

# WHO CAN TAKE CARDIO RENEW?

Most people can take Cardio Renew. It is 100% liquid [EDTA](#) (ethylene-diamine-tetra-acetic acid), with no other ingredients. EDTA passes through the stomach unaffected and is absorbed by epithelium cells in the duodenum. This means that there are no ill effects for those with digestive or dietary issues. In fact, like all free form amino acids, EDTA requires no digestive process to enter the bloodstream.

Additionally, Cardio Renew is easy to take?just add the recommended amount to two or more ounces of water or another mineral-free liquid and drink!