

## Common Symptoms of Candida Overgrowth:

- abdominal gas and bloating
- headaches
- migraines
- excessive fatigue
- cravings for alcohol
- anxiety
- vaginitis
- rectal itching
- cravings for sweets
- inability to think clearly or concentrate
- hyperactivity
- mood swings
- diarrhea
- constipation
- itching
- acne
- eczema
- depression
- sinus inflammation
- pre-menstrual syndrome
- dizziness
- poor memory
- persistent cough
- earaches
- low sex drive
- muscle weakness
- irritability
- learning difficulties
- sensitivity to fragrances and/or other chemicals
- cognitive impairment
- thrush
- athlete's foot
- sore throat
- indigestion
- acid reflux
- chronic pain

