



OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With nearly 50 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with the purest ingredients...guaranteed. *Beauty Starts on the Inside™*

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, No Artificial Flavor, No Wheat, No Yeast, No Fish.

180 time of manufacture

NOTICE: For weight reduction, use only as directed in the Optimal Solutions® diet plan on www.naturesbounty.com/optimal-solutions. Do not use in diets supplying less than 400 calories per day without medical supervision.

Contents are sold by weight. Some settling may occur.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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.

★ **Made in The USA** with select ingredients from around the world

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

Sign Up for News and Offers at
NaturesBounty.com

PROD. NO. 50875 B53631 075 38-41977

*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.

Carefully Manufactured for **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A. ©2019 Nature's Bounty, Inc.

Copy Limit



OPTIMAL SOLUTIONS®

COMPLETE PROTEIN & VITAMIN Shake Mix

VANILLA BEAN

with Collagen, Fiber & Probiotics

Well-Rounded Nutrition

Net Wt. 16 oz (1 lb.) (453g) Dietary Supplement

12+
VITAMINS &
MINERALS

120
CALORIES*

15g
PROTEIN*

Nature's Bounty® Optimal Solutions® Complete Protein & Vitamin Shake Mix addresses key nutritional needs.



HEALTHY SKIN*
Vitamin C & Flaxseed



HAIR & NAIL SUPPORT*
Biotin



BONE HEALTH*
Vitamin D & Calcium



DIGESTIVE SYSTEM
Fiber & Probiotics



ENERGY METABOLISM*
B Vitamins



IMMUNE HEALTH*
Vitamin C



MUSCLE HEALTH*
Protein



HYDRATION SUPPORT*
Electrolytes

*Nature's Bounty® Optimal Solutions® Complete Protein & Vitamin Shake Mix is a uniquely formulated blend of essential nutrients which address the key nutritional needs of women to help you look and feel your best.**

Enjoy a serving to get the nutrition you need to support a healthy body from the inside out because –*

Beauty Starts on the Inside™

TYPICAL AMINO ACID PROFILE (milligrams per 33 g serving****)

Essential Amino Acids	Nonessential Amino Acids
Histidine 283 mg	Alanine 850 mg
Isoleucine 672 mg	Arginine 897 mg
Leucine 1,195 mg	Aspartic Acid 1,481 mg
Lysine 1,020 mg	Cysteine 196 mg
Methionine 233 mg	Glutamic Acid 2,499 mg
Phenylalanine 584 mg	Glycine 1,159 mg
Threonine 682 mg	Proline 1,093 mg
Tryptophan**** 175 mg	Serine 706 mg
Valine 706 mg	Tyrosine 415 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	
Total Fat 2 g	3%**
Saturated Fat 1 g	5%**
Cholesterol 25 mg	5%
Total Carbohydrate 13 g	5%**
Dietary Fiber 4 g	14%**
Total Sugars 6 g	***
Includes 5g Added Sugars	10%**
Protein 15 g	30%**
Vitamin C (as Ascorbic Acid) 60 mg	67%
Vitamin D (as D3 Ergocalciferol) 20 mcg (800 IU)	100%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride) 1.5 mg	125%
Riboflavin (Vitamin B-2) 1.7 mg	131%
Niacin (as Nicotinamide) 20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride) 2 mg	118%
Folate 667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin) 6 mcg	250%
Biotin (as d-Biotin) 300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%
Calcium 240 mg	18%
Iron 1 mg	6%
Phosphorus 200 mg	16%
Magnesium (as Magnesium Oxide) 15 mg	4%
Sodium 110 mg	5%
Potassium 55 mg	2%
ProbiGard™ Probiotic Blend which contains 1 billion active <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> †	***
Digestive Enzyme Blend Bromelain (from Pineapple), Papain (from Papaya fruit)	***
Flaxseed which typically contains: Alpha-Linolenic Acid (Omega-3) Other Fatty Acids	888 mg 168 mg ***
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	108 mg ***
Collagen	3 g ***

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

***Daily Value not established.

Other Ingredients: Proprietary Protein Blend (Soy Protein Isolate, Whey Protein Concentrate), Fructose, Inulin, oat fiber, Natural Flavors, Soy Lecithin, Maltodextrin, Tricalcium Phosphate, Xanthan Gum.

Contains milk and soy ingredients.



2