

Uncover the role of IgG Candida screening in effective management of food sensitivities

About Candida

Candida species are quite common and can be found in a significant portion of the population. Most people are colonized with Candida at some point in their lives, often without experiencing any symptoms. To prevent Candida from becoming pathogenic requires the following: maintenance of normal bacterial flora in the mucosa, a healthy epithelium, and a competent immune system.

Candida albicans is the most common type of yeast (fungal organism) that naturally occurs in the body, particularly in the mouth, gut, and vagina, usually without causing any harm. Candida serves our body well by helping our immune system identify and eliminate pathogenic bacteria. However, underlying imbalances in immune or digestive function, often related to diet, antibiotic use, stress, or other lifestyle factors can contribute to candida overgrowth resulting in a variety of health issues.

Foods contributing to Candida overgrowth

- Refined sugars (e.g., sweets, pastries)
- White flour and refined grains
- High-sugar fruits (e.g., bananas, grapes)
- Alcohol (especially beer and wine)
- Fermented foods (e.g., pickles, sauerkraut in large quantities)
- Dairy products (high in lactose)
- Processed foods with additives and preservatives

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Why test Candida with an RMA Food Sensitivity Test?

Candida can disrupt the gut ecology and gut integrity¹, causing inflammation in the mucosal tissue that lines the gut, which in turn can increase the severity and number of food sensitivities. Testing for Candida albicans is essential to identify and manage overgrowth effectively.

Integrating IgG testing for Candida albicans with an RMA Food Sensitivity Test (FST) enables healthcare providers to potentially identify immune responses indicating chronic exposure and overgrowth, as well as offer an effective, targeted approach for restoring and optimizing gut health.

Addition of Candida to RMA FST™ empowers healthcare providers to:

- Accurately identify specific foods contributing to Candida overgrowth and help in early detection of associated health issues
- Provide insights into gut health that can inform dietary interventions to eliminate trigger foods
- Create a personalized holistic treatment plan based on individual immune response to address both Candida and food sensitivities

Symptoms of Candida overgrowth

- Digestive issues: bloating, gas, diarrhea, or constipation
- Fatigue and brain fog
- Recurring yeast infections
- Skin problems: rashes, eczema, and acne
- Oral thrush (white patches in the mouth)
- Bad Breath
- Mood swings, anxiety, and depression
- Joint pain

Why choose RMA FST™?



Accredited laboratory



Flexible sample collection



Actionable report



Quantitative & accurate results

Reduce inflammation and restore gut health with RMA FST™



For patients

Ask your healthcare provider about IgG Candida and RMA FST™ Enhanced Panel.

[Find a Provider.](#)



If you are a healthcare provider

[Register with us](#) to learn more about our tests and promotions.



Already registered?

Contact your territory manager to learn about our latest promotions.

Reference:

1. Renga G, Bellet MM, Stincardini C, Pariano M, Oikonomou V, Vilella VR, Brancorsini S, Clerici C, Romani L, Costantini C. To Be or Not to Be a Pathogen: Candida albicans and Celiac Disease. Front Immunol. 2019 Dec 5;10:2844. doi: 10.3389/fimmu.2019.02844. PMID: 31867008; PMCID: PMC6906151.

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