



# Clinical Strength BROAD-SPECTRUM MICRONUTRIENTS

## Patients Using Daily Essential Nutrients Report:

- ✓ Improved cognition & focus
- ✓ Enhanced energy & well-being
- ✓ Mood stability
- ✓ Reduced anxiety & stress
- ✓ Minimal side-effects
- ✓ Lower treatment costs



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

*Patients describe themselves as more clear-headed, able to think more sharply and more clearly."*

Dr. Charles W. Popper, MD  
Psychiatrist & Psychopharmacologist,  
Harvard Medical School



# Experience A New LEVEL OF WELLNESS



GetHardy.com  
1-855-955-1110

**Daily Essential Nutrients** is used by healthcare professionals around the world for a wide variety of central nervous system disorders, including ADHD, bipolar, autism, OCD, depression, anxiety, brain injury, and neurodegeneration.\*

When used correctly, **Daily Essential Nutrients** is powerful enough to completely replace other nutraceuticals and even psychiatric medications, for these key reasons:

**Completeness.** Every biological process requires multiple nutrients. **Daily Essential Nutrients** delivers every essential vitamin and mineral you need and more!\*

**Form.** Our NutraTek™ mineral delivery technology optimizes mineral absorption and enables vital nutrients to enhance neuron structure and function.\*

**Balance.** Delivers natural ratios of nutrients to promote optimal cognitive function, mental clarity, focus, and mood stability.\*

"My patients stay within normal range when they are on this for bipolar, and it's really successful."

**Dr. Arwen Podesta**  
MD, ABPN, FASAM, ABIHM  
Psychiatrist



## 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 tocopherol succinate)	78 mg 520%
Vitamin K (as phylloquinone & menaquinone-7)	40 mcg 33%
Thiamin (as thiamine mononitrate)	20 mg 1667%
Riboflavin	6 mg 462%
Niacin (as niacinamide)	30 mg 188%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	23.3 mg 1372%
Folate (as calcium L-5-methyltetrahydrofolate)	444 mcg DFE 111%
Vitamin B <sub>12</sub> (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 26%
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%
<b>Proprietary blend</b>	425 mg †
Alpha-lipoic acid, mineral wax, inositol, acetyl-L-carnitine, grape seed extract, ginkgo biloba leaf extract, N-acetyl-L-cysteine, L-methionine, trace minerals as NutraTek™ chelation complex: lithium orotate, boron, vanadium, nickel.	

\* Daily Value (%DV) not established.

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



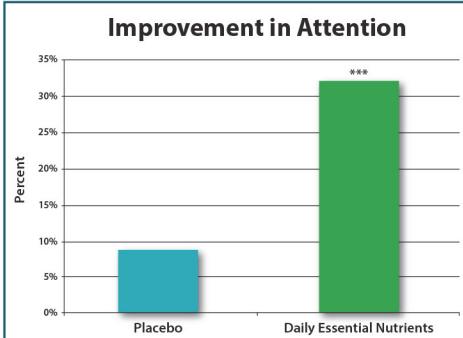
Rev. 20/02

## RESEARCH SPOTLIGHT

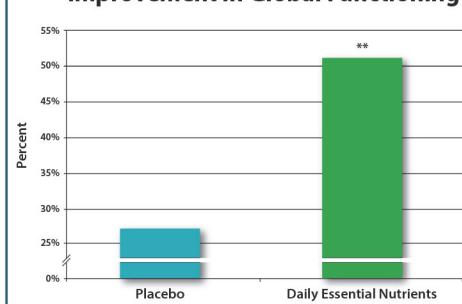
### Daily Essential Nutrients

Improves Aggression, Emotional Regulation and Attention in Children with ADHD: an Independent, Fully Blinded, Randomized, Placebo-Controlled Trial†.

Researchers reported "significant between-group differences favoring micronutrient treatment on the Clinical Global Impression-Improvement (ES = 0.46), with 47% of those on micronutrients identified as 'much' to 'very much' improved versus 28% on placebo."



### Improvement in Global Functioning



"As a researcher, I can say that these nutritional formulas have the most scientific evidence of any in the world for improving mental disorders"

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

- ▶ Backed by 20 years of extensive independent research‡
- ▶ Backed by more than 30 medical journal publications‡
- ▶ Powerful results across a wide range of symptoms‡
- ▶ Documented safety and tolerability‡

Read the studies: [www.GetHardy.com/studies](http://www.GetHardy.com/studies)

†Source: Rucklidge JJ, Eggleston MJF, Johnstone JM, Darling K, Frampton CM. Vitamin-mineral treatment improves aggression and emotional regulation in children with ADHD: a fully blinded, randomized, placebo-controlled trial. *J Child Psychol Psychiatry*. 2018 Mar; 59(3):232-246.

\*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.

