



Optimal Balance®

FOR MEN



Use **Optimal Balance®** to:*

- ✓ Reduce stress
- ✓ Improve sleep
- ✓ Boost immunity
- ✓ Support prostate health
- ✓ Invigorate metabolism
- ✓ Increase energy
- ✓ Revitalize libido

“Made for Men”

*On top of a solid foundation of all the essential vitamins and minerals, Optimal Balance® - For Men contains beta-sitosterol and saw palmetto to support cardiovascular and prostate health.**



Experience
A *New* LEVEL OF WELLNESS

GetHardy.com
1-855-955-1110

“Why is Broad-Spectrum Supplementation so Powerful?”

Optimal Balance® has it all. It is a B-vitamin complex for stress. It contains vitamin C, vitamin D, zinc, and adaptogenic herbs to boost immunity. It has electrolytes for nerve and muscle function, trace minerals for mood stability, antioxidants for energy and vitality, and magnesium, calcium, boron, & silica for bones and joints. Because every metabolic system in the body is interconnected in beautiful complexity, you don't see the full power of nutrition unless your supplement is:*

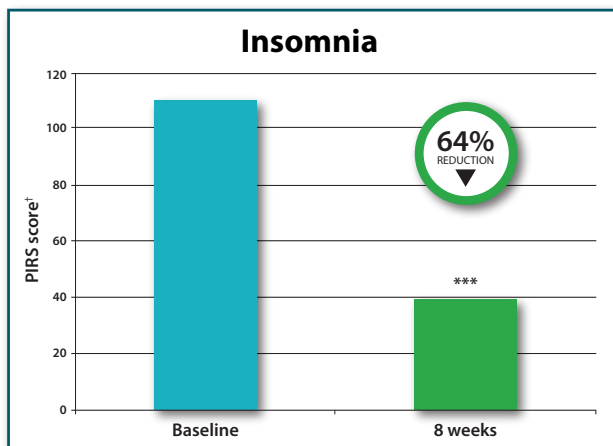
✓Complete ✓Bioavailable ✓Balanced

RESEARCH SPOTLIGHT

Backed by Independent University Research

University researchers found that Optimal Balance® significantly improved sleep problems & stress in insomnia patients when taken at a dose of 6 capsules/day.

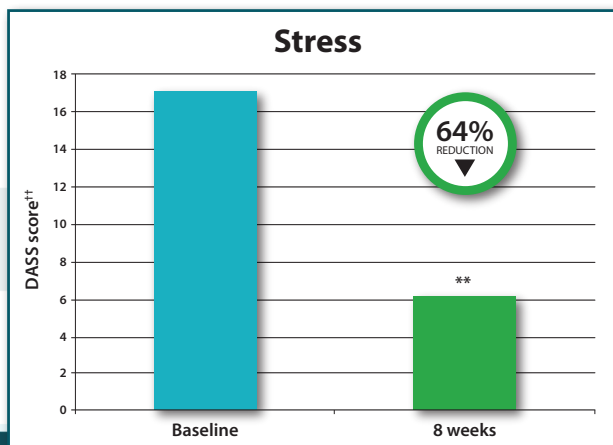
“Treatment completers reported reliable and clinically significant change in insomnia severity... and on at least two aspects of sleep”[‡]



[†]Average Pittsburgh Insomnia Rating Scale score (n = 9)

*** Significant with 99.9% confidence (p<0.001);[†]Huge effect size (Cohen's d = 3.45).

Optimal Balance® “Micronutrients had a large [statistical] mean effect on stress”[‡]



^{††}Average Depression, Anxiety, Stress Scale subscore (n = 9)

** Significant with 99% confidence (p<0.01);[†]Very large effect size (Cohen's d = 2.43).

[‡]Effect of Micronutrients on Insomnia in Adults, A Multiple-Baseline Study. Joanna Lathan, Neville M. Blampied, Julia J. Rucklidge, Department of Psychology, University of Canterbury, 2016

Supplement Facts

Serving Size: 3 Veggie Capsules

Servings Per Container: 60

Amount Per Serving		%DV
Vitamin A (as retinyl palmitate)	576 mcg	64%
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin D (as cholecalciferol)	36 mcg	180%
Vitamin E (as D-alpha tocopheryl succinate & mixed tocopherols)	24 mg	160%
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 ₆ (as pyridoxine hydrochloride)	24 mg	1412%
Folate (as 300 mcg folic acid & L-methylfolate calcium)	668 mcg DFE	167%
Vitamin B ₁₂ (as hydroxocobalamin acetate & methylcobalamin)	168 mcg	7000%
Biotin	318 mcg	1060%
Pantothenic acid (as calcium D-pantothenate)	14 mg	280%
Choline (as choline bitartrate)	56 mg	10%
Calcium (as NutraTek™ chelation complex)	303 mg	23%
Iron (as ferrous bisglycinate chelate & NutraTek™ chelation complex)	4 mg	22%
Phosphorus (as NutraTek™ chelation complex)	193 mg	15%
Iodine (as Atlantic kelp & NutraTek™ chelation complex)	120 mcg	80%
Magnesium (as NutraTek™ chelation complex)	137 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)	143 mcg	409%
Molybdenum (as NutraTek™ chelation complex)	33 mcg	73%
Potassium (as NutraTek™ chelation complex)	55 mg	1%

Proprietary blend 415 mg †
 Beta sitosterol (as pine phytosterols), shilajit extract, gamma tocopherol (as mixed tocopherols), inositol, organic spirulina, larch arabinogalactan, saw palmetto fruit extract, 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.

† Daily Value (DV) not established.

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



GLUTEN-FREE



VEGETARIAN FRIENDLY



DAIRY-FREE



SOY-FREE



QUALITY PRODUCT

CUSTOMER REVIEWS

Takes care of all my supplement needs

This is all I take and I feel like I am taking what I need to be healthy. I do notice I feel more calm and clear headed while taking this and I have noticed my quality of sleep is better. (Garrett M.)

I love this stuff!

I feel this really helps me and sometimes I think Optimal Balance® for Men helps me focus and help my brain work better for school and work. (Michael)

Best Supplement!

I take 3 per day and it gives me enough energy to get through work without the middle of the day crash. I also get sick less frequently. (Jordan)

The Best!

These are the best vitamins! You can actually feel a difference when taking them.

I can actually feel a boost to my energy. (Jonathan)

GetHardy.com

*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.

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