



WELLNESS PRODUCTS





“The products designed by David Hardy have been the backbone of my treatment program for Mood Disorders since 2000. I have found nothing else that even comes close.”

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

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

Dr. Bonnie J. Kaplan, Ph.D., Professor
Cumming School of Medicine, University of Calgary
Alberta Children's Hospital Research Institute Owerko Center



“What we're finding is the stability that vitamins and minerals are able to achieve is far greater than what psychiatric drugs will do.”

Dr. Charles W. Popper, M.D.
Psychiatrist & Psychopharmacologist
McLean Hospital, Harvard Medical School



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“ 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®





Daily Essential Nutrients

360 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.*

Note: Medication doses should be monitored by a physician while taking Daily Essential Nutrients. Research indicates that psychoactive drugs may need to be gradually reduced or eliminated during nutrient therapy to avoid over-medication effects.

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



Daily Essential Nutrients Powder

432 g

Typical Clinical-Strength Dose:

1 scoop, 3 times daily.

- Contains identical nutrient guarantees as the capsule version.
- Contains health-promoting fiber with improved mixing properties.
- Designed to be a versatile base, not a fully flavored beverage, with minimal sweetness and flavor (subtle banana & vanilla).
- Best enjoyed in more substantial drinks and smoothies with added flavours of choice.
- Most palatable with strong flavor combinations, such as banana-chocolate or banana-pineapple. Adding coffee creamer may help (vitamins and minerals alone are nasty-tasting).

For recipe ideas visit:

<http://Try.HardyNutritionals.com/recipes/>



Previously known as
Daily Self Defense.
Same powerful formula,
new simplified name!

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 postnatal 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.*



Previously known as
Daily Self Defense.
Same powerful formula,
new simplified name!

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.*



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 lessens the effects of over-dosed 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 **Daily Essential Nutrients** or **Optimal Balance™**.*



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 other nutrient-rich ingredients for optimal nourishment of humans and beneficial bacteria.*
- Delivers 1.4 billion colony-forming units of beneficial bacteria in just 3 capsules.*
- Enteric coating helps our probiotics survive, multiply, and flourish in the gut.*
- 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™**.*



Greens & Probiotics Powder

255 g

Typical Dose: 1/2 to 2 teaspoons per day as needed.

- Identical to encapsulated version.
- Easily added to smoothies, drinks, sandwiches, 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™**.*



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™**.*



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.*



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**^{™,*}



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™**.*



Bone Health Essentials

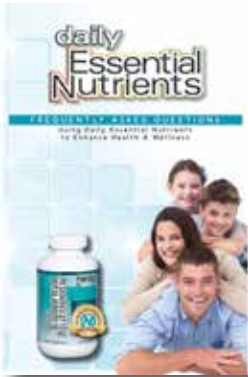
180 Capsules

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

- Provides an optimal balance of key minerals and supportive nutrients the body needs most to maintain healthy bones and teeth.*
- 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 **Bone Health Essentials** in addition to the full clinical dose of **Daily Essential Nutrients**.*
- Those otherwise without acute health problems who are elderly or who have osteopenia may wish to take **Bone Health Essentials** with **Optimal Balance™**.*
- Women who are pregnant or lactating may benefit by using **Bone Health Essentials** in conjunction with **Optimal Balance™** or **Daily Essential Nutrients**.*



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:

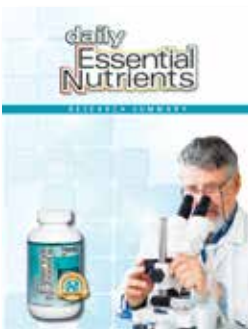
- How safe is Daily Essential Nutrients?
- Why do I have to take so many pills?
- How much do children need to take?
- Are there any side effects?
- When should I start reducing medications?
- Why is a healthy gut important?
- How soon should I expect results?



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 for which Hardy Nutritionals® Founder, David Hardy contributed significantly to the formulation.

- 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.



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 this [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.)

Can't live without it.

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

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)

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 melt downs 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)

Best I've ever used.

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

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)

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)

Bone Health Essentials.

My knees no longer feel painful and stiff with regular consumption of Bone Health Essentials. 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)





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Experience
THE POWER OF NUTRITION