

**Daily Essential Nutrients Prenatal** provides the solid nutritional foundation required to optimize health for both mom and baby from pre-conception through lactation. Count on **DEN Prenatal** to deliver unmatched results compared with over-the-counter prenatal supplements because it is backed by decades of independent research and safe and effective use.\*

- ✓ **Complete.** DEN Prenatal delivers every essential vitamin and mineral babies need for their brain and body to develop optimally—and that moms need to thrive—throughout the pre- and postnatal journey.\*
- ✓ **Balanced.** The critical nutrient ratios are proven to promote optimal focus, cognitive function, mental clarity, and mood stability.\*
- ✓ **Optimized.** Our NutraTek™ mineral chelation maximizes bioavailability, absorption, and delivery throughout the body, enhancing brain function and fetal development.

For best results, consult a Health Professional trained in the use of multi-nutrient therapy ([GetHardy.com/hp](http://GetHardy.com/hp)) or a Hardy Product Specialist. For enhanced nutrition, take with HardyNutritionals® **Balanced Free-form Aminos** and **Essential Omegas**.

**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.

**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 T0K2S0

For Information and Orders:  
Toll Free: 1-855-955-1114  
[www.GetHardy.com](http://www.GetHardy.com)

Send comments to:  
PO Box 416  
Sweet Grass, MT 59484



QUALITY  
PRODUCT



DAIRY  
FREE



GLUTEN  
FREE



VEGETARIAN  
FRIENDLY

daily

# Essential Nutrients Prenatal

Dietary Supplement



essential nutrients  
moms need for a  
healthy baby and  
balanced recovery



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 & L-5 methyltetrahydrofolate calcium)	480 mcg DFE 120%
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%
Iron (as NutraTek™ chelation complex)	4.6 mg 25%
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%
Sodium (as sodium ascorbate)	10 mg 1%
Potassium (as NutraTek™ chelation complex)	80 mg 2%

**Proprietary blend** 354 mg †  
Alpha-lipoic acid, Great Salt Lake minerals, inositol, shilajit, 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, trace minerals as NutraTek™ chelation complex: boron, vanadium, nickel.

† Daily Value (%DV) not established.

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