

**Optimal Balance for Women®** is a unique combination of vitamins, minerals, and botanicals which meets the full daily requirements for most nutrients, including iron, and contains royal jelly as an estrogen-balancing factor to support overall women's health. It is designed to counteract stress, promote healthy sleep, boost immunity, increase energy, 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.\*

For more intensive needs, consider our clinical-strength formula, **Daily Essential Nutrients.®**

**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 seal is broken or missing.

**Caution:\*** As **Optimal Balance® for Women** boosts essential nutrients in the body, the dose of some medications may need to be adjusted. Consult with a physician before adjusting any prescription medications. If you have a medical condition, talk to 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.

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](http://www.GetHardy.com)

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



QUALITY  
PRODUCT



DAIRY  
FREE



GLUTEN  
FREE



VEGETARIAN  
FRIENDLY

# 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: 80

Amount Per Serving	%DV
Vitamin A (as retinyl palmitate)	576 mcg 64%
Vitamin C (as ascorbic acid & ascorbyl palmitate)	150 mg 167%
Vitamin D (as cholecalciferol)	31.3 mcg 156%
Vitamin E (as D-alpha tocopheryl succinate & mixed tocopherols)	27 mg 180%
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 <sub>6</sub> (as pyridoxine hydrochloride)	24 mg 1412%
Folate (as 320 mcg folic acid & L-methylfolate calcium)	667 mcg DFE 167%
Vitamin B <sub>12</sub> (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)	306 mg 24%
Iron (as ferrous bisglycinate chelate & NutraTek™ chelation complex)	13.4 mg 75%
Phosphorus (as NutraTek™ chelation complex)	194 mg 16%
Iodine (as Atlantic kelp & NutraTek™ chelation complex)	120 mcg 80%
Magnesium (as NutraTek™ chelation complex)	138 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)	142 mcg 406%
Molybdenum (as NutraTek™ chelation complex)	34 mcg 76%
Potassium (as NutraTek™ chelation complex)	56 mg 1%

Proprietary blend 300 mg †  
Gamma tocopherol (as mixed tocopherols), inositol, organic spirulina, larch arabinogalactan, shilajit extract, Great Salt Lake minerals, bamboo shoot extract, royal jelly, coenzyme Q10, alpha lipoic acid, ashwagandha root extract, rhodiola rosea root extract, astragalus root extract, grape seed extract, 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.

