What Can You Do?

If your Candida antibodies are elevated, consider:

Adjusting Your Diet

- Limit sugar, alcohol, and refined carbs
- Eat non-starchy vegetables, healthy fats, and lean proteins
- Include antifungal foods like garlic and coconut oil

Supporting Gut Health

- Consider probiotics
- Digestive enzymes and gut-repair nutrients may help
- Identify and address any food sensitivities

Working With Your Provider

- Discuss diet options to support a balanced gut microbiome
- Discuss whether antifungal supplements or medications are appropriate
- Address any underlying immune or gut issues
- Monitor progress with follow-up testing if needed

Taking action now can help restore balance and improve how you feel every day.



Questions? We're here to help!



Vitae diagnostics

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Talk to your healthcare provider about your results and the best plan for you.

Understanding Elevated Candida Antibodies

What Your EAT144 Blood Test Results Mean for Your Health





What Is Candida?

Candida is a type of yeast (a fungus) that naturally lives in small amounts in your mouth, gut, skin, and vagina. In a healthy body, it's kept in balance by your immune system and beneficial bacteria.

When It Becomes a Problem

Sometimes, Candida can over-grow—this is called Candidiasis. It can cause issues like:

- Fatigue
- Brain fog
- Bloating and digestive issues
- Recurring yeast or UTIs
- Skin rashes
- Sugar cravings

What Are Candida Antibodies?

Your Immune Response: Antibodies

When Candida becomes excessive, your immune system produces antibodies to fight it off.

What Do Elevated Antibodies Mean?

Elevated Candida antibodies may indicate:



Your body is actively fighting Candida overgrowth



You've had a past Candida infection and your immune system remembers it



Your gut or immune barriers might be compromised

Note: A high antibody level does not always mean you have a current infection—but it does mean your immune system has been reacting to Candida.

Causes and Risk Factors

What Can Lead to Candida Overgrowth?

01. Frequent or recent antibiotic use
02. Diet high in sugar or refined carbs
03. Weakened immune system
04. Chronic stress
05. Hormonal changes (e.g. from birth control or steroids)
06. Underlying gut issues like leaky gut or dysbiosis

