



Thank you for purchasing *Cardio Renew!*

Cardio Renew-International, Inc.

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Monday ~ Friday: 9 am – 9 pm

Saturday: 9 am – 4 pm

(Central Standard Time)

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6 Week Program Guidelines

- ◆ You must wait at least 1 hour between each dose. Doses can be taken once every hour or spread throughout the day.
- ◆ **Always** wait **3 hours** after taking any medication before taking **Cardio Renew**. Wait 2 hours after taking other Supplements.
- ◆ Wait **1 hour** after taking a dose of **Cardio Renew** before taking any medications, supplements, food or consuming alcohol.
- ◆ **Do not** take Supplements containing **Minerals** (eg. calcium, magnesium, potassium, iron, etc.), including Multi-Vitamins.
- ◆ Take doses on an empty stomach. When possible, wait 2 hours after eating a complete meal. For snacks wait 30 minutes.
- ◆ Wait **10 minutes** after taking a dose of **Cardio Renew** before drinking any additional liquids.
- ◆ We recommend at least **1,000 mg** of **Vitamin C** & **1,000 IU** of **Vitamin E** **daily**. We suggest the Vitamins be in **liquid or soft-gel form** and taken with meals. If using **Cardio Renew's** soft-gels, take 1 soft-gel, 3 times each day with a meal.
- ◆ Keep intake of **dairy products** to a **minimum**.
- ◆ Drink **6 - 8 glasses** of **water each day**. Tap water is fine.
- ◆ Store bottles at room temperature – shelf life is 2 years.



Standard dose is **14 drops** mixed with **2 ounces** (1/4 cup) of a **mineral free** liquid (eg. distilled water). **Do not exceed 20 drops** per dose. If you experience any diarrhea or stomach cramps, reduce your next dose by 2 drops. **Cardio Renew** is highly concentrated - it must be mixed with 2 oz. of a mineral free liquid before consuming.

6 Week Program Schedule

1st week	6 Doses each Day
2nd week	6 Doses each Day
3rd week	5 Doses each Day
4th week	5 Doses each Day
5th week	4 Doses each Day
6th week	4 Doses each Day

After completing the 6 week Foundation Program, take a daily **multi-vitamin / mineral supplement** for at least 1 week before starting a Maintenance Program or repeating the 6 week Program.



Maintenance Programs

Minimum:	1 Dose = 3 Days a Week
Standard:	1 Dose = 7 Days a Week
Maximum:	2 Doses = 7 Days a Week

During Maintenance you can resume your normal Diet and Supplement routine. We recommend taking a daily multi-vitamin / mineral supplement during the Maintenance Program. We suggest taking the Maintenance dose in the morning and/or at bedtime.

Always consult with your Doctor before starting any new supplement or cleanse program. Do not stop or alter the usage of any prescribed medication without your Doctor's knowledge and consent. Everyone is different and the way one person reacts to a particular product may be different from another. Do NOT use if you have Liver or Kidney disease or if you are Pregnant or Nursing. Avoid direct contact with skin and eyes, flush immediately with water if direct contact does occur. Because *Cardio Renew's* EDTA formula is Sodium based, we recommend that you monitor your blood pressure throughout the entire Program. *Cardio Renew* is NOT intended for use by children.