

**Daily Essential Nutrients** provides the solid nutritional foundation your brain and body need to perform optimally. This Iron & Copper Free version of the formula has been designed to accommodate certain disorders of nutrient metabolism and other special considerations. Count on it to deliver unmatched results because it is:\*

- ✓ **Complete.** Every biological process requires *multiple* essential nutrients. **Daily Essential Nutrients** delivers the essential vitamins and minerals you need to fortify your body against serious problems like 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 are critical to promote optimal cognitive function, mental clarity, focus, and mood stability.\*
- ✓ **Optimized.** Our *NutraTek™* mineral chelation maximizes bioavailability, absorption, and delivery throughout the body. This enables vital nutrients to efficiently cross the blood-brain barrier, enhancing neuron structure and function.\*

**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. Those who wish only to avoid copper may supplement additional iron at a dose equivalent to 4.6 mg or more for every 4 capsules of Iron & Copper Free **Daily Essential Nutrients**. Those who wish only to avoid iron may supplement additional zinc at approximately 9 mg for every 4 capsules together with copper at approximately 2.4 mg for every 4 capsules or as directed by a physician.

**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).

**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:  
To ♯ Free: 1-855-955-1114  
[www.GetHardy.com](http://www.GetHardy.com)

Send comments to:  
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QUALITY  
PRODUCT



DAIRY  
FREE



GLUTEN  
FREE



VEGETARIAN  
FRIENDLY

daily

Essential  
Nutrients

Iron & Copper Free



broad-spectrum  
micronutrients  
clinically proven  
to enhance focus,  
mood, and mental  
well-being\*



Dietary Supplement

360 Capsules

## 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, sodium ascorbate & ascorbyl palmitate)	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 & nicotinic acid)	48 mg 300%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate & pyridoxine HCl)	20 mg 1176%
Folate (as calcium folinate)	420 mcg DFE 105%
Vitamin B <sub>12</sub> (as adenosyl-, hydroxo- & 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%
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)	7 mg 64%
Selenium (as NutraTek™ chelation complex)	68 mcg 124%
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%
Sodium (as sodium ascorbate)	10 mg 1%
Potassium (as NutraTek™ chelation complex)	80 mg 2%

**Proprietary blend** 402 mg †  
Alpha-lipoic acid, inositol, shilajit, Great Salt Lake minerals, acetyl-L-carnitine HCl, Atlantic kelp (laminaria digitata), grape seed extract, N-acetyl-L-cysteine, L-glutamine, L-methionine, mixed tocopherols, mixed tocotrienols (from palm fruit), ginkgo biloba leaf extract, lithium (as orotate), trace minerals as NutraTek™ chelation complex: boron, vanadium, nickel.

† Daily Value (%DV) not established.

**Other ingredients:** Vegetarian capsule (hypromellose), microcrystalline cellulose, silicon dioxide.

➤ Iron-Free ➤ Copper-Free