you can also dissolve in the mouth keeping them under the tongue for a little longer until they dissolve.
- Women may be given Albicansan suppositories (marked ⊙ in the table) to be inserted intra-vaginally after coitus for vaginal fungal infections. These are inserted in the vagina at night, before sleep and after coitus.
- When you start the Sanum Remedies you will **stop taking** only the **Candida 30c** but will continue with the other supplements such as Candida Complex, Acidophilus and Bifidus, Caprylic Acid and Horopito.

**N.B.** You still need to avoid fruit completely for another month from the beginning of the SANUM remedies.