

HOW LONG DO I HAVE TO WAIT BETWEEN EACH SERVING?

For best results, you must wait at least one hour between each serving of Cardio Renew. Servings can be taken hourly, or spread throughout the day. The goal is to take all daily servings within a 24-hour period. Do not exceed six servings per day.

For best results, we recommend taking Cardio Renew on an empty stomach. When possible, wait at least 1-2 hours after eating a complete meal (for snacks, wait at least 30 minutes). Always wait at least three hours after taking any other medication before taking Cardio Renew; wait at least two hours after taking other supplements.