

DIRECTIONS: Mix two (2) scoops (33 g) with 8 oz. of water. To increase the protein content to more than 20 grams per serving and enjoy a creamy texture, mix with 8 oz. of skim milk. Shake can also be enjoyed by mixing with your favorite vegetarian milk alternative. Best served ice cold.

No Artificial Color or Flavor, No Preservatives, No Gluten, No Wheat, No Yeast, No Fish.

Suitable for Vegetarians

◊per serving

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

For Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com



PROD. NO. 50874 B50874 01B

NATURE'S BOUNTY®
OPTIMAL SOLUTIONS®
COMPLETE
PROTEIN
& VITAMIN
Shake Mix
DECADENT CHOCOLATE

- Nutrient Rich Formula
- Excellent Source of Fiber 5g◊
- Excellent Source of Protein 15g◊

INCLUDING:
Essential B Vitamins
Antioxidants and Electrolytes
Prebiotics and Probiotics

Dietary Supplement

Net Wt. 16 oz. (1 lb.) (453g) *Beauty Starts on the Inside™*



Naturally Flavored

NATURE'S BOUNTY® OPTIMAL SOLUTIONS®
CHOCOLATE SHAKE IS A
COMPLETE PROTEIN & VITAMIN SHAKE MIX
WHICH ADDRESSES KEY NUTRITIONAL NEEDS.

ENERGY METABOLISM* Vitamin B1, B2, B6 and B12 along with Niacin and Folic Acid	IMMUNE HEALTH* Vitamin C & D
BONE HEALTH* Calcium and Vitamin D	DIGESTIVE HEALTH* ProbioGuard™ Proprietary Probiotic Blend & Digestive Enzyme Blend
CELL GROWTH AND FUNCTION* Complete Profile of Amino Acids	HAIR, SKIN & NAIL HEALTH* Biotin

CONTAINS BALANCED ELECTROLYTES AND OMEGA-3

Optimal Solutions® Chocolate Shake is composed of a proprietary blend of protein. Each serving contains 15 grams of protein and provides 100% daily value of all B Vitamins, along with prebiotics, probiotics and enzymes, to support energy metabolism and digestive health.* The B Vitamin Biotin also supports the health of hair, skin and nails.* Optimal Solutions® Chocolate Shake is an excellent source of fiber, at 5 grams per serving, and promotes intestinal and colon health.* One serving of Optimal Solutions® Chocolate Shake also provides 800 IU of Vitamin D, twice the DV for Vitamin D, which supports immune and bone health.* Enjoy a serving of Optimal Solutions® Chocolate Shake, the nutrition you need for a healthy body.*

TYPICAL AMINO ACID PROFILE (milligrams per 33 g serving****)	
Essential Amino Acids	Nonessential Amino Acids
Histidine 329 mg	Alanine 610 mg
Isoleucine 671 mg	Arginine 963 mg
Leucine 1,264 mg	Aspartic Acid 1,618 mg
Lysine 1,031 mg	Cysteine 188 mg
Methionine 209 mg	Glutamic Acid 2,450 mg
Phenylalanine 715 mg	Glycine 507 mg
Threonine 683 mg	Proline 953 mg
Tryptophan**** 150 mg	Serine 764 mg
Valine 757 mg	Tyrosine 547 mg
****L-Tryptophan is naturally occurring, not added	
****approximate values	

Supplement Facts

Serving Size 2 Scoops (33 g)
Servings Per Container about 13

Amount Per Serving	%Daily Value	
Calories	120	
Calories from Fat	20	
Total Fat	2 g	3%**
Cholesterol	10 mg	4%
Total Carbohydrate	13 g	4%
Dietary Fiber	5 g	20%
Sugars	5 g	***
Protein	15 g	30%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D2 Ergocalciferol)	800 IU	200%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium	193 mg	19%
Iron	2 mg	11%
Magnesium (as Magnesium Oxide)	38 mg	10%
Sodium	140 mg	6%
Potassium	250 mg	7%
ProbioGuard™ Probiotic Blend	850 mg	***
which contains 1 billion active <i>Lactobacillus acidophilus</i> , <i>B. bifidum</i> , <i>L. bulgaricus</i> at the time of manufacture		
Digestive Enzyme Blend	200 mg	***
Bromelain (from Pineapple), Papain (from Papaya fruit)		
Flaxseed	888 mg	***
which typically contains:		
Alpha-Linolenic Acid (Omega-3) 168 mg		
Other Fatty Acids		
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	114 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Proprietary Protein Blend (Pea Protein Isolate, Whey Protein Concentrate, Rice Protein Concentrate), Cocoa (processed with alkali), Fructose, Inulin, Natural Flavors, Maltodextrin, Tricalcium Phosphate, Xanthan Gum, Soy Lecithin. Contains milk and soy ingredients.

Beauty Starts on the Inside™