

TRUSTED BY MEDICAL PROVIDERS NATIONWIDE



Natural + Safe + Proven

What is EnBrace HR?

EnBrace HR 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.

Annals of Clinical Psychiatry 2019

EnBrace HR Helps with:

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

Safe Ingredients

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

Dosing

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