



**WELLNESS
PRODUCTS**





READ THE REVIEWS

A must in our home.

My husband loves Optimal Balance for Men. They give him a boost of energy and a sense of well being! (Mara P.)

Anxiety and Insomnia.

As a holistic health coach I recommend Daily Essential Nutrients to all my clients with depression and anxiety. (Mindy W.)

Best Vitamins I've ever taken.

I have never noticed such a drastic difference in the health of my skin, my energy levels, and my mental alertness when I take these. (Luke M.)

Best I've ever used.

I love that these nutritionals do not upset my stomach and that the research behind them is solid. (Donna)

Can't live without it.

I have severe PMDD. I would not be alive and neither would anyone around me without this stuff. (Marsha)

After 20 years on lithium...

I transitioned off lithium to Hardy Daily Essential Nutrients 3 years ago. I am stable (I have a diagnosis of Bipolar). Best choice I have made. (Erika W.)

Best Product!

Bought these for my ADHD teenage son who has meltdowns often and is quite sensitive. These vitamin supplements have helped him have more control over his moods. He's calmer and more focused. Communicates better. Amazing products! (Julie M.)

Best Supplement

It gives me enough energy to get through work without the middle of the day crash. I also get sick less frequently. (Jordan)

Optimal Balance for Women - Amazing!

I would not be without it. I feel very balanced with the Optimal Balance for Women. Best of all I sleep much better!!! (Delilah)

Words can't describe...

My mental and physical health have made a complete turnaround. I finally learned what it feels like to have a strong, stable mind. (Lori)

Wonderful!

I notice a difference in mood, energy, and overall health when taking these vitamins! I recommend them to all my friends. (Dewann)

Phenomenal results!

We are getting phenomenal results with the vitamins! Our patients feel great and many of the psychiatric patients are having incredible improvement as well. (Dr. Mel Litman)

Best vitamins for the money!

As a Degreed Nutritionist I do a great deal of research and experiment on myself. Hardy is one of the very few companies that provides the actual studies confirming their claims and results. These genuinely make a difference in how I feel. (Cathleen)

Macro Mineral Boost.

My knees no longer feel painful and stiff with regular consumption of Macro Mineral Boost. Good product. (Fran)

Help with Postpartum Depression.

Daily Essential Nutrients was an amazing help as I struggled with postpartum depression! I recommend them to anyone I talk to about health! (Tara)



Contents

- Customer Reviews Inside front cover

CLINICAL MICRONUTRIENTS

- Daily Essential Nutrients Capsules (360) 1
- Daily Essential Nutrients Capsules (120) 1
- Daily Essential Nutrients Unflavored Powder (756g) 3
- Daily Essential Nutrients Chocolate Caramel Powder (300g) 4
- Daily Essential Nutrients Mixed Berry Powder (300g) 4
- Daily Essential Nutrients Strawberry Peach Powder (300g) 4
- Daily Essential Nutrients with Added Vitamers Capsules (360) 5
- Daily Essential Nutrients with Added Vitamers Capsules (120) 5

GENERAL HEALTH MICRONUTRIENTS

- Optimal Balance® - For Women 6
- Optimal Balance® - For Men 7

MACRONUTRIENT SUPPORT

- Balanced Free-form Aminos 8
- Macro Mineral Boost 9
- Essential Omegas 10

GUT HEALTH

- Olive Leaf Extract 11
- Greens & Probiotics Capsules 12
- Greens & Probiotics Powder 13

SUPPORTIVE NUTRIENTS

- Inositol Powder 14
- Phosphatidyl Choline 15

RESOURCES

- Reference Booklets Inside back cover
 - Daily Essential Nutrients Frequently Asked Questions (FAQ)
 - Clinical Reference for Healthcare Professionals
 - Daily Essential Nutrients Research Summary

"We've taken nearly two decades of intensive research and experience to measure results, so that our products will deliver results you can count on.

David Hardy, Founder, Hardy Nutritionals®





Clinical Strength BROAD-SPECTRUM MICRONUTRIENTS



Daily Essential Nutrients[†]

360 Capsules & 120 Capsules
Typical Clinical-Strength Dose:
4 capsules, 3 times daily.

- Backed by over 30 independent, peer-reviewed research studies.*[†]
- Used and recommended by physicians worldwide to enhance mood and behavior of patients.*
- Optimizes neurological function in both adults and children.*
- Restores quality of life by combating stress, depression, and other disruptive & debilitating mental health related conditions.*
- Contains every essential vitamin & mineral your brain and body need to perform optimally.*
- Formulated with highest quality ingredients, specially balanced for human physiology at clinical-strength, therapeutic levels.*

- Improved cognition & focus
- Enhanced energy & well-being
- Mood stability
- Reduced anxiety & stress
- Minimal side-effects
- Lower treatment costs

“What we’re finding is the stability that vitamins and minerals are able to achieve is far greater than what the psychiatric drugs will do...Patients describe themselves as more clear-headed, able to think more sharply and more clearly.”



Dr. Charles W. Popper, MD
Psychiatrist & Psychopharmacologist,
Harvard Medical School



Experience
A New LEVEL OF WELLNESS

GetHardy.com
1-855-955-1110

Daily Essential Nutrients

is used by healthcare professionals around the world for a wide variety of central nervous system disorders, including ADHD, bipolar, autism, OCD, depression, anxiety, brain injury, and neurodegeneration.*

When used correctly, Daily Essential Nutrients is powerful enough to completely replace other nutraceuticals and even psychiatric medications, because it is:

Complete. Every biological process requires multiple nutrients. Daily Essential Nutrients delivers every essential vitamin and mineral you need and more!*

Bioavailable. Our NutraTek™ mineral delivery technology optimizes mineral absorption and enables vital nutrients to enhance neuron structure and function.*

Balanced. Delivers natural ratios of nutrients to promote optimal cognitive function, mental clarity, focus, and mood stability.*

Supplement Facts

Serving Size: 4 Veggie Capsules
Servings Per Container: 90 (DEN360) / 30 (DEN120)

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	576 mcg	64%
Vitamin C (as ascorbic acid)	200 mg	222%
Vitamin D (as cholecalciferol)	24 mcg	120%
Vitamin E (as D-alpha tocopheryl succinate)	78 mg	520%
Vitamin K (as phytylquinone & menaquinone-7)	40 mcg	33%
Thiamin (as thiamine mononitrate)	20 mg	1667%
Riboflavin	8 mg	462%
Niacin (as niacinamide)	30 mg	188%
Vitamin B ₆ (as pyridoxine hydrochloride)	23.3 mg	1372%
Folate (as calcium L-5-methyltetrahydrofolate)	444 mcg DFE	111%
Vitamin B ₁₂ (as adenosylcobalamin & methylcobalamin)	300 mcg	12500%
Biotin	360 mcg	1200%
Pantothenic acid (as D-calcium pantothenate)	10 mg	200%
Choline (as bitartrate)	64 mg	12%
Calcium (as NutraTek™ chelation complex)	440 mg	34%
Iron (as NutraTek™ chelation complex)	4.6 mg	25%
Phosphorus (as NutraTek™ chelation complex)	280 mg	22%
Iodine (as NutraTek™ chelation complex)	68 mcg	45%
Magnesium (as NutraTek™ chelation complex)	200 mg	48%
Zinc (as NutraTek™ chelation complex)	16 mg	145%
Selenium (as NutraTek™ chelation complex)	68 mcg	124%
Copper (as NutraTek™ chelation complex)	2.4 mg	267%
Manganese (as NutraTek™ chelation complex)	3.2 mg	139%
Chromium (as NutraTek™ chelation complex)	208 mcg	594%
Molybdenum (as NutraTek™ chelation complex)	48 mcg	107%
Potassium (as NutraTek™ chelation complex)	80 mg	2%
Proprietary blend	425 mg	†

Alpha-lipoic acid, shilajit extract, inositol, acetyl-L-carnitine, grape seed extract, ginkgo biloba leaf extract, N-acetyl-L-cysteine, L-methionine, trace minerals as NutraTek™ chelation complex: lithium orotate, boron, vanadium, nickel.

† Daily Value (%DV) not established.

Other ingredients: Vegetarian capsule (hypromellose, titanium dioxide), microcrystalline cellulose, magnesium stearate, silicon dioxide.



GLUTEN FREE



VEGETARIAN FRIENDLY



DAIRY FREE



SOY FREE



QUALITY PRODUCT

Rev. 20-08

Double-blind Research in Children with ADHD[§]

daily
Essential
Nutrients

IMPROVES:*

- ✓ Inattention
- ✓ Aggression
- ✓ Emotional Regulation



“As a researcher, I can say that these nutritional formulas have the most scientific evidence of any in the world for improving mental disorders.”

Dr. Bonnie J. Kaplan, Ph.D.

Professor Emeritus, Cumming School of Medicine,
University of Calgary Alberta Children's Hospital
Research Institute Owerko Centre



[§]Source: Rucklidge JJ, Eggleston MJF, Johnstone JM, Darling K, Frampton CM. Vitamin-mineral treatment improves aggression and emotional regulation in children with ADHD: a fully blinded, randomized, placebo-controlled trial. J Child Psychol Psychiatry. 2018 Mar; 59(3):232-246.



Daily Essential Nutrients[†] Unflavored Powder

756 g (90 scoops)

Typical Clinical-Strength Dose:

1 scoop, 3 times daily.

- Delivers the nutrition contained in Daily Essential Nutrients Capsules.
- Contains health-promoting fiber with improved taste, solubility, and versatility.
- Designed to be a clean and simple, versatile drink add-in with minimal sweetness, not a fully flavored stand-alone beverage.
- Enjoy in a wide variety of juices, smoothies, and other flavored beverages.
- Compatible with most flavors, but may harmlessly reduce the vibrancy of certain pH-sensitive natural fruit & vegetable colors (e.g. grape, certain berry colors).

Supplement Facts

Serving Size: Unflavored Powder 8.4 g / Flavored Powders 10 g (approx. 1 level scoop)

Servings Per Container: Unflavored Powder 90 / Flavored Powders 30

Amount Per Serving	%DV**	Amount Per Serving	%DV**
Calories	10	Iodine (as NutraTek™ chelation blend)	68 mcg 45%
Total Carbohydrates	4g 2%	Magnesium (as NutraTek™ chelation blend)	200 mg 48%
Dietary Fiber	1 g 4%	Zinc (as NutraTek™ chelation blend)	16 mg 145%
Vitamin A (as retinyl palmitate)	576 mcg 64%	Selenium (as NutraTek™ chelation blend)	68 mcg 124%
Vitamin C (as ascorbic acid)	200 mg 222%	Copper (as NutraTek™ chelation blend)	2.4 mg 267%
Vitamin D (as cholecalciferol)	24 mcg 120%	Manganese (as NutraTek™ chelation blend)	3.2 mg 139%
Vitamin E (as D-alpha tocopheryl acetate, mixed tocopherols, and mixed tocotrienols)	46.8 mg 312%	Chromium (as NutraTek™ chelation blend)	208 mcg 594%
Vitamin K (as phyloquinone and menaquinone-7)	60 mcg 50%	Molybdenum (as NutraTek™ chelation blend)	48 mcg 107%
Thiamin (as thiamine hydrochloride)	15 mg 1250%	Sodium (as NutraTek™ chelation blend)	40 mg 2%
Riboflavin	6 mg 462%	Potassium (as NutraTek™ chelation blend)	80 mg 2%
Niacin (as niacinamide, nicotinamide riboside chloride, & nicotinic acid)	48 mg 300%	Proprietary blend	680 mg †
Vitamin B ₆ (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	20 mg 1176%	Inositol, Great Salt Lake minerals, L-glutamine, mixed tocopherols (organic), N-acetyl-L-cysteine, acetyl-L-carnitine (as hydrochloride), grape seed extract, methylsulfonylmethane (MSM), L-methionine, mixed tocotrienols (from palm fruit), coenzyme Q10, alpha-lipoic acid, ginkgo biloba leaf extract, LIVING SILICA® (MMST & OSA), pyrroloquinoline quinone (PQQ), trace minerals as NutraTek™ chelation blend: boron, vanadium, nickel.	
Folate (as calcium folinate and L-methylfolate calcium)	500 mcg DFE 125%		
Vitamin B ₁₂ (as hydroxo-, adenosyl-, and methyl-cobalamin)	250 mcg 10417%		
Biotin	360 mcg 1200%		
Pantothenic acid (as D-calcium pantothenate)	10 mg 200%		
Choline (as bitartrate)	64 mg 12%		
Calcium (as NutraTek™ chelation blend)	400 mg 31%		
Iron (as NutraTek™ chelation blend)	4.6 mg 25%		
Phosphorus (as NutraTek™ chelation blend)	254 mg 20%		

Other ingredients: Resistant dextrin (corn & tapioca fiber), gum blend (guar gum, acacia gum, xanthan gum), instantized inulin (chicory root fiber), monk fruit extract (luo han guo), stevia leaf extract, silicon dioxide, natural flavor.

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Rev. 2014

For recipe ideas visit:
<http://Try.HardyNutritionals.com/recipes/>



Daily Essential Nutrients[†] Flavored Powder

300 g (30 scoops)

Typical Clinical-Strength Dose:

1 scoop, 3 times daily.

- Available in 3 Flavors: Chocolate Caramel, Mixed Berry and Strawberry Peach.
- Delivers the nutrition contained in Daily Essential Nutrients Capsules in a delicious & easy to use way.
- Carefully selected, clean & healthy ingredients, including all natural flavors & colors & calorie-free natural sweeteners (monk fruit and stevia).
- Contains health-promoting fiber which is easily tolerated without GI upset & has excellent taste & solubility.
- Designed to be a stand-alone fully flavored drink powder dissolved in just water or milk & ingested immediately, but it can also be used to enhance smoothies, flavor breakfast oatmeal, etc.

Chocolate Caramel

Other Ingredients: Resistant dextrin (non-GMO corn fiber & organic tapioca fiber), natural chocolate flavor, natural caramel flavor, organic konjac gum, dark cocoa powder (Dutch processed), natural vanilla flavor, organic acacia gum, organic guar gum, monk fruit extract (luo han guo), instantized inulin (chicory root fiber), stevia leaf extract, carrageenan, lycopene powder, organic carob powder, natural caramel color, silicon dioxide, lutein/zeaxanthin from marigold extract (as XanMax®), natural flavor.

Mixed Berry

Other Ingredients: Resistant dextrin (non-GMO corn fiber & organic tapioca fiber), natural mixed berry flavors, organic konjac gum, sodium bicarbonate, orange juice powder, radish skin extract (color), monk fruit extract (luo han guo), instantized inulin (chicory root fiber), gum blend (organic guar gum, organic acacia gum, xanthan gum), stevia leaf extract, natural vanilla flavor, natural strawberry flavor, potassium bicarbonate, lycopene powder, silicon dioxide, natural acai flavor, natural banana flavor, natural flavor.

Strawberry Peach

Other Ingredients: Resistant dextrin (non-GMO corn fiber & organic tapioca fiber), gum blend (organic guar gum, organic acacia gum, xanthan gum), natural peach flavor, fermented beet root powder, peach juice powder, orange juice powder, natural mango flavor, sodium bicarbonate, instantized inulin (chicory root fiber), lycopene powder, natural strawberry flavor, monk fruit extract (luo han guo), stevia leaf extract, potassium bicarbonate, lutein/zeaxanthin from marigold extract (as XanMax®), silicon dioxide, radish skin extract (color), natural flavor.

“It is easy to use, enhances the quality of life and reduces the reliance on antipsychotic medications”

Dr. Aruna Tummala
MD, AIHM
Psychiatrist



“My patients stay within normal range when they are on this for bipolar, and it’s really successful.”

Dr. Arwen Podesta.
MD, ABPN, FASAM, ABHIM
Psychiatrist



[†]The micronutrient formulations studied include pre-2013 versions of EMPowerplus, which were co-formulated by Hardy Nutritionals’ Founder, David Hardy.

Experience
A *New* LEVEL OF WELLNESS



"I see better results with fewer side effects with Daily Essential Nutrients."

Dr. Scott Shannon
MD, ABIHM
Past President, American Holistic Medical Association
Assistant Clinical Professor,
University of Colorado
Children's Hospital



Daily Essential Nutrients[†] with Added Vitamers

360 Capsules & 120 Capsules
Typical Clinical-Strength Dose:
4 capsules, 3 times daily.

- Designed to deliver the same nutrition as our original Daily Essential Nutrients product, but with more diversified forms of natural food vitamers in ratios present in nature.*
- It is specifically formulated for individuals with certain genetic variations of Vitamin B6 and Folate metabolism. For example, people sensitive to methylfolate and methylcobalamin (genetic "methylation" disorders), will likely respond better to this formula.*
- Manages anxiety and insomnia better in some people, compared with our primary DEN formulation, perhaps due to their particular genetics-based nutrient needs.*

Supplement Facts

Serving Size: 4 Veggie Capsules
Servings Per Container: 90 (Vitamers 360) / 30 (Vitamers 120)

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	576 mcg	64%
Vitamin C (as ascorbic acid)	200 mg	222%
Vitamin D (as cholecalciferol)	24 mcg	120%
Vitamin E (as D-alpha tocopheryl succinate & mixed tocopherols)	64.8 mg	432%
Vitamin K (as phytylquinone & menaquinone-7)	40 mcg	33%
Thiamin (as thiamine HCl)	20 mg	1667%
Riboflavin	6 mg	462%
Niacin (as niacinamide, nicotinamide riboside Cl, & nicotinic acid)	48 mg	300%
Vitamin B ₆ (as pyridoxine HCl & pyridoxal-5-phosphate)	20 mg	1176%
Folate (as calcium folinate & L-methylfolate calcium)	500 mcg DFE	125%
Vitamin B ₁₂ (as hydroxo-, adenosyl-, & methyl-cobalamin)	300 mcg	12500%
Biotin	360 mcg	1200%
Pantothenic acid (as D-calcium pantothenate)	10 mg	200%
Choline (as bitartrate)	64 mg	12%
Calcium (as NutraTek™ chelation complex)	440 mg	34%
Iron (as NutraTek™ chelation complex)	4.6 mg	25%
Phosphorus (as NutraTek™ chelation complex)	280 mg	22%
Iodine (from Atlantic kelp [†])	68 mcg	45%
Magnesium (as NutraTek™ chelation complex)	200 mg	48%
Zinc (as NutraTek™ chelation complex)	16 mg	145%
Selenium (as NutraTek™ chelation complex)	68 mcg	124%
Copper (as NutraTek™ chelation complex)	2.4 mg	267%
Manganese (as NutraTek™ chelation complex)	3.2 mg	139%
Chromium (as NutraTek™ chelation complex)	208 mcg	594%
Molybdenum (as NutraTek™ chelation complex)	48 mcg	107%
Potassium (as NutraTek™ chelation complex)	80 mg	2%
Proprietary blend	320 mg	†

Alpha-lipoic acid, Great Salt Lake minerals, inositol, acetyl-L-carnitine HCl, Atlantic kelp[†] (lamnaria digitata), grape seed extract, N-acetyl-L-cysteine, L-methionine, mixed tocopherols (organic), mixed tocotrienols (from palm fruit), ginkgo biloba leaf extract, trace minerals as NutraTek™ chelation complex: boron, vanadium, nickel.

† Daily Value (%DV) not established.

Other ingredients: Vegetarian capsule (hypromellose, titanium dioxide, microcrystalline cellulose, magnesium stearate, silicon dioxide)

Rev. 2016

[†]Caution: Children and individuals taking prescription medication(s) should be monitored by a physician while taking any version of Daily Essential Nutrients. In most cases, psychoactive drugs will need to be gradually reduced and eventually discontinued during Daily Essential Nutrients therapy to minimize over-medication effects. Results are significantly affected by digestive function, and many other factors. Best results are achieved with guidance from a Health Professional trained in the use of Hardy Nutritionals products or a Hardy Nutritionals Product Specialist. As with any supplement, if you have a medical condition, consult your doctor before use.



Optimal Balance® - For Women

180 Capsules

Typical Dose: 3 capsules, 2 times daily.

- Provides a comprehensive combination of vitamins, minerals, and botanicals dosed and balanced for women.*
- Designed to boost immunity, balance mood, and fortify against chronic illness and stress.*
- An excellent prenatal and postpartum supplement.*
- Meets a woman's full daily requirements for iron and contains royal jelly as a hormone-balancing factor.*
- Research-validated as an effective treatment for insomnia.*
- Demonstrated by independent, peer-reviewed research to improve depression, anxiety, and stress scores.**

^{*}Optimal Balance® is designed for general health use and is your daily self defense against chronic illness and stress. Daily Essential Nutrients is recommended for individuals experiencing serious mood and anxiety-related disorders.*

“This has lifted my mood, wiped out migraines and done wonders for my hormones”

- Nicole H.

“Really happy with the results. My digestive system is healthy, I have more energy and I'm sleeping much better after 2 months”

- Nicola S.

Supplement Facts

Serving Size: 3 Veggie Capsules

Servings Per Container: 60

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	576 mcg	64%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as cholecalciferol)	36 mcg	180%
Vitamin E (as D-alpha tocopheryl succinate & mixed tocopherols)	24 mg	160%
Vitamin K (as phyloquinone & menaquinone-7)	60 mcg	50%
Thiamin (as thiamine mononitrate)	27 mg	2250%
Riboflavin	8 mg	615%
Niacin (as niacinamide)	26 mg	163%
Vitamin B ₆ (as pyridoxine hydrochloride)	24 mg	1412%
Folate (as 300 mcg folic acid & L-methylfolate calcium)	668 mcg DFE	167%
Vitamin B ₁₂ (as hydroxocobalamin acetate & methylcobalamin)	168 mcg	7000%
Biotin	318 mcg	1060%
Pantothenic acid (as calcium D-pantothenate)	14 mg	280%
Choline (as choline bitartrate)	64 mg	12%
Calcium (as NutraTek™ chelation complex)	303 mg	23%
Iron (as ferrous bisglycinate chelate & NutraTek™ chelation complex)	13.5 mg	75%
Phosphorus (as NutraTek™ chelation complex)	193 mg	15%
Iodine (as Atlantic Kelp & NutraTek™ chelation complex)	120 mcg	80%
Magnesium (as NutraTek™ chelation complex)	137 mg	33%
Zinc (as NutraTek™ chelation complex)	11 mg	100%
Selenium (as NutraTek™ chelation complex)	46 mcg	84%
Copper (as NutraTek™ chelation complex)	1.6 mg	178%
Manganese (as NutraTek™ chelation complex)	2.2 mg	96%
Chromium (as NutraTek™ chelation complex)	143 mcg	409%
Molybdenum (as NutraTek™ chelation complex)	33 mcg	73%
Potassium (as NutraTek™ chelation complex)	55 mg	1%

Proprietary blend 332 mg †
 Mineral wax, gamma tocopherol (as mixed tocopherols), inositol, organic spirulina, larch arabinogalactan, royal jelly, alpha lipoic acid, bamboo shoot extract, Great Salt Lake minerals, coenzyme Q10, rhodiola rosea root extract, astragalus root extract, grape seed extract, ginkgo biloba leaf extract, trace minerals as NutraTek™ chelation complex: lithium orotate, boron, vanadium, nickel.

† Daily Value (DV) not established.

Other ingredients: Vegetarian capsule (hypromellose, titanium dioxide), microcrystalline cellulose, magnesium stearate, silicon dioxide.

Rev19-08



Optimal Balance® - For Men

180 Capsules

Typical Dose: 3 capsules, 2 times daily.

- Provides a comprehensive combination of vitamins, minerals, and botanicals at general health doses for men.*
- Designed to boost physical and cognitive health to help men meet the emotional and physical demands of work and home life.*
- Designed to boost immunity, optimize performance, and fortify against chronic illness and stress.*
- With beta-sitosterol and saw palmetto to improve prostate function.*
- Research-validated as an effective treatment for insomnia.*
- Demonstrated by independent, peer-reviewed research to improve depression, anxiety, and stress scores.**

Optimal Balance® is designed for general health use and is your daily self defense against chronic illness and stress. Daily Essential Nutrients is recommended for individuals experiencing serious mood and anxiety-related disorders.

“I do notice I feel more calm and clear headed while taking this and I have noticed my quality of sleep is better.”

- Garrett M.

“I take 3 per day and it gives me enough energy to get through work without the middle of the day crash. I also get sick less frequently”

- Jordan

Supplement Facts

Serving Size: 3 Veggie Capsules

Servings Per Container: 60

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	576 mcg	64%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as cholecalciferol)	36 mcg	180%
Vitamin E (as D-alpha tocopheryl succinate & mixed tocopherols)	24 mg	160%
Vitamin K (as phyloquinone & menaquinone-7)	60 mcg	50%
Thiamin (as thiamine mononitrate)	27 mg	2250%
Riboflavin	8 mg	615%
Niacin (as niacinamide)	26 mg	163%
Vitamin B ₆ (as pyridoxine hydrochloride)	24 mg	1412%
Folate (as 300 mcg folic acid & L-methylfolate calcium)	668 mcg DFE	167%
Vitamin B ₁₂ (as hydroxocobalamin acetate & methylcobalamin)	168 mcg	7000%
Biotin	318 mcg	1060%
Pantothenic acid (as calcium D-pantothenate)	14 mg	280%
Choline (as choline bitartrate)	56 mg	10%
Calcium (as NutraTek™ chelation complex)	303 mg	23%
Iron (as ferrous bisglycinate chelate & NutraTek™ chelation complex)	4 mg	22%
Phosphorus (as NutraTek™ chelation complex)	193 mg	15%
Iodine (as Atlantic kelp & NutraTek™ chelation complex)	120 mcg	80%
Magnesium (as NutraTek™ chelation complex)	137 mg	33%
Zinc (as NutraTek™ chelation complex)	11 mg	100%
Selenium (as NutraTek™ chelation complex)	46 mcg	84%
Copper (as NutraTek™ chelation complex)	1.6 mg	178%
Manganese (as NutraTek™ chelation complex)	2.2 mg	96%
Chromium (as NutraTek™ chelation complex)	143 mcg	409%
Molybdenum (as NutraTek™ chelation complex)	33 mcg	73%
Potassium (as NutraTek™ chelation complex)	55 mg	1%
Proprietary blend	415 mg	†

Beta sitosterol (as pine phytosterols), mineral wax, gamma tocopherol (as mixed tocopherols), inositol, organic spirulina, larch arabinogalactan, saw palmetto fruit extract, alpha-lipoic acid, bamboo shoot extract, Great Salt Lake minerals, coenzyme Q10, rhodiola rosea root extract, astragalus root extract, grape seed extract, ginkgo biloba leaf extract, trace minerals as NutraTek™ chelation complex: lithium orotate, boron, vanadium, nickel.

† Daily Value (DV) not established.

Other ingredients: Vegetarian capsule (hypromellose, titanium dioxide), micro-crystalline cellulose, magnesium stearate, silicon dioxide.

Rev.19-08



“My son is a swimmer and is in the water training 6-8 times a week. These are the way to go for an athlete that requires fast recovery and optimal protein. We need immediate availability during race days when events are tight and nerves run high. This product makes it all possible...”

- Lisa T.

Balanced Free-Form Aminos

240 Capsules

Typical Dose: 4 capsules, 2 times daily.

- Specially formulated to deliver the unique amino acid profile of human milk (which is remarkably similar around the world regardless of a mother's diet or race).*
- Provides essential building blocks for enzymes, neurotransmitters, and hormones.*
- Unlike other forms of protein, free-form amino acids are immediately bioavailable, because they can be freely absorbed into the bloodstream without requiring digestion.*
- Accelerates recovery from injury or tissue damage, supplements a low-protein diet, and can relieve side effects or withdrawal symptoms of certain psychiatric medications.*
- Fortifies organs and tissues with the amino acids they all require to function properly, with the help of vitamins, minerals and other nutrients.*
- Most effective when taken in conjunction with either **Daily Essential Nutrients** or **Optimal Balance®**.*

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 60

Amount Per Serving	%DV
Histidine (as L-histidine hydrochloride monohydrate)	74.5 mg †
Isoleucine (as L-isoleucine)	171.4 mg †
Leucine (as L-leucine)	276.0 mg †
Lysine (as L-lysine monohydrate hydrochloride)	204.7 mg †
Methionine (as L-methionine)	41.4 mg †
Phenylalanine (as L-phenylalanine)	110.4 mg †
Threonine (as L-threonine)	157.6 mg †
Tryptophan	96.5 mg †
Valine (as L-valine)	151.8 mg †
Proprietary Blend	1402.0 mg †
Glutamic acid (as L-glutamic acid hydrochloride), Glutamine (as L-glutamine), Aspartic acid (as L-aspartic acid), Proline (as L-proline), Carnitine (as L-carnitine L-tartrate), Taurine, Arginine (as L-arginine hydrochloride), Serine (as L-serine), Alanine (as L-alanine), Tyrosine (as L-tyrosine), Glycine, Cysteine (as N-acetyl-L-cysteine), Acetylcarbitine (as acetyl-L-carnitine hydrochloride), Citrulline (as L-citrulline)	

† Daily Value (%DV) not established.

Other Ingredients: Gelatin capsules, magnesium stearate, silica.

Rev. 15-02



Macro Mineral Boost

180 Capsules

Typical Dose: 1-2 capsules, 3 times daily, or as recommended by a physician.

- Provides a comprehensive and optimal balance of NutraTek™ chelation complex essential minerals with boosted macro-minerals (Calcium and Magnesium) and key supportive vitamins.
- Use to stop joint pain, boost immunity, maintain healthy bones and teeth, prevent fractures, increase strength, reduce hormonal and menstrual-related mood swings, and minimize symptoms of histamine intolerance.*

Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance™**.
For example:

- Post-menopausal women and those who have osteoporosis may want to take **Macro Mineral Boost** in addition to the full clinical dose of **Daily Essential Nutrients**.*
- Those without acute health problems who are elderly or who have osteopenia may wish to take **Macro Mineral Boost** with **Optimal Balance®**.*
- Women who are pregnant or lactating may benefit by using **Macro Mineral Boost** in conjunction with **Optimal Balance®** or **Daily Essential Nutrients**.*

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 90

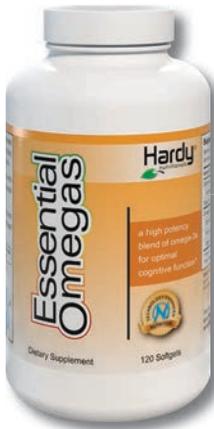
Amount Per Serving		%DV
Vitamin C (as sodium ascorbate, ascorbic acid, and ascorbyl palmitate)	90 mg	100%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin K (as phyloquinone & menaquinone-7)	1200 mcg	1000%
Calcium (as NutraTek™ chelation complex and dicalcium malate)	254 mg	20%
Iron (as NutraTek™ chelation complex)	2 mg	11%
Phosphorus (as NutraTek™ chelation complex)	124 mg	10%
Iodine (as Atlantic kelp)	30 mcg	20%
Magnesium (as NutraTek™ chelation complex, magnesium citrate, and Great Salt Lake minerals)	126 mg	30%
Zinc (as NutraTek™ chelation complex)	7 mg	64%
Selenium (as NutraTek™ chelation complex)	30 mcg	55%
Copper (as NutraTek™ chelation complex)	1 mg	116%
Manganese (as NutraTek™ chelation complex)	1.4 mg	60%
Chromium (as NutraTek™ chelation complex)	91 mcg	260%
Molybdenum (as NutraTek™ chelation complex)	21 mcg	48%
Sodium (as sodium ascorbate and Great Salt Lake minerals)	10 mg	0%
Potassium (as NutraTek™ chelation complex)	35 mg	1%
Proprietary Blend	140 mg	+
Great Salt Lake minerals, bamboo leaf extract (a natural source of silica), shilajit extract, Atlantic kelp (<i>Laminaria digitata</i>), boron (as boron glycinate and NutraTek™ chelation complex), vanadium (as NutraTek™ chelation complex), nickel (as NutraTek™ chelation complex).		

*Daily Value (%DV) not established.

Other ingredients: Gelatin capsule (bovine), microcrystalline cellulose.

“This is the first supplement with calcium that I was able to absorb without some sort of digestive issue!”

- Alayna



Essential Omegas

120 Soft gels

Typical Dose: 2 softgels, twice daily.

- Provides an excellent source of omega-3 fatty acids in their naturally existing ratios from a high-quality blend of North Atlantic anchovy, sardine, and mackerel fish oils.*
- Essential for proper brain function, nerve function, and cardiovascular health, as well as for general well-being.*
- Protects against depression, ADHD, high blood pressure, Crohn's disease, rheumatoid arthritis, allergies, asthma, and skin disorders like eczema and psoriasis. Research has linked these disorders with deficiencies of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).*
- Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance®**.*

“These are the best Omegas I’ve been able to find!

Fantastic quality and minimal fish burps! ”

- Jonathan C.

“Typically when I take fish oil pills it never fails that my stomach is not happy! I have never had that kind of trouble with these. ”

- Braden W.

Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 60

Amount Per Serving		%DV**
Calories (energy)	25	
Total Fat	2.5 g	4%
Fish Oil (70% Omega-3 Fatty Acids)	2,500 mg	†
Eicosapentaenoic Acid (EPA)	800 mg	†
Docosahexaenoic Acid (DHA)	600 mg	†
Other Omega-3 Fatty Acids	200 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Values not established.

Other ingredients: Gelatin, glycerin, purified water and mixed tocopherols.

Rev. 19-02 (71068)

“Absolutely love these fish oils! Amazing quality and have helped me cool down a lot of inflammation in my body ”

- Jess



“Did wonders for my tummy”

- Rita W.

“After suffering from chronic yeast infections for over 3 years, I started by going on a sugar reduced diet which helped, however, once I started taking Olive Leaf Extract my chronic yeast infections were gone! So thankful!”

- Sara B.

Olive Leaf Extract

180 Capsules

Typical Dose: Work up to 3-6 capsules daily, as tolerated.

- Formulated with Mediterranean olive leaves rich in antioxidants and phytonutrients (contains 17% oleuropein).*
- Promotes healthy bowel function with its powerful anti-microbial and anti-fungal properties.*
- Boosts antioxidant protection and enhances immunity.*
- Particularly useful for treating yeast infections and antibiotic-induced gut microflora imbalance.*
- Because **Olive Leaf Extract** can be very cleansing it can cause a Herxheimer reaction in some people (flu-like symptoms caused by detoxification).*
- Depending on the condition of one's gut microbiome, it may be advisable to take **Olive Leaf Extract** only occasionally and not continuously.*
- Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance**®, and **Greens & Probiotics**.*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 180

Amount Per Serving	%DV
Olive leaf extract 500 mg (Olea europaea; 17% oleuropein)	**

** Daily Value (%DV) not established

Other ingredients: Gelatin, silicon dioxide, magnesium stearate, microcrystalline cellulose.

Rev. 2042

“This is the only product that has completely resolved my heartburn, that even prescription meds had not helped. I began taking Hardy's Olive Leaf Extract in January 2016 and by December my LDL cholesterol had dropped 20 points. I had made no other change to my diet and my physical activity remained constant. Hardy supplements are the highest quality I have found.”

- Cathleen D.



Greens & Probiotics

180 Capsules

Typical Dose: 2-6 capsules per day, as needed.

- Unlike most probiotic supplements, this powerful product delivers both a wide variety of health-promoting bacteria *and* the greens they love to eat!*
- Provides a bountiful blend of enzymes, botanicals, and fibre for optimal nourishment of beneficial gut bacteria.*
- Delivers 1.4 billion colony-forming units of beneficial bacteria in just 3 capsules.*
- Carefully selected probiotics survive, multiply, and flourish in the gut.*
- Optimal dosing regulates and normalizes bowel function, relieving constipation, diarrhea, and other digestive problems.*
- Helps protect and recover the gut microbiome during and after treatment with oral antibiotics.*
- Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance**®.*

“I love this product. I have issues with my GI system and have for a while.

This product seems to calm the waves so to speak. Love it!”

- Maria

“Excellent product that address all digestive and gut health problems. Excellent for IBS and constipation problems.”

- Angela G.

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 90

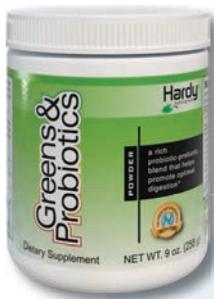
Amount Per Serving	% DV	
Vitamin A (as beta-carotene)	13 mcg	1%
Vitamin E (as D-alpha tocopheryl succinate)	6.7 mg	44%
Proprietary Blend	1144 mg	†
Alfalfa aerial parts, apple fiber, sunflower lecithin, apple pectin, barley grass, spirulina, wheat grass, chlorella, acerola berry extract, carrot root, bee pollen, fennel seed, green tea leaf extract, lacto-bifidus plus™, licorice root extract, peppermint leaves, royal jelly, spinach leaf, amylase 5000 SKB/g, bromelain 600 GDU/g, papain 6000 units/mg, milk thistle seed extract, eleuthero root extract, bilberry fruit extract, broccoli aerial parts, ginkgo leaf extract, ginger root, grape seed extract.		

* Daily Value (DV) not established.

Other Ingredients: Hypromellose, fructo-oligosaccharides, natural applesauce flavor, magnesium stearate, silicon dioxide, microcrystalline cellulose, xanthan gum, dextrose, propylene glycol.

Lactobacillus rhamnosus A	Lactobacillus bulgaricus
Lactobacillus rhamnosus B	Bifidobacterium longum
Lactobacillus acidophilus	Bifidobacterium breve
Lactobacillus casei	Streptococcus thermophilus

Rev. HN 2635 20-09



“This product is great for myself and my family. I make smoothies most mornings and they never know I’ve put greens into them. This is so easy to use and the taste blends into the fruits.”

- Lorena W.

“I’ve been using this for several years and it’s a very important part of my gut protocol.”

- Paula J.

Greens & Probiotics Powder

255 g

Typical Dose: 1 to 3 level scoops per day, as needed.

- Identical to encapsulated version.
- Easily added to smoothies, drinks, and more.
- Pleasant flavor, predominantly of licorice and fennel, with herbal overtones from the fibrous greens, fruits, and vegetables.
- Best to start dosing slowly with small quantities and work up to whatever dose is both helpful and tolerable. Generally, dosing is too high if stools become too loose.*
- Improving digestive health with **Greens & Probiotics** may improve the response to **Daily Essential Nutrients**, **Optimal Balance**[®], and other products that require a functional bowel for nutrient bioavailability.*
- Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance**[®].*

Supplement Facts

Serving Size 1 level scoop (1.25 g)
Servings Per Container 204

Amount Per Serving		% DV
Vitamin A (as beta-carotene)	13 mcg	1%
Vitamin E (as D-alpha tocopheryl succinate)	6.9 mg	46%
Proprietary Blend	1154 mg	†
Alfalfa aerial parts, apple fiber, sunflower lecithin, apple pectin, barley grass, spirulina, wheat grass, chlorella, acerola berry extract, carrot root, bee pollen, fennel seed, green tea leaf extract, lacto-bifidus plus [™] , licorice root extract, peppermint leaves, royal jelly, spinach leaf, amylase 5000 SKB/g, bromelain 600 GDU/g, papain 6000 units/mg, milk thistle seed extract, eleuthero root extract, bilberry fruit extract, broccoli aerial parts, ginkgo leaf extract, ginger root, grape seed extract.		

† Daily Value (DV) not established.

Other Ingredients: Fructo-oligosaccharides, natural applesauce flavor, microcrystalline cellulose, silicon dioxide, xanthan gum, dextrose, propylene glycol.

** Lactobacillus rhamnosus A Lactobacillus bulgaricus
Lactobacillus rhamnosus B Bifidobacterium longum
Lactobacillus acidophilus Bifidobacterium breve
Lactobacillus casei Streptococcus thermophilus

Rev. 04/2000 20-09



Inositol Powder

226 g

Typical Dose: 1 level teaspoon (4g), as needed.

- Supports normal brain and gastrointestinal function by promoting proper neurotransmitter signaling.*
- Proven effective in double-blind trials as a short-term† intervention for anxiety and obsessive-compulsive disorder when taken at doses of 12–18 g/day.*
- Calms physical symptoms of stress, anxiety, panic and depression.*
- Naturally mild-tasting and lightly sweet, it is easily tolerated mixed with a small amount of water, sprinkled on food, or simply eaten as dry powder on a spoon.*
- Inositol is a natural ingredient of whole grains, nuts, beans, fresh fruits, and many other foods.*
- Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance**®.*

† **Daily Essential Nutrients** is recommended for long-term mood stability.*

“It has helped immensely with my high anxiety and calms me very quickly. I have noticed that it has also improved my sleep.”

- Mariah T.

“I use inositol powder to help me relax or when I feel anxious, the powder helps me settle and I sleep really well on this product!”

- Heidi W.

“I use Inositol in conjunction with Daily Essential Nutrients. I’ve got debilitating anxiety and many times of the day, I find myself struggling to keep focus because of it.

I give both DEN and Inositol credit for giving me the energy to complete tasks and maintaining an agenda. I’m also less moody and enjoy time socializing with friends.”

- Lynda W.

Supplement Facts

Serving Size: 1 teaspoon (4 g)
Servings Per Container: 56

Amount Per Serving	% DV
Inositol	4000 mg †

† Daily Value (%DV) not established.

Other ingredients: Silicon dioxide.

Note: This product is sold by weight, not by volume. Contents may have settled during shipping.

Guaranteed free of: Yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

Rev. HN 2605 20-09



Phosphatidyl Choline

90 Soft gels

Typical Dose: 1 softgel, 1-3 times daily, as needed.

- A natural phospholipid extracted from soy and purified.*
- Scientific research has revealed outstanding benefits of choline for both liver and brain function.*
- May help slow racing thoughts.*
- Calms troubling symptoms resulting from elevated mood.*
- Extensive data demonstrate that the symptoms of tardive dyskinesia can be reduced by choline.*
- Most effective when taken in conjunction with **Daily Essential Nutrients** or **Optimal Balance®**.*

“I honestly feel like these help with calming your thoughts so you can focus and relax!”

- Jennifer L.

“I personally take one at night. It actually helps me unwind and relax. We mainly purchase it for our grandson. He is on the spectrum and can get upset easily. It seems to help calm him.”

- Lorinda L.

“It chills my brain out when it’s particularly scattered. It’s kind of subtle but you feel it. I sometimes take 2 capsules for added effect when I’m feeling extra anxious or my mind is racing.”

- Zain S.

“Helps our racing thoughts! Love this product!”

- Cooper L.

Supplement Facts		
Serving Size: 1 Softgel		
Servings Per Container: 90		
	Amount Per Serving	% DV**
Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%
Soy Lecithin	1200 mg	†
(typically contains Phosphatidylcholine 420 mg)		
** Percent Daily Values (DV) are based on a 2,000 calorie diet.		
† Daily Values not established.		
Other Ingredients: Gelatin, Glycerin, Purified Water.		

Contains: Soy.

Rev:18-12-10 7/1018



Daily Essential Nutrients FAQ Booklet

This convenient booklet contains some of the most Frequently Asked Questions (FAQ's) about Daily Essential Nutrients as found on our website such as:

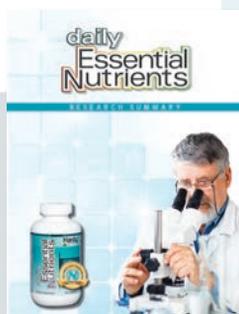
- How safe is Daily Essential Nutrients?
- Why do I have to take so many pills?
- How much do children need to take?
- Are there any side effects?
- When should I start reducing medications?
- Why is a healthy gut important?
- How soon should I expect results?



Daily Essential Nutrients Clinical Reference Guide

This is a reference for physicians who are working with patients to transition them to micronutrient therapy and includes information such as:

- Clinical Pharmacology.
- Indications and Dosage.
- Warnings & Precautions.
- Treatment Guidelines.
- Possible Limiting Factors.
- Side Effects & Drug Interactions.
- Microflora Imbalance Questionnaire.



Daily Essential Nutrients Research Summary Booklet

This is a reference for healthcare professionals and all individuals who are interested in the research that has been conducted on Hardy Nutritionals® Daily Essential Nutrients and other similar products.

- Omits review articles and commentaries.
- Lists only primary, independent, peer-reviewed research.
- Citations indexed by potential clinical indication.
- Provides a more detailed summary for select studies.

*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.



Toll Free: 1-855-955-1114

Local: 1-587-271-1114

www.GetHardy.com

info@GetHardy.com



Experience
A *New* LEVEL OF WELLNESS