

PhytoCidin

Broad-Spectrum Gastrointestinal Antimicrobial Formula

Key Ingredients

Black walnut (*Juglans nigra*) has been used traditionally for its gastrointestinal (GI) health benefits due to its antimicrobial, antiparasitic, and astringent properties.^[1] These effects are primarily attributed to active compounds like juglone, tannins, and omega-3 fatty acids.^[2]

Wormwood (*Artemisia absinthium*) has long been used for its medicinal properties, particularly in supporting GI health.^[3] Its benefits stem from bioactive compounds such as absinthin, artemisinin, sesquiterpene lactones, and essential oils, which provide antimicrobial, antiparasitic, and digestion-enhancing effects.^[4]

Garlic (*Allium sativum*) improves GI health through its antimicrobial, prebiotic, and anti-inflammatory properties.^[5] These effects are largely attributed to its active compounds, including allicin, sulfur-containing compounds, and fructooligosaccharides (FOS).^[6]

Oregano (*Origanum vulgare*) oil is renowned for its potent antimicrobial, anti-inflammatory, and antioxidant properties, making it highly beneficial for GI health.^[7] Its active compounds, particularly carvacrol, thymol, and rosmarinic acid, contribute to its therapeutic effects.^[8]

Cloves (*Syzygium aromaticum*) offer significant GI health benefits due to their antimicrobial, antifungal, anti-inflammatory, and digestive-enhancing properties.^[9] These benefits primarily stem from their active compounds, particularly eugenol, flavonoids, tannins, and essential oils.^[10]

Other ingredients: Oregon-grape root, ginger root, sage leaf, and aloe leaf.



Indications

- Small intestinal bacterial overgrowth (SIBO)
- Irritable bowel syndrome (IBS)
- Parasites
- Diarrhea
- Constipation
- Dyspepsia, fullness, indigestion
- *Helicobacter pylori* infection
- Food poisoning
- Decreased appetite
- Inflammation
- Eczema, acne

Black Walnut

Parasite Cleanse: Often included in herbal protocols for intestinal parasite infections, such as pinworms, tapeworms, and roundworms.^[11]

Candida Overgrowth: Used as part of antifungal regimens to combat yeast overgrowth.^[12]

Diarrhea: Helps tighten the gut lining and reduce fluid loss.^[13]

Dysbiosis: Restores balance by targeting harmful microbes while sparing beneficial bacteria.^[14]

Wormwood

SIBO: Used in herbal protocols alongside other antimicrobials like oregano oil and berberine.^[15]

Parasite Infections: Commonly combined with black walnut and cloves in parasite cleanses for pinworms, tapeworms, and roundworms.^[16]

The first company in the industry to have invested in an ISO 17025-accredited laboratory to test for identity, potency, oxidation, disintegration, purity, and more.



Indigestion and Dyspepsia: As a bitter herb, wormwood enhances digestive function.^[17]

Ulcer Management: Helps reduce microbial load and inflammation in ulcerative conditions.^[18]

Garlic

SIBO: Garlic extract (enriched in allicin) is often used as a natural antimicrobial in SIBO protocols.^[19]

H. pylori Infection: Studies show garlic can suppress *H. pylori*, in combination with other therapies.^[20]

Dysbiosis: Regular consumption of garlic or supplementation helps balance gut microbiota.^[21]

Cloves

Dysbiosis: Eugenol from cloves has been found to target food-borne pathogens such as *Escherichia coli*^[22] and *Salmonella*,^[23] ulcer- and gastritis-forming pathogens such as *Helicobacter pylori*,^[24] and fungal-associated pathogens such as *Candida albicans*.^[25]

Parasitic Infections: Interferes with the metabolism of roundworms and protozoans.^[26]

Anti-inflammatory: Soothes irritated gastrointestinal lining.^[27]

Diarrhea: Tannins act as an astringent to ease symptoms.^[28]

Oregano

Antimicrobial, Dysbiosis, SIBO: Carvacrol and thymol disrupt harmful pathogens cell membranes and spares beneficial bacteria.^[29]

Parasitic Infection: Oregano has been demonstrated to eradicate *Blastocystis hominis*, *Giardia*, and *Entamoeba histolytica*.^[30]

Anti-inflammatory: Reduces inflammation in the GI tract, helping soothe conditions like IBD (Crohn's disease and ulcerative colitis) or gastritis.^[31] Modulates inflammatory pathways such as NF- κ B.^[32]

Antioxidant Support: Oregano oil contains powerful antioxidants like rosmarinic acid that protect the gut lining from oxidative stress and free-radical damage, preventing leaky gut.^[33]

Biofilm Disruption: Disrupts biofilms formed by bacteria and fungi in the GI tract, which can shield pathogens from the immune system and antimicrobials.^[34]

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Each vegetable capsule contains:

Black walnut (*Juglans nigra*) hull and leaf . . . 157.8 mg
 Wormwood (*Artemisia absinthium*), whole . . . 94.68 mg
 Odourless garlic (*Allium sativum*) bulb 63.12 mg
 Oregano (*Origanum vulgare*) 50:1 leaf extract . . . 40 mg
 Clove (*Syzygium aromaticum*) flower bud 31.56 mg
 Oregon-grape (*Berberis aquifolium*) root 13.41 mg
 Ginger (*Zingiber officinale*) rhizome 7.89 mg
 Aloe (*Aloe vera*) leaf resin extract 5.52 mg
 Quassia (*Picrasma excelsa*) stem wood 5.52 mg
 Sage (*Salvia officinalis*) leaf 5.52 mg

Nonmedicinal ingredients: Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

Directions of use: Adults: Take 3 capsules three times daily for ten days, with food or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

Cautions and warnings: For adult use only. Do not exceed recommended dose. Consult a health-care practitioner if symptoms persist or worsen. Consult a health-care practitioner prior to use if you are taking prescription medications; if you have a kidney disorder; if you are taking licorice root or other medications or health products that may aggravate electrolyte imbalance; if you have faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever; if you have blood pressure problems; if you are taking thiazide diuretics or corticosteroids; if you are taking cardiac medications (e.g. cardiac glycosides or antiarrhythmic medications); if you have diabetes; if you are taking blood thinners or protease inhibitors; if you have a seizure disorder (e.g. epilepsy). Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Discontinue use if you experience gastrointestinal upset. Do not use if you have abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis), abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, hemorrhoids, or diarrhea.

Contraindications: Do not take if you are pregnant or breast-feeding; if you are taking anticoagulants or antiplatelet drugs or cyclosporine; or if you have hypersensitivity or are allergic to herbs in the Lamiaceae family.

Known adverse reactions: Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use.

Product #0493 · 90 vegetable capsules · NPN 80047216 · V0104-R8