

**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.

**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](http://www.NaturesBounty.com)

  
**Carefully Manufactured by**  
**NATURE'S BOUNTY, INC.**  
Bohemia, NY 11716 U.S.A.  
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**PROD. NO. 50875 B50875 02C**

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**NATURE'S BOUNTY**

OPTIMAL SOLUTIONS®

COMPLETE  
**PROTEIN**  
& VITAMIN  
**Shake Mix**  
VANILLA BEAN

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

INCLUDING:  
Essential B Vitamins  
Electrolytes and Vitamin C  
Prebiotics and Probiotics

Dietary Supplement

**Net Wt. 16 oz. (1 lb.) (453g)**



Naturally Flavored

*Beauty Starts on the Inside™*

NATURE'S BOUNTY® OPTIMAL SOLUTIONS®

VANILLA SHAKE IS A

COMPLETE PROTEIN & VITAMIN SHAKE MIX  
WHICH ADDRESSES KEY NUTRITIONAL NEEDS.

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

**CONTAINS BALANCED ELECTROLYTES AND OMEGA-3**

Optimal Solutions® Vanilla 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® Vanilla Shake is an excellent source of fiber, at 5 grams per serving, and promotes intestinal health.\* One serving of Optimal Solutions® Vanilla 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® Vanilla Shake, the nutrition you need for a healthy body.\*

| TYPICAL AMINO ACID PROFILE<br>(milligrams per 33 g serving****) |          |                          |          |
|-----------------------------------------------------------------|----------|--------------------------|----------|
| Essential Amino Acids                                           |          | Nonessential Amino Acids |          |
| Histidine                                                       | 340 mg   | Alanine                  | 623 mg   |
| Isoleucine                                                      | 739 mg   | Arginine                 | 845 mg   |
| Leucine                                                         | 1,383 mg | Aspartic Acid            | 1,678 mg |
| Lysine                                                          | 1,178 mg | Cysteine                 | 212 mg   |
| Methionine                                                      | 224 mg   | Glutamic Acid            | 2,399 mg |
| Phenylalanine                                                   | 671 mg   | Glycine                  | 447 mg   |
| Threonine                                                       | 814 mg   | Proline                  | 977 mg   |
| Tryptophan****                                                  | 173 mg   | Serine                   | 800 mg   |
| Valine                                                          | 772 mg   | Tyrosine                 | 524 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                                                                                                                      | 15           |      |
| Total Fat                                                                                                                              | 1.5 g        | 2%** |
| Cholesterol                                                                                                                            | 20 mg        | 7%   |
| Total Carbohydrate                                                                                                                     | 14 g         | 5%   |
| Dietary Fiber                                                                                                                          | 5 g          | 20%  |
| Sugars                                                                                                                                 | 6 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                                                                                                                                | 206 mg       | 21%  |
| Iron                                                                                                                                   | 1 mg         | 5%   |
| Magnesium (as Magnesium Oxide)                                                                                                         | 16 mg        | 4%   |
| Sodium                                                                                                                                 | 135 mg       | 6%   |
| Potassium                                                                                                                              | 45 mg        | 1%   |
| 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:<br>Alpha-Linolenic Acid (Omega-3) 168 mg                                                                     |              |      |
| Other Fatty Acids                                                                                                                      |              |      |
| Stevia Extract ( <i>Stevia rebaudiana</i> ) (leaf)                                                                                     | 96 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), Fructose, Inulin, Natural Flavors, Maltodextrin, Tricalcium Phosphate, Xanthan Gum, Soy Lecithin.  
Contains milk and soy ingredients.

*Beauty Starts on the Inside™*