



Clinical Strength BROAD-SPECTRUM MICRONUTRIENTS

Daily Essential Nutrients - Prenatal

A powerful blend of essential nutrients that mothers need for a healthy baby, a successful birth, and a balanced recovery.*

Why Daily Essential Nutrients - Prenatal?

Developing and nursing a new baby takes good nutrition and proper supplementation. Unfortunately, with cheap vitamins on the market, poor nutrition in our foods, and environmental factors out of our control, most people are not receiving the proper levels of micronutrients required to thrive.

For expectant mothers, taking clinical strength vitamins and minerals is even more important, as every biological process in the body requires more than the minimum when it comes to the stages of pre and postnatal development.

Why *DEN- Prenatal* outperforms regular maternal supplements*

- ✔ **Complete.** Every biological process requires multiple nutrients. *DEN - Prenatal* delivers every essential vitamin and mineral you need and more!
- ✔ **Bioavailable.** Our proprietary *NutraTek™* mineral chelation maximizes bioavailability and absorption, ensuring the delivery of nutrients to your cells, and enhancing brain function and fetal development.
- ✔ **Balanced.** Delivers optimized ratios of nutrients to promote cognitive function, mental clarity, focus, and mood stability.



- ▶ Backed by 20+ years of extensive independent research
- ▶ Backed by 50+ medical journal publications
- ▶ Documented safety and tolerability

Mental Wellness
— Naturally™ —



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1-855-955-1110

Women Experience:*

- ✔ Reduced depression, anxiety, & stress
- ✔ Enhanced energy & well-being
- ✔ Improved cognition & focus
- ✔ Better mood stability & sleep quality

Results of NUTRIMUM, a groundbreaking fully blinded RCT:

- ✔ Mothers who took **DEN - Prenatal** reported significantly greater symptom improvements than those taking active placebo in depression, overall global functioning and sleep quality.⁵
- ✔ Women with personality difficulties responded better to micronutrients than active placebo.⁵
- ✔ 'DEN babies' fared significantly better than those from moms on antidepressants and from healthy moms without depression.[±]
- ✔ Micronutrient-exposed infants were more likely to be carried to full term.[±]

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)	25 mcg	125%
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 ₆ (as pyridoxal-5-phosphate & pyridoxine HCl)	20 mg	1176%
Folate (as calcium folinate & L-5 methyltetrahydrofolate calcium)	480 mcg DFE	120%
Vitamin B ₁₂ (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 360 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).



GLUTEN-FREE



VEGETARIAN FRIENDLY

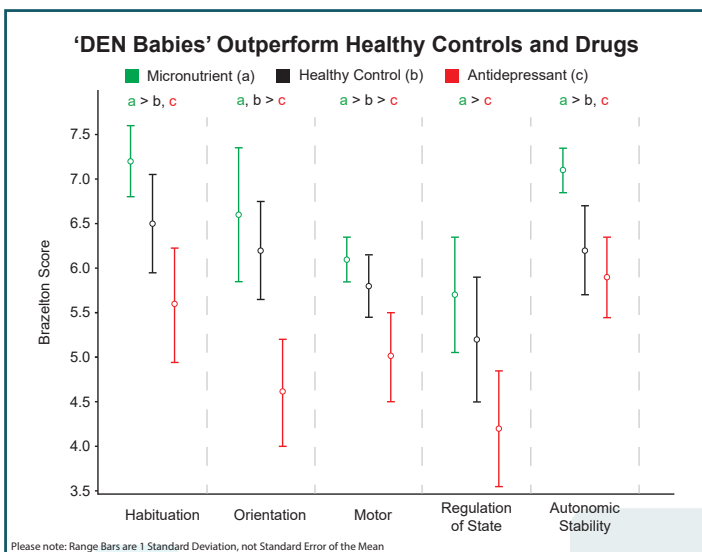


DAIRY-FREE



QUALITY PRODUCT

Rev. 24-06

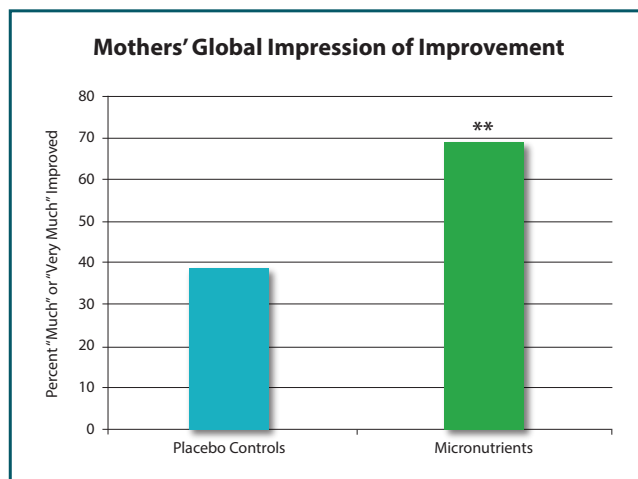


*Campbell SA, Bradley HA, Mulder RT, Henderson JMT, Dixon L, Haslett LC, Rucklidge JJ. Effect of antenatal micronutrient or antidepressant exposure on Brazelton neonatal behavioral assessment scale (NBAS) performance within one-month of birth. Early Hum Dev. 2024 Mar;190:105948.

⁵CGH (clinician-rated depression), p=0.0196; GAF (global functioning), p=0.0359; PSQI (Pittsburgh Sleep Quality Index), p=0.0224

[±]SAPAS (Standard Assessment of Personality-Abbreviated Scale), p=0.0122

Read the full text:
www.GetHardy.com/studies



⁵Bradley HA, Moltchanova E, Mulder RT, Dixon L, Henderson J, Rucklidge JJ. Efficacy and safety of a mineral and vitamin treatment on symptoms of antenatal depression: 12-week fully blinded randomised placebo-controlled trial (NUTRIMUM). BJPsych Open. 2024;10(4):e119.

**Self-reported improvement using the Modified Clinical Global Impressions of Improvement scale. There was a significant group difference (p=0.0052, effect size 0.636), with statistically significantly more participants in the micronutrient group identified as responders (68.8%) than in the active placebo group (38.5%); n=71 (χ²(1) = 6.581, P = 0.0103; odds ratio 3.52, 95% CI 1.34–9.76; number needed to treat: 3)

*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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