Antifungal Dosing – At A Glance

The following list of antifungal medications and botanicals are often used in various protocols to help with yeast reduction/elimination. The dosages are suggestions only. Please see the individual protocol documents for mild, moderate, and severe candida problems for a specific dosing schedule.

The antifungal medications are prescription only items. The botanical remedies are available from New Beginnings Nutritionals – www.nbnus.com. Please see each individual webpage for more information about each product.

QD = once daily
BID = twice daily
TID = three times daily

Antifungal Medications:

Nystatin (tablet or oral suspension):

• Tablet = 500,000 units
  ○ Mild – ¼ to ½ tablet TID
  ○ Moderate – ¾ to 1 tablet TID
  ○ Severe – 1 & 1/2 tablets to 3 tablets TID

• Oral Suspension = 100,000 units/ml (5 ml = one teaspoon)
  ○ Mild – 1.25ml to 2.5ml TID = ¼ to ½ teaspoon TID
  ○ Moderate – 3.75ml to 5.0ml = ¾ to 1 teaspoon TID
  ○ Severe – 7.5 ml to 3ml = 1 & 1/2 to 3 teaspoons TID
Diflucan (tablet or oral suspension):
- Tablet = 100mg, 150mg, 200mg
- Oral Suspension = 10mg/ml or 40mg/ml
- Dosing Weight Suggestion = 5mg/kg per day (not to exceed 200mg QD)

Sporanox (capsule):
- Capsule = 100mg
- Dosing suggestion – ½ to 1 capsule QD

Lamisil (tablet):
- Tablet = 250mg
- Dosing suggestion – ½ to 1 tablet QD

Amphotericin B (capsule or oral suspension): This item must be compounded
- Capsule – 125mg to 250mg TID
- Oral Suspension – 125mg/5ml or 250mg/ml – one teaspoon TID

**Botanical Remedies**

Allimax (capsule or liquid)
- Capsule (1 capsule = 180 mg of Allicin)
  - Mild – 1 capsule TID
  - Moderate – 2 capsules TID
  - Severe – 3 capsules TID
- Liquid (1 drop = 40mcg of Allicin)
  - Mild – 1 to 3 drops TID
  - Moderate – 4 to 7 drops TID
  - Severe – 8 to 10 drops TID
Black Walnut

• Liquid (2 droppers = 200mg of black walnut extract)
  ○ Mild – 1 dropperful TID
  ○ Moderate – 2 droppersful TID
  ○ Severe – 3 to 4 droppersful TID

Biocidin

• Capsule
  ○ Mild – use liquid (see below)
  ○ Moderate – 1 capsule TID
  ○ Severe – 2 capsules TID
  
• Liquid
  ○ Mild – 1 to 3 drops TID
  ○ Moderate – 4 to 7 drops TID
  ○ Severe 8 to 10 drops TID

Grapefruit Seed Extract (GSE)

• Liquid (10 drops = 200mg of grapefruit seed extract)
  ○ Mild – 3 to 5 drops TID
  ○ Moderate – 6 to 10 drops TID
  ○ Severe – 10 to 15+ drops TID
Goldenseal

• Liquid (2 droppers = 200mg of golden seal extract)
  ○ Mild – 1 dropperful TID
  ○ Moderate – 2 droppersful TID
  ○ Severe – 3 to 4 droppersful TID

Oil of Oregano (Oreganol)

• Gelcap (1 gelcap = 140mg of Oregano extract)
  ○ Mild – use another botanical option, i.e. Biocidin
  ○ Moderate – 1 gelcap TID
  ○ Severe – 2 gelcaps TID

Olive Leaf Extract (OLE)

• Capsule (1 capsule = 500mg of OLE extract)
  ○ Mild – use other options, unless Aspergillus markers present then use 1 capsule TID.
  ○ Moderate – 1 capsule TID
  ○ Severe – 2 capsules TID

Uva Ursi (UV)

• Liquid (2 droppers = 200mg of Uva Ursi extract)
  ○ Mild – 1 dropperful TID
  ○ Moderate – 2 droppersful TID
  ○ Severe – 3 to 4 droppersful TID