

## Maintenance Systems

|                  |                                   |
|------------------|-----------------------------------|
| <b>Minimum:</b>  | <b>1 Serving = 3 Days a Week</b>  |
| <b>Standard:</b> | <b>1 Serving = 7 Days a Week</b>  |
| <b>Maximum:</b>  | <b>2 Servings = 7 Days a Week</b> |

During the Maintenance System you can resume your regular Supplement routine. We recommend taking a daily Multi-Vitamin / Mineral supplement during the Maintenance System.

Cardio Renew has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent diseases. Always consult with your Doctor before starting any new supplement program. Do not stop or alter the usage of any prescribed medication without your Doctor's knowledge and consent. Everyone is different and the way one person reacts to a particular product may be different from another. Do NOT use if you have Liver or Kidney disease or if you are Pregnant or Nursing. Avoid direct contact with eyes, flush immediately with water if direct contact does occur. Because *Cardio Renew's* EDTA formula is Sodium based, we recommend that you monitor your blood pressure throughout the entire Program. *Cardio Renew* is NOT intended for use by children.



Thank you for purchasing *Cardio Renew!*

**Cardio Renew, Inc.**

**15050 Cedar Ave. #116 - 315  
Apple Valley, MN 55124**

**800-578-1215**

**Monday ~ Friday: 9 am – 9 pm**

**Saturday: 9 am – 4 pm**

**(Central Standard Time)**

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Review disclaimer on back page

## System Guidelines

- ◆ You must wait 1 hour between each serving. Servings can be taken once every hour or spread throughout the day. Do not exceed 6 servings per day.
- ◆ Always wait 3 hours after taking any medication before taking Cardio Renew. Wait 2 hours after taking other Supplements.
- ◆ Wait 1 hour after taking a serving of Cardio Renew before taking any medications, supplements or eating food.
- ◆ Do not take Supplements containing Minerals (eg. calcium, magnesium, potassium, iron, etc.), including Multi-Vitamins (that contain Minerals). Vitamins (eg. B, D, A, etc.) are fine to take.
- ◆ Take servings on an empty stomach. When possible, wait 1-2 hours after eating a complete meal - for snacks wait 30 minutes.
- ◆ We recommend at least 1,000 mg of Vitamin C & 1,000 IU of Vitamin E daily. We suggest the Vitamins be taken with meals. If using Cardio Renew's C&E Soft-Gels, take 1 soft-gel, 3 times each day with a meal.
- ◆ Drink 6 - 8 glasses of water each day. Tap water is fine.
- ◆ Store bottles at room temperature – shelf life is 2 years.

Cardio Renew is highly concentrated – before consuming, it must be mixed with 2 oz. (1/4 cup) of a mineral free liquid (we recommend: distilled water).

## Standard Systems

| <u>Preventive System</u><br>Serving = 14 drops mixed with 2 oz of liquid |                | <u>Foundation System</u><br>Serving = 14 drops mixed with 2 oz of liquid |                | <u>Extreme System</u><br>Serving = 20 drops mixed with 2 oz of liquid |                |
|--|----------------|--|----------------|---|----------------|
| 1 <sup>st</sup> week   | 4 Servings/Day | 1 <sup>st</sup> week   | 5 Servings/Day | 1 <sup>st</sup> week  | 6 Servings/Day |
| 2 <sup>nd</sup> week   | 4 Servings/Day | 2 <sup>nd</sup> week   | 5 Servings/Day | 2 <sup>nd</sup> week  | 6 Servings/Day |
| 3 <sup>rd</sup> week   | 4 Servings/Day | 3 <sup>rd</sup> week   | 5 Servings/Day | 3 <sup>rd</sup> week  | 6 Servings/Day |
| 4 <sup>th</sup> week   | 4 Servings/Day | 4 <sup>th</sup> week   | 5 Servings/Day | 4 <sup>th</sup> week  | 6 Servings/Day |
| 5 <sup>th</sup> week   | Multi Vitamin  | 5 <sup>th</sup> week   | 5 Servings/Day | 5 <sup>th</sup> week  | Multi Vitamin  |
| Maintenance System   |                | 6 <sup>th</sup> week   | 5 Servings/Day | Repeat System   |                |

If you experience diarrhea or stomach cramps, reduce your next serving by 2 drops. If you have questions about our Systems, please contact us.

After completing a System, take a daily Multi-Vitamin/Mineral supplement for 1-2 weeks before starting Maintenance or repeating a System.