

SHOULD I TAKE MINERAL SUPPLEMENTS DURING THE SIX-WEEK FOUNDATION PROGRAM?

No, we recommend that you refrain from taking supplements that contain large amounts of minerals during our six-week program. If you take mineral supplements during the Cardio Renew program, the [EDTA](#) could potentially remove the newly absorbed minerals. This would basically nullify the benefits of both the mineral supplements and the EDTA. However, we do suggest taking a good multivitamin/mineral supplement upon completion of the six week Cardio Renew regimen.