

## Maintenance Program

### Serving Information

<b>Cardio Restore</b>	1 Serving = 15 Drops mixed with 2 oz. of liquid
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### Recommended Schedule

<b>Cardio Restore</b> - 1 Serving per Day	4 Days per week
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## Maintenance Plus Program

### Serving Information

<b>Cardio Restore</b>	1 Serving = 15 Drops mixed with 2 oz. of liquid
<b>Vitamin C &amp; E Restore</b>	1 Serving = 1 Teaspoon
<b>Essential Restore</b>	1 Serving = 1 Teaspoon

### Recommended Schedule

Routine A	<b>Cardio Restore</b> 1 time per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Routine B	<b>Essential Restore</b> - 1 time 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.



**VITAMIN RESTORE**   **ESSENTIAL RESTORE**

*“The Complete Liquid 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 CST  
Saturday 9 am - 4 pm CST

**800-664-4579**

info@CardioRestore.com

**www.CardioRestore.com**

## Cardio Restore Guidelines

- **Cardio Restore** is highly concentrated. You must mix 1 serving (15 drops) with 2 oz. (1/4 cup) 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 stomach cramps or diarrhea, reduce your next serving by 2 drops.

## Vitamin C & E Restore Guidelines

- Shake bottle for 5 seconds before using.
- Take 1 serving per day on the weeks that you are taking **Cardio Restore** (see recommended schedule).
- Take **Vitamin C & E Restore** at meal time.

## Essential Restore Guidelines

- Shake bottle for 5 seconds before using.
- It is very important to only take **Essential Restore** on the weeks that are scheduled. Do NOT take **Essential Restore** on the weeks that you are taking **Cardio Restore** (see recommended schedule).
- Take **Essential Restore** at meal time.

## Chelation Plus Program

### Serving Information

<b>Cardio Restore</b>	1 Serving = 15 Drops mixed with 2 oz. of liquid
<b>Vitamin C &amp; E Restore</b>	1 Serving = 1 Teaspoon
<b>Essential Restore</b>	1 Serving = 1 Teaspoon

### Recommended Schedule

Week 1	<b>Cardio Restore</b> 5 times per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Week 2	<b>Cardio Restore</b> 5 times per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Week 3	<b>Essential Restore</b> - 1 time per Day	
Week 4	<b>Cardio Restore</b> 5 times per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Week 5	<b>Cardio Restore</b> 5 times per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Week 6	<b>Essential Restore</b> - 1 time per Day	
Week 7	<b>Cardio Restore</b> 5 times per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Week 8	<b>Cardio Restore</b> 5 times per day	<b>Vitamin C &amp; E Restore</b> - 1 time per day
Week 9	<b>Essential Restore</b> - 1 time per Day	

Keep cap on tightly when not in use. 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.