



## Frequently Asked Questions about Cardio Cocktail™

### **How much Cardio Cocktail™ should I drink?**

-The normal maintenance dose is one ounce a day. However, depending on your desired results, you could take two to three ounces a day in divided doses.

### **How should I drink Cardio Cocktail™?**

-The best way to drink the product is on an empty stomach followed by eight ounces of filtered or distilled water, no chlorinated water.

### **When should I drink Cardio Cocktail™?**

-The best time to drink **Cardio Cocktail™** is twenty minutes prior to eating. Many people take the product in the morning before breakfast. Some take the product at night, just before going to bed. Some take the product throughout the day. It is important to take the product consistently, so find the time that works best for your situation and your body.

### **What if I am on medication?**

-We suggest that you always consult with your physician or pharmacist before taking any nutritional supplement. This is especially important if you are currently taking medication(s) prescribed by a doctor.

### **Can I drink too much?**

-Typically, if you take more than your body needs or wants, your body will eliminate the excess. In some cases, taking more than you need can cause diarrhea. If this occurs, reduce the amount.

### **Can I mix with water or juice?**

-Yes. When mixing with water, use distilled or filtered water only. There should be no minerals or other elements in the water to compete with the nutrients. Chlorinated water should never be used to dilute the product or follow the product. Many cities chlorinate their tap water, so be sure to find out before using tap water. Also, you can mix with your favorite fruit juice.

### **How quickly can I expect results?**

-Many people feel results almost immediately. However, the true benefits of **Cardio Cocktail™** come from consistent long-term use.

These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.



### **Where do the ingredients originate?**

-**Cardio Cocktail™** is comprised of the most scientifically researched nutritional elements currently available. We search the entire globe to select only the finest plant sources available. From the rainforests of the Amazon to the Himalayan mountains, **Cardio Cocktail™** is fortified with the best ingredients. Each ingredient is carefully handled to insure maximum benefits to the user and minimal impact on the environment.

### **How long do I need to drink Cardio Cocktail™?**

-That depends on how long you would like to receive the benefits. **Cardio Cocktail™** is a superfood for your body. It is the long-term, consistent use that yields the best results.

### **Is it safe for children?**

-We do not recommend this product for anyone under the age of eighteen. Their bodies are still growing and have not developed the need for all of the ingredients in **Cardio Cocktail™**.

### **Some "experts" say that arginine cannot be delivered in a liquid. Is that true?**

-That is absolutely incorrect. ForMor utilizes a proprietary formulation system that preserves and enhances the activity of L-arginine in the system. By delivering **Cardio Cocktail™** in liquid rather than less desirable forms such as pills, capsules or powders, we insure the body is able to achieve the maximum level of absorption possible while actually increasing its efficacy.

### **How are the ingredients in Cardio Cocktail™ selected?**

-The ingredients for **Cardio Cocktail™** are selected using a two-tiered approach. First, the primary ingredients, like L-arginine, vitamin D, and L-citrulline, are subjected to a stringent scientific or research-based test. We choose ingredients that have significant peer-reviewed scientific research that verifies its importance, its efficacy and its safety. Then, those ingredients are tested to insure that they not only compliment with the other ingredients, but that they actually increase the performance of the product. The supporting ingredients, like goji, açai and mangosteen, are subjected to testing on their effectiveness as antioxidants and natural sources of vitamins and minerals. Also, these ingredients are pesticide-free, certified organic or come from organic-compliant growers, as well as, non-GMO (genetically modified organism). The result is a clinical beverage. Unlike many functional beverages on the market today, **Cardio Cocktail™** is based on real science and not on mere folklore or legend. **Cardio Cocktail™** is the leading clinical beverage in the market today.

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