



# Optimal Balance®

FOR WOMEN



Use **Optimal Balance®** to:

- ✓ Reduce stress
- ✓ Improve sleep
- ✓ Boost immunity
- ✓ Minimize mood swings
- ✓ Invigorate metabolism
- ✓ Increase energy
- ✓ Revitalize libido

***“Made for Women”***

*On top of a solid foundation of all the essential vitamins and minerals, Optimal Balance® - For Women meets a woman's full daily requirement for iron, satisfies all prenatal and pregnancy recommendations, and contains royal jelly as a hormone-balancing factor.*

**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:

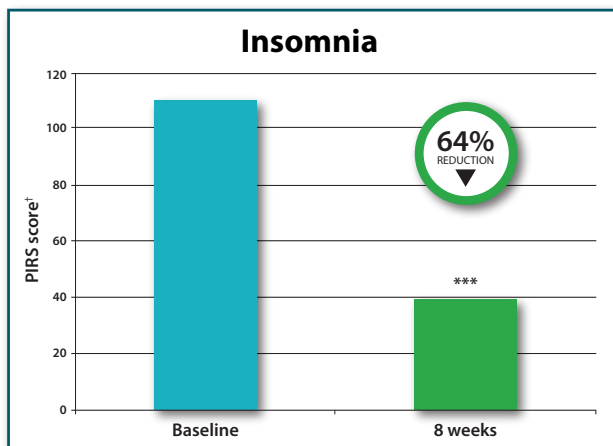
✓Complete ✓Bioavailable ✓Balanced

## 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.

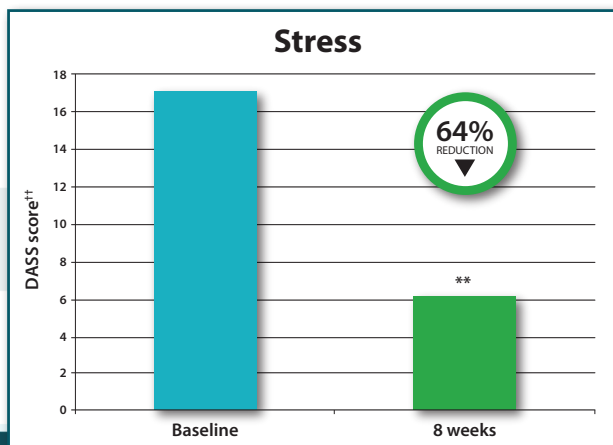
“Treatment completers reported reliable and clinically significant change in insomnia severity... and on at least two aspects of sleep”<sup>§</sup>



<sup>†</sup>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”<sup>§§</sup>



<sup>††</sup>Average Depression, Anxiety, Stress Scale subscore (n = 9)

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

<sup>§</sup>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 <sub>6</sub> (as pyridoxine hydrochloride)	24 mg	1412%
Folate (as 300 mcg folic acid & L-methylfolate calcium)	668 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)	303 mg	23%
Iron (as ferrous bisglycinate chelate & NutraTek™ chelation complex)	13.5 mg	75%
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 332 mg <sup>†</sup>  
 Shilajit Extract, gamma tocopherol (as mixed tocopherols), inositol, organic spirulina, larch arabinogalactan, royal jelly, 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.

<sup>†</sup> 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

### Thanks!

What a great product. I was low in energy and having trouble with mood swings and just overall not feeling as healthy as I knew I could. When I began taking this product I experienced a huge shift for the better. (Pamela E.)

### Amazing!

This has lifted my mood, wiped out migraines and done wonders for my hormones. (Nicole H.)

### Relief from migraine headaches

If you suffer from headaches like I do, try the Optimal Balance® for Women. My migraines are gone. Can fully endorse this product 100%. (Sarah S.)

### Wonderful!

I notice a difference in mood, energy, and overall health when taking these vitamins! I recommend them to all my friends! (Dewann)

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\*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.