

# TRUSTED BY MEDICAL PROVIDERS NATIONWIDE

EnBrace **HR/MF**  
Advanced Folate Supplement

Natural + Safe + Proven

## What is EnBrace HR/MF?

EnBrace HR/MF has been demonstrated as a safe and effective option for the management of depression in women who are pregnant and is the most effective prenatal vitamin for protection against neural tube defects



*EnBrace HR can finally give women with depression an option to safely forego antidepressant medication while they're trying to conceive, during pregnancy, and postpartum."*

Marlene Freeman, MD

### Clinically Proven

A clinical trial conducted at the Massachusetts General Hospital Center for Women's Mental Health, in conjunction with Harvard University, shows the clinical effectiveness of EnBrace HR for the prevention and treatment of depression (Read more at [www.folatehealth.com](http://www.folatehealth.com)).

Annals of Clinical Psychiatry 2019

### EnBrace HR/MF Helps with:

- Depressed Mood
- Apathy/Loss of interest
- Anxiety/Worry
- Irritability
- Neural Tube Defects
- Other Birth Defects

### Safe Ingredients

EnBrace HR/MF contains natural ingredients that are safe to use before, during, and after pregnancy. EnBrace HR/MF is gluten-free, dairy-free, wheat-free, sugar-free, and egg-free, with no artificial colorants.

### Dosing

The recommended dosing is (1) softgel in the morning, or as recommended by your healthcare provider.



To Order and For a Full List of Ingredients visit:  
[www.EnBraceHRMF.com](http://www.EnBraceHRMF.com)



985-629-5742