

**Women's Optimal Balance™** is a unique combination of vitamins, minerals, supportive nutrients and botanicals designed to counteract stress, promote healthy sleep, boost immunity, support women's health, and fortify your body against chronic illness, helping you to look and feel your best.\*

Our proprietary NutraTek™ mineral delivery technology combines each mineral with organic molecules—just like nature—to optimize absorption and distribution to body cells.\*

Invest in yourself. Experience the power of **Women's Optimal Balance™** for your health and wellness!\*

**Suggested Use:** Individuals ages 9 and older: take 3 capsules, twice daily. Children ages 4-8: take 3 capsules per day. Take with food. Store in a cool, dry place. Do not use if tamper-evident seal is broken or missing.

**Note:** Prescription medication doses should be monitored by a physician, as some medication needs may change while taking **Women's Optimal Balance™**. Diagnosed conditions may respond best to our clinical-strength formula, **Daily Essential Nutrients**. As with any supplement, if you have a medical condition, consult your doctor before use.

**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.

**Manufactured for:**  
NutraTek Health Innovations Inc.  
Box 919, Raymond, AB, T0K 2S0

**For Information and Orders:**  
Toll Free: 1-855-955-1114  
[www.GetHardy.com](http://www.GetHardy.com)

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

Made in U.S.A.



# Optimal Balance™

Dietary Supplement

**Hardy®**  
nutritionals

FOR WOMEN

a powerful  
vitamin-mineral  
formulation  
optimized for  
women's health



180 Capsules

## Supplement Facts

Serving Size: 3 Veggie Capsules  
Servings Per Container: 60

Amount Per Serving	%DV**
Vitamin A (as retinyl palmitate)	2000 IU 40%
Vitamin C (as ascorbic acid)	150 mg 250%
Vitamin D (as cholecalciferol)	1500 IU 375%
Vitamin E (as d-alpha tocopheryl succinate & mixed tocopherols)	35 IU 117%
Vitamin K (as phyloquinone & menaquinone-7)	60 mcg 75%
Thiamin (as thiamine mononitrate)	27 mg 1800%
Riboflavin	8 mg 471%
Niacin (as niacinamide)	26 mg 130%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	24 mg 1200%
Folate (as folic acid & L-methylfolate calcium)	400 mcg 100%
Vitamin B <sub>12</sub> (as hydroxocobalamin acetate & methylcobalamin)	168 mcg 2800%
Biotin	318 mcg 106%
Pantothenic acid (as d-calcium pantothenate)	14 mg 140%
Calcium (as NutraTek™ chelation complex)	303 mg 30%
Iron (as ferrous bisglycinate chelate & NutraTek™ chelation complex)	13.5 mg 75%
Phosphorus (as NutraTek™ chelation complex)	193 mg 19%
Iodine (as Atlantic kelp & NutraTek™ chelation complex)	120 mcg 80%
Magnesium (as NutraTek™ chelation complex)	137 mg 34%
Zinc (as NutraTek™ chelation complex)	11 mg 73%
Selenium (as NutraTek™ chelation complex)	46 mcg 66%
Copper (as NutraTek™ chelation complex)	1.6 mg 80%
Manganese (as NutraTek™ chelation complex)	2.2 mg 110%
Chromium (as NutraTek™ chelation complex)	143 mcg 119%
Molybdenum (as NutraTek™ chelation complex)	33 mcg 44%
Potassium (as NutraTek™ chelation complex)	55 mg 2%

Proprietary blend 490 mg†  
Choline bitartrate, mineral wax, gamma tocopherol (as mixed tocopherols), inositol, 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.

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

† Daily Value not established.

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