

Daily Essential Nutrients provides the solid nutritional foundation your brain and body need to perform optimally. It is backed by more independent mental health research than any other vitamin-mineral formulation. Count on it to deliver unmatched results because it is:*

- ✓ **Complete.** Every biological process requires *multiple* essential nutrients. **Daily Essential Nutrients** delivers every essential vitamin and mineral you need to fortify your body against serious problems like chronic stress, anxiety, depression, and brain cell degeneration.*
- ✓ **Balanced.** The level of each ingredient is calculated to maintain the natural ratios of nutrients in your body that are critical to promote optimal cognitive function, mental clarity, focus, and mood stability.*
- ✓ **Optimized.** Our NutraTek™ mineral chelation maximizes bioavailability, absorption, and delivery throughout the body. This enables vital nutrients to efficiently cross the blood-brain barrier, enhancing neuron structure and function.*

For best results, consult a Health Professional trained in the use of multi-nutrient therapy (GetHardy.com/hp) or a Hardy Nutritionals® Product Specialist.

Suggested Use:* Studies show 12 or more capsules per day is often required for optimal results. Start with 1 capsule 3 times daily, and increase to 4 capsules 3 times daily. Take with food. Store in a cool, dry place. Do not use if seal is broken or missing.

Caution:* As **Daily Essential Nutrients** balances the body, other supplements, medications, and recreational substances may no longer be needed, and as a result, their side effects may increase. If this happens, they will need to be appropriately reduced, and in many cases, gradually discontinued. Regularly monitor the side effects of each medication you take. Consult with a physician before adjusting any prescription medication. For more information visit: GetHardy.com/meds.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

* 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.



Made in USA with globally sourced ingredients for:
Hardy Nutritionals®, Box 919, Raymond, AB, T0K 2S0

For Information and Orders:
Toll Free: 1-855-955-1114
www.GetHardy.com

Send comments to:
PO Box 416
Sweet Grass, MT 59484



QUALITY
PRODUCT



SOY
FREE



DAIRY
FREE



GLUTEN
FREE



VEGETARIAN
FRIENDLY

daily

Essential
Nutrients

Dietary Supplement

Hardy®
nutritionals

broad-spectrum
micronutrients
clinically proven
to enhance focus,
mood, and mental
well-being*



360 Capsules

Supplement Facts

Serving Size: 4 Veggie Capsules
Servings Per Container: 90

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 phyloquinone & menaquinone-7)	40 mcg 33%
Thiamin (as thiamine mononitrate)	20 mg 1667%
Riboflavin	6 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 360 mg †
Alpha-lipoic acid, inositol, shilajit extract, acetyl-L-carnitine, Atlantic kelp, grape seed extract, ginkgo biloba leaf extract, N-acetyl-L-cysteine, L-methionine, lithium orotate, 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.