

# WHAT OTHER SUPPLEMENTS, IF ANY, DO YOU SUGGEST?

To get the most benefit and the best results from Cardio Renew, we recommend that, during the [six-week foundation program](#), you take at least 1,000 mg of vitamin C and 1,000 I.U. of vitamin E daily. For the most effective interaction with Cardio Renew, we suggest that these vitamins be in liquid, soft-gel, or powder form. It is recommended to spread out these vitamin servings by taking partial servings with each meal.