

Lufenuron Candida Treatment Patient Guide

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How does Lufenuron attack *Candida albicans*?

Lufenuron is an over-the-counter veterinary remedy available in pet shops under the name "Program VET" by Novartis. It is given to dogs or cats once a month, and it prevents flea larvae from growing into adult fleas by interfering with their Chitin synthesis. Chitin is the hard substance the exoskeleton of insects is made of. The interesting fact about Chitin is that it is not just used by insects and arthropods, it also makes up a significant part of the fungal cell wall of many fungi, during an important phase of their life cycle.

Chitin does not naturally occur in a human body, so the the effect it has on Chitin production makes this "off-label" use of Lufenuron an excellent broad-spectrum antifungal, successfully tested on a variety of animals in many countries around the world. It is not approved for use as an antifungal medicine in humans. This is not because of side effects, but simply because Novartis, the manufacturer, is at least so far not interested in getting this drug certified for use as an antifungal in humans. No human trials have therefore ever been initiated. This is why we only sell this product for use in primates such as gorillas and chimpanzees.

Many *Candida*-sufferers have used Lufenuron to successfully treat their *Candida albicans* infections. (In some cases, a chronic *Candida* infection merely becomes temporarily suppressed and will come back - however less virulently, due to the fact that Chitin-deficient fungi have a weaker cell wall). Lufenuron is very much safer than "ordinary" antifungals such as Diflucan, which are hard on liver and kidneys. Lufenuron in the dose we supply has no effect at all on any organs.

There are several competing products that claim to do the same - attack the fungal cell wall using enzymes - but these products do not work as advertised, because the dose supplied is orders of magnitude too low to reach MIC (Minimum Inhibitory Concentration). Other vendors sell Lufenuron-based products that contain Chinese pesticide-grade Lufenuron and those products can cause permanent damage to health for reasons explained further in this guide.

Does Lufenuron have side effects?

There are no documented or known side effects for Lufenuron. Lufenuron is inert to cells or chemical processes in mammals. It works by being an anti-catalyst to Chitin-synthesis in parasites and fungi. No allergies are known and a lethal dose could not be established - it does not exist. It has neither mutagenic (carcinogenic), nor teratogenic effects (effects on the unborn child). It does not affect the beneficial bacterial flora on the skin, in the mucous membranes or in the colon. It can safely be combined with any other medicine. It can safely be taken with alcohol. It has no effect on the ability to drive. The only thing it does is interfere with Chitin synthesis. Humans do not synthesize Chitin - the substance is alien to them. So if you put Lufenuron in your pet gorilla's food to treat its fungal infection and you mistakenly mix up the plates and you eat its meal instead, then you should be totally OK. Our Lufenuron has been tested medically pure and does not contain any additives. There are no reported side effects for products that contain just Lufenuron. Lufenuron has been used for decades in dogs and cats and there have been no reports of any side effects.

Shelf life

Lufenuron, when stored dry, in an airtight container, not too warm and out of sunlight has a shelf life of many years.

Medical studies showing Lufenuron's efficacy against fungal infections

Lufenuron is increasingly used to treat all kinds of fungal infections in animals such as dogs, cats, horses and chimpanzees. Here are some clinical trials done on these animals that suffered from a variety of fungal infections:

Control of cutaneous mycosis in five chimpanzees (Pan troglodytes) with Lufenuron:

<http://www.curehunter.com/public/pubmed12790235.do>

Use of Lufenuron for treating fungal infections of dogs and cats: 297 cases (1997-1999):

<http://www.ncbi.nlm.nih.gov/pubmed/11128542>

Evaluation of the efficacy of oral Lufenuron combined with topical enilconazole for the management of dermatophytosis in catteries:

<http://www.ncbi.nlm.nih.gov/pubmed/12081306>

Is there any verifiable evidence Lufenuron will also work in humans?

There is no need for that - humans are mammals. If it works in every mammal tested so far, it will work in humans too. And this is confirmed by the experiences of ourselves and our customers. But yes, there is a US patent nr. 6110971 that mentions Lufenuron as an effective antifungal in humans, including against *Candida albicans* infection:

US Patent 6110971 - Fungicide composition comprising a benzoylphenylurea:

<http://www.patentstorm.us/patents/6110971/description.html>

Please note that we do not endorse Lufenuron for human use, as we are neither doctors nor a pharmacy. Since Lufenuron is an over-the-counter remedy for pets, we can only legally recommend it for your pet Gorilla - but not for you. The FDA in the US and Codex Alimentarius worldwide have criminalised the sale by anyone else but Big Pharma of any substance that has any curative effect on people.

How to diagnose Candida?

We receive many questions about how to know whether a patient has a Candida infection in the sinuses, gastrointestinal tract etc. All we can say is that one either should consult an infectious disease specialist on that, or a medical textbook. Alternatively, there are laboratories that can perform diagnostic tests. We can not advise on which tests to request or what lab to consult. We advise to use genuine medical reference laboratories that are wholly unconnected with the "alternative" circuit. We are neither medically educated, nor are we allowed by law to give medical advice. Just as a pharmacy does not give medical advice, we can't do that either. Only medical doctors are allowed by law to diagnose and treat disease, and doctors need to see patients in person to be able to do that.

Our website is called OwnDoc because we think that people sometimes have no other option than to do their own research, diagnosis and treatment. If you are not able to reach a confident diagnosis, you can choose to take the experimental route and see if there are any improvements when a certain treatment is used. If a substance does or does not improve a condition, then that can give valuable information about the nature of the condition, to give but an example.

We can not comment on whether or not certain phenomena are "dieoff" effects either. All we can do is supply you with a tool that you can use to help yourself. You have to take the treatment of your gorilla or chimpanzee into your own hands.

[Read Candida articles on our website.](#)

How to take Lufenuron?

We have carefully designed a treatment regimen based on the latest published medical data on the use of Lufenuron in primates, and based on feedback from our own customers. It is very important to follow the following instructions carefully. We do not give additional guidelines per email, especially not about dosing, diet and whether Lufenuron may help a patient's symptoms. Detailed instructions follow:

Take Lufenuron with a full meal that contains sufficient fat



It is very important that the Lufenuron is taken with a full meal that contains oils or fats. This is because Lufenuron is lipophilic (dissolves in fat) and is stored in the fat tissues, where it is gradually released into your bloodstream. If the Lufenuron is taken without food that contains some oils or fats, the patient will not absorb enough of it. A single spoon of oil is not enough! We unfortunately can't answer questions about whether a certain quantity of a certain food contains sufficient fat. A healthy diet has a lot of fat and it is up to you to select just three meals (one for each day of "loading") that contain more than a tiny bit of fat. People on long-term fat-restricted diets develop impaired immune systems due to severe deficiencies of all the fat-soluble vitamins. If you are on a fat-less diet then you must abandon that diet for just three days or treatment failure will be the inevitable result.

Do not administer the Lufenuron with just oil, such as coconut oil. Coconut oil is a powerful laxative. Patients who took Lufenuron with coconut oil ended up with diarrhea and the Lufenuron won't be absorbed like that. The Lufenuron should ideally be thoroughly stirred into for example porridge, thick pea soup, dahl, hummus, mashed potatoes, taco sauce, guacamole, yoghurt or anything else it can be mixed into. And the patient should take a meal just before, during or after that that contains a significant amount of fat, if the food you mixed it into doesn't.

It can be any kind of fat, saturated or unsaturated including cheese, bacon, yogurt, nuts, olive oil, butter, margarine, avocado, salmon, mackerel, peanut butter etc. If the patient is lactose-intolerant, find another, preferably semi-liquid food to mix it with because the powder tastes rather dry and bland and is therefore unpleasant to have in the mouth and will be impossible to swallow if it isn't mixed into something.



Do not expose the Lufenuron to boiling or frying temperatures. It may lose potency.

Lufenuron dosage

The standard treatment course is 9 grams of pure Lufenuron. This constitutes a two-week treatment course for the average adult patient weighing 70 kg. This dose is based on what we think is the optimum, based on medical studies that used Lufenuron to treat fungal infections in animals.

The content of the bag is taken over the course of three consecutive days. This is called the "loading" phase. During those days, the Lufenuron is absorbed into the fat tissues. Then the Lufenuron is slowly released again into the bloodstream over the weeks that follow, killing the Candida. **The "two week treatment course" is a rough estimation, based on the weight of the average patient, the GI-absorption in the average patient and the severity and type of the fungal infection. We recommend a 9-gram course for patients weighing 55 to 120 kg, but patients weighing 90 kg and above could take a higher dose,** depending on the severity of their infection, resistance, dietary factors etc.

Lower than recommended dosages increase the likelihood of treatment failure, but light adult patients can be dosed commensurately lower. Young patients should not be given Lufenuron at all. Our dosing recommendation should give a good success rate (based on [primate tests](#)) with patients weighing up to 150 kg:



Control of cutaneous mycosis in five chimpanzees (*Pan troglodytes*) with lufenuron.

Abstract	Five chimpanzees at the Limbe Wildlife Centre in Cameroon, of both sexes and between six and eight years of age, were treated with lufenuron at a dose rate of 60 mg/kg bodyweight to control various types of mycotic skin infections . The 409.8 mg tablets were administered by mixing them with milk and avocado. Each animal received two or three treatments three weeks apart. Most of them improved significantly during the two to three weeks after the first treatment, and they had completely recovered two to four months later. All the chimpanzees accepted the medication readily, and no adverse drug reactions were observed either immediately after the treatment or during the subsequent eight to 10 months.
Authors	E Dubuis , D Lucas (Affiliation: Limbe Wildlife Centre, Limbe, Cameroon.)
Journal	The Veterinary record (Vet Rec) Vol. 152 Issue 21 Pg. 651-4 (May 24 2003) ISSN: 0042-4900 [Print] England
PMID	12790235 (Publication Type: Case Reports, Journal Article)

When is it worth to take a second course?

With "two weeks" is meant two weeks including the three days' loading phase. So when you take the first dose on day 1, the treatment has ended on day 14 and on day 15 **you should continue with another treatment when the symptoms have not yet fully subsided, but only if the Lufenuron significantly improved the symptoms. If it did not, a second course is a waste of money.**



Lufenuron has no effect when taken externally. It is useless mixed into bath water or rubbed on sores. It works by being absorbed by fat tissue and over the subsequent weeks slowly being released into the bloodstream. It is transported through the capillary veins throughout the body. There it encounters the fungal rhizoids and the Candida is killed.



It is not at all important to dose accurately. It would be possible to take the entire 9 grams in a single dose, but we advise three days to increase the likelihood of full absorption, because Lufenuron is non-toxic for mammals and its biological half time is two months, not several hours as is usual with "ordinary" medicines. The only reason the patient should not take the entire supply at once is that it may not be fully absorbed if the meal does not contain sufficient fat/oil.

The Lufenuron will be very slowly released by the fat tissues, maintaining Candida-killing tissue concentrations for approx. two weeks so it is not a "three day cure". This unique property of Lufenuron is how flea larvae can't grow when they suck the blood of a dog that has taken one single Lufenuron tablet a month prior to their bite. So the Candida will be affected for a couple of weeks *after* having taken the last dose of Lufenuron. ***Accurate dosing over those three days is not at all required.*** Divide the nine grams approximately over three days by taking approximately a third on the first day, half of the remainder on the second day, and the rest on the last day.

Still doubts on how to dose?

For three days,
take roughly a third of the bag every day,
with a full meal that contains fat of some kind.

Then wait 11 days before the next treatment (if required).

What die-off reaction is there to expect?

Lufenuron is a potent antifungal and the patient may experience a die-off reaction, but only when the infection is severe. Depending on the type of Candida infection, the symptoms of the die-off reaction vary. The mucous membranes may become dry and chappy. There may be intestinal upset or fatigue. There may be white mucus expelled with the stool. The onset usually is some hours after the third dose has been taken. It is highly unlikely that this is an allergic reaction to the Lufenuron - Lufenuron is completely safe and from its use in millions of animals over two decades, we know that it is very unlikely that an allergic reaction occurs. Instead, what a Candida-sufferer can experience is the “Jarisch-Herxheimer” reaction, which is what happens when a large number of harmful micro-organisms get killed simultaneously, flooding the immune system with inflammatory substances and toxins from inside the burst-open fungal cells. You might feel bad for a while - but then much better than before. We can't possibly answer questions about the likelihood that certain effects are dieoff-related. If they are, then you will know soon enough because in that case they will disappear within three weeks and the Candida-related symptoms will diminish as well.

How many treatments are required?

As a rule of thumb, medicines in general should be administered for as long as the patient experiences less symptoms while being treated with the medicine, than when not. In case of infections, when the patient experiences no more signs and symptoms, treatment should continue for some more time in order for all remaining microorganisms to be eradicated. If the patient notices no (more) benefit or if the patient appears to be cured, stop the treatment with Lufenuron. The same treatment rules apply for Lufenuron as for any other systemic antifungal medicine. It should not be treated as a food supplement or a probiotic but as an antifungal medicine such as Diflucan (Fluconazole). A patient can relapse when a resistant strain emerges, so keep tissue levels high during treatment. Treatment duration depends on the severity of the symptoms, how widespread the symptoms are, how long the patient has been afflicted, the state of the immune system and how quick the symptoms resolve. Treat until there is no more benefit. If additional treatments seem to be indicated, there should be no pause between treatments.

We can not give medical advice and you yourself have to decide if more than one treatment course is required, and how many. Similarly, we can't comment on dosages, treatment intervals, symptoms etc. We are not medical doctors and we can not give additional guidelines by email or telephone.

Precautions, interactions, probiotics, laxatives, ketosis

Lufenuron can be safely taken with any other medicines, by patients with any kind of medical condition and can be a part of any diet. There are no known side effects or allergies to the substance. It does not affect probiotic supplements or probiotic bacteria in the gut. Lufenuron is not eliminated by liver or kidneys but by the feces. This makes Lufenuron safe for patients with liver or kidney impairment. Lufenuron has a glycemic index of zero and is safe for diabetic patients.

Do not excessively use laxatives on Lufenuron-taking days – only use them to promote normal bowel movements. Also, avoid absorbents (such as active charcoal) on the days the patients takes Lufenuron.

Lufenuron may not be optimally absorbed when a person is in ketosis. Being merely very skinny is not a problem, partially because you will weigh less and thus receive a higher dose per unit of body weight. No special diet is required while on Lufenuron, as long as you eat it with a substantial meal that contains a significant amount of fat, and as long as you are not in ketosis during the three loading days.



Do not give Lufenuron to an infant primate. Small infants weigh much less than an adult, do not have fully developed organs and hence would need a vastly lower dose than an adult. Lufenuron is safe when dosed as advised in adults, but it should not be given to infants.



Do not use Lufenuron in a pregnant or lactating primate. Animal tests by Novartis have shown no teratogenic effects, but it is much better to be on the safe side.



Do not use Lufenuron in a patient with a severe liver- or kidney condition. Even though Lufenuron is eliminated unchanged in the feces via the bile and not metabolized in the liver or excreted through the kidneys, it may still be possible, especially with larger or chronic doses, that a damaged liver or kidney will be negatively affected.



There are veterinarian products (such as "Sentinel") that contain Milbemycin Oxime in addition to Lufenuron, and, when reading the reports, **all of the reported side effects with those products are caused by the Milbemycin Oxime**, not the Lufenuron.



Do not use capsules or tablets claiming to contain Lufenuron. We only use pure Lufenuron, produced especially for us according to strict quality standards, [tested by Exova labs](#) to conform with EU veterinary standards. **We have reason to believe that all other vendors use Chinese-produced pesticide-grade Lufenuron.** The Lufenuron we use is produced especially for us and is 4 x more expensive, wholesale, than the pesticide-grade quality sold by unethical competitors that jumped on the bandwagon seven years after we pioneered this safe antifungal remedy in 2006 based on our own experiences with the veterinarian version of this treatment.

Products we think contain Chinese pesticide-grade Lufenuron:

- *Candida Cell Wall Suppressor* (candidacellwallsuppressor.com)
- *Candida Release* (candidarelease.org)
- *Candida Capsules* (candidacapsules.com)
- *Candida Cleanser* (candidacleanser.com)

These websites and products appear to compete with one another (but all charge nearly the same, high price) but we have reason to believe that they are all owned by a young man who lives in South America and who admitted on CureZone to using ordinary Chinese Lufenuron (which is *never* veterinary grade, in spite of the claims - no company except Novartis and our own exclusively-contracted producer produces veterinary grade Lufenuron). These products may be damaging to health - besides, they are much more expensive than our product. These Lufenuron products are often shipped from Thailand.

"Candida diet" while on Lufenuron?

"No special diet is required while on Lufenuron" is the answer to all conceivable dietary questions pertaining a Lufenuron course. Meaning, every conceivable food eaten is OK. Because while on a strong antifungal, even high GI-food is Candida-safe, although recommended against for general health reasons.

We do not give personalized dietary suggestions. There is no such thing as an "anti-Candida diet", neither is there such a thing as a "Candida-promoting" diet. Large portions of food with a high glycemic index should be avoided in a healthy diet - that is all the dietary advice we can give. We unfortunately do not have the time to give dietary advice by email or telephone. A healthy diet could be a low-carb diet with lots of vegetables, nuts, seeds, some fruit, vegetable soups, salads, fish or eggs.

Concerns about toxicity

Some people have read that Lufenuron is "toxic", and they mistakenly believe that this means that Lufenuron is toxic to humans or mammals in general, which it isn't. Lufenuron only affects very primitive organisms that use Chitin. The only living beings that use Chitin are:

- *Fungi*
- *Some classes of intestinal parasites*
- *Insects, arthropods, arachnids (spiders, fleas, ticks etc.)*
- *Zooplankton (microscopic shrimps etc.)*

Because of the latter, some countries won't allow Lufenuron in agriculture. Zooplankton is the start of the food chain and if farmers would use it against crop fungi, the ecosystem might eventually get affected. Lufenuron is 100% safe in any dose for living beings that are higher evolved than spiders and shrimp. Lufenuron has been used for decades in dogs and cats and there have been no reports of any significant side effects.

Lufenuron toxicity studies - how much can a Candida patient safely take?

Everything, even water, can be deadly toxic. The only thing that matters is how much is taken over what time period. There has been a [rat study](#) that established the safe limit of the chronic intake of Lufenuron. Beyond that limit, small changes in cells and tissues, organs and blood became measurable in the laboratory. This limit is 1/20th of the rat LD50 dose, administered daily over 30 days. This corresponds to 100 mg/kg body weight per day. For a patient weighing 70 kg (154 pounds), that would be a daily dose of 7 grams of Lufenuron per day, every day, for a month. After that, the patient would have to wait a significant, unknown amount of time (such a a month or two months) to remain on the safe side.

Our dosing guidelines call for three consecutive days of taking 3 g/day, and a repeat course, if deemed beneficial or necessary, 14 days after the start of the course. Using these dosing guidelines, a 70 kg patient would ingest 18 g/month, which is an average of 0.6 g/day. This is more than ten times below where the most comprehensive peer-reviewed toxicological study of Lufenuron was unable to detect any negative changes in rats, and they looked for a wide range of histological effects in a comprehensive selection of organs.

The toxicological research supports the view that not even a daily intake of 3 g Lufenuron per day for months on end would lead to any adverse effects, but we strongly recommend against it, also for financial reasons. If the treatment does not lead to good results rather soon, there is **no need to continue**. Lufenuron is not a [scam product like ThreeLac](#).

Combo-treatment for synergy

It is known from the medical literature that combining different classes of antifungals (e.g. an Ergosterol inhibitor such as Diflucan/Fluconazole with a Chitin inhibitor such as Lufenuron) increases the likelihood for success and decreases the chance of resistant strains developing. Please note that with "antifungals" we mean prescription antifungal medicines and not natural antifungal remedies, probiotic supplements, diets, essential oils or enzymatic supplements, because contrary to popular belief, none of those can (safely) attain MIC levels in the human body and therefore are useful for topical application only.



Lufenuron, being an antifungal, interferes with our [Pythium oligandrum](#) dermatophyte fungal skin infection remedy, because Pythium is a **fungus-eating fungus**. Do not use Pythium at least one month after your last dose of Lufenuron or the Pythium will not work.

Weight verification - concerned you received less than 9 grams?

We occasionally received complaints from customers who used a kitchen scale to weigh the Lufenuron we shipped, claiming that we shipped too little, such as 8 or even 6 grams. Initially we believed those customers on their word and immediately refunded, we had a harsh word with the relevant employee and kept replacing our very expensive lab scale, until we discovered that these customers did not understand the limitations of their scales:

All digital scales have several types of accuracy limitations, amongst others:

1. **Minimum resolution.** This is the non-interpolated minimum weight unit that the scale internally uses and displays as digital increments. Accuracy is usually a small multiple of the resolution, meaning that a scale with a smallest increment of 1 g will misread +/- 2 or 3 g.

2. **Percentual accuracy at the extreme lower end of the scale.** A scale's hardware is by design constraints (springs, piezo elements etc.) most accurate towards the middle of the scale and least accurate towards the beginning. Typically, the very best scales for home use have an accuracy at the low end of the scale an order of magnitude worse than their average accuracy. This makes a scale that goes to over 100 g wholly inadequate to accurately measure gram amounts, except when it is a laboratory scale with mg resolution.

If one were to weigh 9 grams of Lufenuron with a digital kitchen scale with a 1-gram readout such as the Sunbeam FS7500, the scale can show **anything between approx. 4 and 14 g**, because a low-scale accuracy of 0.1% of the full scale value of 5000 g is 5 g, resulting in a readout of 9 g with a (fixed) variation of +/- 5 g. Even when we leave out the lower-end-of-scale inaccuracy, the **actual resolution of that scale is 2 g**, meaning that the scale will show 9 g +/- 2g. And since the internal circuitry of the scale works with 2 g increments as per the scale's specification, the rounding algorithm in the scale may round its interpolated value of 7 g to 6 g or 8 g. In short: **Scales with a gram-resolution are totally unable to verify a weight of 9 grams, esp. not if they can weigh kilogram-amounts.** A milligram-resolution lab scale is always required. Such scales cost hundreds of dollars and you likely do not own one.

Our post office makes an accurate weight record when we ship tracked orders so we will always be able to prove that we shipped 9-gram bags in such cases. In case of a weight dispute pertaining an untracked shipment, in order to qualify for a refund, we require the customer to submit evidence in the form of a photo of unopened, sealed bags of Lufenuron on a scale with the appropriate accuracy. Any demand for a refund based on a weight dispute which is not substantiated by weighing with a milligram scale will be rejected and payment disputes pertaining the order will be responded to as fraud as per our T&C. Public allegations of underweight orders, unsubstantiated by photographic evidence of such (sealed bag on milligram scale) will be responded to as libel as per our T&C.

More questions?

When we just started selling this product, we used to be inundated with questions: What foods to avoid, what natural antifungals to take, what other antifungals to combine Lufenuron with, how many times to repeat treatment etc. Lufenuron became quite popular and we simply do not have time to answer these kind of questions any more. The answers are always the same, hence this guideline.

We do not believe in diets or natural antifungals. And we believe that 99% of the things written about Candida online is complete and utter nonsense, mainly for commercial motives or due to plain ignorance. You should take the responsibility for both diagnosis and treatment of your pet Gorilla, and you should first read our Candida articles before diagnosing your pet Gorilla with Candida, or believing a diagnosis from a third party. What we do believe is that a (semi) systemic Candida infection has the potential to remain chronic indefinitely and that it has the potential of killing the patient when the patient has an impaired immune system due to old age or additional disease. Candida can infect the heart valves, to give but an example. A typical lethal dose for an adult is 1000 spores in the bloodstream. That is why we prefer to talk about semi-systemic Candida infection - a truly systemic Candida infection kills in days, without heroic antifungal intervention. There is no evidence in medical literature that there exist any other substances than "medical" antifungal medicines (including Lufenuron) that can fight (semi) systemic Candia infections even remotely effectively. Not colloidal silver, not any of the remedies sold online, in spite of their massive advertising.

We sell Lufenuron as an over-the-counter off-label antifungal remedy for your pet Gorilla, not for you. This allows us to remain compliant with the law. As soon as we start giving people advice on how to treat their infections or how to diagnose Candida or anything else relating Candida or Lufenuron, we are in dangerous territory, and we risk having to stop sales. We give people a tool to help combat Candida, we educate on our site in articles and on the Candida forum in addition to the guidelines here, but we have to stop at that. Email inquiries with questions that are not directly order-fulfillment related will have to be ignored and we hope you have some understanding for that.

Our veterinary-grade Lufenuron is extremely pure so we pay much more for it than pesticide-grade Lufenuron. In addition, we pay extremely high fees for purity testing, doubling the price still. Our profit is marginal, because we like to keep the treatment affordable for all. **We hope you understand that such a narrow margin does not allow us to engage in email conversation on treatment, diagnosis or anything else pertaining fungal infections, diets or Lufenuron** - in addition to the fact that nearly everything we would say would be a rehash of what is already in this document - and anything on top of that would likely be crossing the line of "practicing medicine without a licence".