

**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.** **Daily Essential Nutrients** delivers every essential vitamin and mineral you need to fortify your body against 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 promote optimal cognitive function, mental clarity, focus, and mood stability.\*
- ✓ **Optimized.** NutraTek™ mineral chelation maximizes bioavailability, absorption, and delivery, enabling nutrients to 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](http://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](http://GetHardy.com/meds).

**†Allergen Disclaimer:** Kelp is a natural marine algae, and it is possible for trace quantities of very small fish and/or shellfish to be included in the harvesting and processing of these products.

**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



SOY FREE



DAIRY FREE



GLUTEN FREE



VEGETARIAN FRIENDLY

daily

Essential Nutrients

Hardy®  
nutritionals

- with added -  
VITAMERS

a specialized  
vitamin-mineral  
formulation  
clinically proven  
to enhance  
mental & physical  
well-being\*



Dietary Supplement

120 Capsules

## Supplement Facts

Serving Size: 4 Veggie Capsules  
Servings Per Container: 30

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 phyloquinone & 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 <sub>6</sub> (as pyridoxine HCl & pyridoxal-5-phosphate)	20 mg 1176%
Folate (as calcium folinate & L-methylfolate calcium)	500 mcg DFE 125%
Vitamin B <sub>12</sub> (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† (laminaria 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.