YOU RECOMMEND NOT TAKING MINERALS DURING THE PROGRAM. WHAT IF I NEED A PARTICULAR MINERAL AND CAN'T WAIT THE ENTIRE SIX WEEKS?

If you are unable to complete the full six week program, we suggest the following:

- 3 weeks on the Cardio Renew regimen at the recommended servings
- 1 week off Cardio Renew to load up on the mineral(s) you need
- 3 weeks on Cardio Renew to complete the recommended program

If you are currently deficient of a particular mineral, and are aware that you require a daily mineral supplement, we suggest taking your supplement before going to bed. This allows a longer time frame for absorption of the supplement into your body.

Click here to view our recommended six-week foundation program.