HOW MANY TIMES A DAY DO I TAKE CARDIO RENEW?

During the standard six-week foundation program, Cardio Renew should be taken five times a day, every day, for the full six weeks. If you have completed the regimen and are engaged in a maintenance program, the minimum quantity should be no less than one serving a day, three days a week. Standard maintenance is one serving per day, seven days a week.

Standard Foundation Program	
1st week	5 servings per day
2nd week	5 servings per day
3rd week	5 servings per day
4th week	5 servings per day
5th week	5 servings per day
6th week	5 servings per day

Maintenance Programs	
Minimum	1 serving ~ 3 Days a week
Standard	1 serving ~ 7 Days a week
Maximum	2 servings ~ 7 days a week