

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

Product No. 51109

B51688

A.M. FORMULA

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calcium (as Dicalcium Phosphate)	68 mg	7%
Biotin	300 mcg	100%
Black Cohosh Extract (<i>Cimicifuga racemosa</i>) (root) (Standardized to contain 2.5% Triterpene Glycosides, 1mg)	40 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: FD&C Blue #1 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Natural Palm Leaf Glaze, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

P.M. FORMULA

B50396

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calcium (as Dicalcium Phosphate)	52 mg	5%
Valerian Extract (<i>Valeriana officinalis</i>) (root) (Standardized to contain 0.8% Valerianic Acid, 1.6 mg)	200 mg	**
Hops Flower Extract (<i>Humulus lupulus</i>) (a 1:1 extract equivalent to 100 mg whole herb)	10 mg	**
L-Theanine	50 mg	**
Black Cohosh Extract (<i>Cimicifuga racemosa</i>) (root) (Standardized to contain 2.5% Triterpene Glycosides, 1 mg)	40 mg	**
Melatonin	300 mcg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: FD&C Red #40 Lake, Natural Palm Leaf Glaze, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate.

*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.

A.M. FORMULA

DIRECTIONS: For adult women, take one (1) A.M. tablet at breakfast.

P.M. FORMULA

DIRECTIONS: For adult women, take one (1) P.M. tablet at bedtime as Melatonin may produce drowsiness.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

Suitable for Vegetarians.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. 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 blister seal is cut, torn or open.



Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

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

Confully Manufactured by
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NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

COMPLETE MENOPAUSE SUPPORT COMPLEX*

A.M. Formula

Helps with Hot Flashes*
Supports Energy & Healthy Skin*

P.M. Formula

Helps with Hot Flashes & Night Sweats*
Supports Relaxation*
Drug Free Sleep Aid*

Soy Free

60 tablets
30 A.M. & 30 P.M.

DIETARY SUPPLEMENT

Two Unique
Essential
Formulas

Being healthy is always beautiful. Nature's Bounty® Optimal Solutions® Complete Menopause Support Complex provides support throughout the day for women experiencing signs of menopause.* This formula contains 2 tablets, one A.M. and one P.M., the ingredients work together to address the various concerns experienced during different times of the day.

- Helps Convert Food into Energy*
- Helps with Hot Flashes*
- Supports Rest and Relaxation and Helps with Occasional Sleeplessness*

Nature's Bounty® Optimal Solutions® Complete Menopause Support Complex uses two unique essential formulas:

The A.M. Formula combines Black Cohosh, to help with hot flashes, and Biotin, which supports energy and the health of hair, skin and nails.*

The P.M. Formula contains Black Cohosh to help with night sweats, while Melatonin supports rest and relaxation.*

Product No. 51109 B51109 (51688, 50396) KAC 03C



Part No. 22-51109

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