



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.

*At the 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 solid by weight. Some settling may occur.

per 2 scoops

WARNING: If you are pregnant, nursing, taking any medications, 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. If any adverse reactions occur, stop use and consult your doctor. 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. 50874 853630 070 30-41924

*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.
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OPTIMAL SOLUTIONS®

COMPLETE PROTEIN & VITAMIN Shake Mix

DECADENT CHOCOLATE

with Collagen, Fiber & Probiotics

Well-Rounded Nutrition

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

13+
VITAMINS &
MINERALS

110
CALORIES*

15g
PROTEIN*



Naturally
Flavored

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 294 mg	Alanine 862 mg
Isoleucine 673 mg	Arginine 935 mg
Leucine 1,188 mg	Aspartic Acid 1,512 mg
Lysine 991 mg	Cysteine 205 mg
Methionine 235 mg	Glutamic Acid 2,551 mg
Phenylalanine 587 mg	Glycine 1,189 mg
Threonine 608 mg	Proline 1,103 mg
Tryptophan**** 182 mg	Serine 725 mg
Valine 737 mg	Tyrosine 431 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	110
Total Fat	3 g 4%*
Saturated Fat	1 g 5%*
Cholesterol	25 mg 5%
Total Carbohydrate	11 g 4%*
Dietary Fiber	4 g 14%*
Total Sugars	2 g ***
*Includes 2g Added Sugars	
Protein	15 g 30%*
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D (as D2 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 158%
Folate	666 mcg DFE (400 mcg Folic Acid) 167%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%
Biotin (as d-Biotin)	300 mcg 1,200%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%
Calcium	220 mg 17%
Iron	2 mg 11%
Phosphorus	222 mg 18%
Magnesium (as Magnesium Oxide)	43 mg 10%
Sodium	110 mg 5%
Potassium	300 mg 6%

ProbiGuard™ Probiotic Blend 850 mg ***

which contains 1 billion active *Lactobacillus acidophilus*, *B. bifidum*†

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 (Stevia rebaudiana) (leaf) 160 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), Cocoa (processed with alkali), Inulin, Grit Fiber, Fructose, Natural Flavors, Soy Lecithin, Maltodextrin, Tricalcium Phosphate, Xanthan Gum. Contains milk and soy ingredients.