

Maintenance Program

Serving Information

Cardio Restore	1 Serving = 15 Drops mixed with ¼ cup of liquid
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Recommended Schedule

Cardio Restore - 1 serving every day

Maintenance Plus Program

Serving Information

Cardio Restore	1 Serving = 15 Drops mixed with ¼ cup of liquid
Vitamin C & E Soft-Gel	1 Serving = 1 Soft-Gel
Mega Multi Soft-Gel	1 Serving = 1 Soft-Gel

Recommended Schedule

Routine A	Cardio Restore 1 serving per day	Vitamin C & E Soft-Gel 2 servings per day
Routine B	Mega Multi Soft-Gel - 2 servings per day	

Rotate Every Third Day between Routine A and B

Example: Monday Routine A, Tuesday Routine A, Wednesday Routine B, Thursday Routine A, Friday Routine A, Saturday Routine B, etc.



“The Complete Oral Chelation Program”

*Thank you for purchasing **Cardio Restore!***

Cardio Restore

15050 Cedar Ave. #116 - 313
Apple Valley, MN 55124

Monday - Friday 9 am - 9 pm
Saturday 9 am - 4 pm
(Central Standard Time)

info@CardioRestore.com

www.CardioRestore.com

800-664-4579

Cardio Restore Guidelines

- **Cardio Restore** is highly concentrated. You must mix 1 serving (15 drops) with ¼ cup (2 oz.) of a mineral free liquid (eg. distilled water, pure juices, tea, etc.).
- You can take **Cardio Restore** at 1 hour intervals or spread out the servings throughout the day.
- You should take **Cardio Restore** on an empty stomach: 1 hour before a meal and 2 hours after a complete meal. Snacks wait at least 30 minutes.
- You should wait 10 minutes after taking a serving of **Cardio Restore** before drinking additional liquids.
- You must always wait 1 hour after taking **Cardio Restore** before taking any prescribed medications. And always wait at least 3 hours after taking any medications before taking **Cardio Restore**. Never stop or alter the usage of any prescribed medication without your Doctor's knowledge and consent.
- We recommend drinking 6 - 8 glasses of water per day.
- During the weeks that you take **Cardio Restore** you should avoid supplements containing minerals and keep your intake of dairy products to minimum.
- If you experience any stomach cramps or diarrhea, reduce your next serving by 2 drops.
- Shelf life is 2 years. Store at room temperature

Vitamin C & E Soft-Gel Guidelines

- Take servings each day on the days/weeks that you are taking **Cardio Restore** (see Recommended Schedules).
- Take the **Vitamin C & E Soft-Gel** with meals.

Mega Multi Soft-Gel Guidelines

- Do NOT take **Mega Multi Soft-Gels** on the days/weeks that you are taking **Cardio Restore** (see Recommended Schedules).
- Take the **Mega Multi Soft-Gel** with meals.

Chelation Plus Program

Serving Information

Cardio Restore	1 Serving = 15 Drops mixed with ¼ cup of liquid
Vitamin C & E Soft-Gel	1 Serving = 1 Soft-Gel
Mega Multi Soft-Gel	1 Serving = 1 Soft-Gel

Recommended Schedule

Week 1	Cardio Restore 5 times per day	Vitamin C & E Soft-Gel - 3 times each day
Week 2	Cardio Restore 5 times per day	Vitamin C & E Soft-Gel - 3 times each day
Week 3	Mega Multi Soft-Gel - 2 times each day	
Week 4	Cardio Restore 5 times per day	Vitamin C & E Soft-Gel - 3 times each day
Week 5	Cardio Restore 5 times per day	Vitamin C & E Soft-Gel - 3 times each day
Week 6	Mega Multi Soft-Gel - 2 times each day	
Week 7	Cardio Restore 5 times per day	Vitamin C & E Soft-Gel - 3 times each day
Week 8	Cardio Restore 5 times per day	Vitamin C & E Soft-Gel - 3 times each day
Week 9	Mega Multi Soft-Gel - 2 times each day	

Do not use if you have Liver or Kidney disease or if you are Pregnant or Nursing. Avoid direct contact with skin and eyes, flush immediately with water if direct contact does occur. Cardio Restore's EDTA formula is Sodium based, people that are extremely sensitive to Sodium should monitor their blood pressure during the Program. Cardio Restore is not intended for use by children. Keep cap on tightly when not in use.