

# HOW DO I TAKE CARDIO RENEW?

Cardio Renew is very easy to take. Simply mix 14 drops of Cardio Renew with a minimum of two ounces of mineral-free liquid (i.e. distilled water, pure fruit or vegetable juice, etc.) and drink.

For best results, take Cardio Renew on an empty stomach. When possible, wait 1-2 hours after eating a complete meal (for snacks, wait at least 30 minutes). Please wait at least one hour between each serving of Cardio Renew. Servings can be taken hourly, or spread throughout the day. Do not exceed six servings per day. Be sure to drink at least 6-8 eight-ounce glasses of water each day when taking Cardio Renew.

Always wait at least three hours after taking any other medication before taking Cardio Renew. Wait at least two hours after taking other supplements.