



Thank you for purchasing *Cardio Renew* !

**Cardio Renew, Inc.**

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Phone: **800-578-1215**

Monday ~ Friday: 9 am – 9 pm CST  
Saturday: 9 am – 4 pm CST

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**[www.CardioRenew.com](http://www.CardioRenew.com)**



## Program Guidelines

- You can take *Cardio Renew* at 1 hour intervals or spread out the doses throughout the day.
- Wait **10 minutes** after taking a dose of *Cardio Renew* before drinking additional liquids.
- Wait **1 hour** after taking a dose of *Cardio Renew* before taking any other medications, supplements, food or consuming alcohol.
- **Always** wait **3 hours** after taking any medications before taking *Cardio Renew*. Never stop or alter any prescribed medication or treatment without your Doctor's knowledge and consent.
- Take as many doses as possible on an empty stomach. Preferably 2 hours after eating a complete meal. Snacks wait 30-60 minutes.
- Shelf life is 2 years – stored at room temperature or refrigerated.

Keep cap on tightly when not in use. 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. *Cardio Renew's* EDTA formula is Sodium based, people that are extremely sensitive to Sodium should monitor their blood pressure during the Program. *Cardio Renew* is not intended for use by children.



Standard dose is **14 drops** mixed with **2 ounces** (1/4 cup) of a **mineral free** liquid (water, tea, juice, etc.). **Do not exceed 20 drops** per dose. If you experience any stomach cramps or diarrhea reduce your next dose by 2 drops.

### Foundation Program

<b>1<sup>st</sup> week</b>	<b>6 Doses each Day</b>
<b>2<sup>nd</sup> week</b>	<b>6 Doses each Day</b>
<b>3<sup>rd</sup> week</b>	<b>5 Doses each Day</b>
<b>4<sup>th</sup> week</b>	<b>5 Doses each Day</b>
<b>5<sup>th</sup> week</b>	<b>4 Doses each Day</b>
<b>6<sup>th</sup> week</b>	<b>4 Doses each Day</b>

### Maintenance Programs

<b>Minimum:</b>	<b>1 Dose = 3 Days a Week</b>
<b>Standard:</b>	<b>1 Dose = 7 Days a Week</b>
<b>Maximum:</b>	<b>2 Doses = 7 Days a Week</b>



**Important measures to follow during the entire 6 week Foundation Program:**

- **Do not take Supplements containing Minerals** (eg. calcium, magnesium, iron, etc.), including Multi-Vitamins.
- Keep intake of **dairy products** to a **minimum**.
- We recommend at least **1,000 mg of Vitamin C & 1,000 IU of Vitamin E daily**. We suggest that Vitamins be a **liquid or soft-gel** and spread out over mealtimes. If using *Cardio Renew's* soft-gels, take 1 soft-gel, 3 times each day.
- Drink **6 - 8 glasses of water each day**.
- **After completing the 6 week Foundation Program** take a daily **multi-vitamin / mineral supplement** for at least 1 week before starting Maintenance or repeating the Program.

**Maintenance Program:** Follow the **Program Guidelines** and resume your normal Diet and Supplement routine. We recommend taking a daily multi-vitamin / mineral supplement while on the Maintenance Program. We suggest taking the Maintenance dose in the morning or at bedtime.